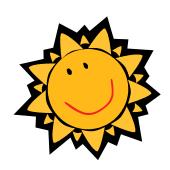
June 2012



# Summer in the Son



Kick-Off Your Summer in the SONI

Richland Lutheran Church Sunday, June 10, 2012—11:30 AM

BYOB — Bring Your Own Bag Lunch Beverages and Dessert Provided

This is an opportunity for the RLC family to connect before we get busy with our summer activities and plans. Plus, we have some resources that will help you remember to take Jesus with you wherever you go and plan for full-steam-ahead ministry in the fall!

### **RSVP by Monday, June 4**

Call 943-3164 or sign up on the website: www.richlandlutheran.org

**Summer Survival Kits for Everyone!** 

The Preview

### 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.

## Member Directory Changes

Bellefeuille, Estelle Remove – passed away 4/29/12

Gibson, Pat 7803 W. Deschutes #Y2100 Kennewick 99336 554-8044

### Staff

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

**Rev. Corey Smith, Associate Pastor** Education Ministry Leader corey.smith@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

#### **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

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

### Pastoral Acts

#### <u>Baptisms</u>

#### **Weddings**

Memorial/Funeral May 11 Marvin Clement

#### **The Preview**

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### From Pastor Steve



#### **RLC in Mission for Christ: Membership**

According to Merriam-Webster a member is "one of the individuals composing a group." Another definition given as it pertains to church specifically is "a person baptized or enrolled in a church." I don't know about you but these definitions leave me wanting more. Isn't being a member of a congregation much more than this? Shouldn't it be?

Unfortunately membership in churches often reflects these wanting definitions well. It is not uncommon to find those who think being a part of the group or enrolled is enough for church membership. This, "country club mentality" where you pay your dues and are entitled to club usage and benefits, prevails today in the Christian church. In fact, in direct correlation to this reality there has been a principle developed called the "20/80 Principle." This principle denotes the, all too often, reality that 20% of the membership in a congregation does 80% of the ministry. Even a cursory reading and limited understanding of Scripture would lead one to know this isn't the way it's supposed to be.

In the Church in Mission for Christ, membership might better be defined as partnership. Merriam-Webster defines partner as "one associated with another especially in an action." Here the association with one another is not simply to form a group or be enrolled together but focuses on "action," that is doing something. No doubt you have heard me quote Philippians 1 regularly as Paul addresses the church at Philippi thanking them for their "partnership" in the Gospel of Jesus Christ. Paul and the church shared in action in the Gospel, together doing the work of the ministry. This is the understanding and model of the New Testament Church.

You might also be surprised to know this is the understanding and model of Richland Lutheran Church as well, at least according to our governing documents. The RLC constitution says:

It shall be the privilege and duty of members of this congregation to: make regular use of means of grace, both Word and sacraments; live a Christian life in accordance with the Word of God and the teachings of the Lutheran church; support the work of this congregation through contributions of their time, abilities and financial support as biblical stewards. (C7.03)

Surprised? Clearly membership is not simply becoming part of the group. It is much more than this to include using the means of God's grace, living a Christian life, and supporting the work of this congregation through biblical stewardship. So, how are you doing? Are you living up to your commitments as a member? Are you involved in the work of this ministry? I encourage you, having been reminded of your membership commitments and as we continue to be in Mission for Christ, to hold these rights and responsibilities before you. Take them to heart, pray and consider where God might be leading you. And be the member God wants you to be!

#### Equip · Empower · Encourage

## Treasurer's Report

As reflected in the financial summary below, the financial results have been consistently strong in the first four months of 2012. Our offerings are up \$31,860, or 12.8% higher than the same time last year. Our expenses are down (\$24,134), or 9.4% less than the same time last year. Year to date, our offerings exceed expenses by \$48,677 compared to (\$7,318) in 2011. These results are reflected in the columns titled "Prior Year Comparison"

	April 2012			Year to Date			Prior Year Comparison		
Offering /	Actuals	Budget	Vari- ance \$	Actuals	Budget	Variance	YTD '12	YTD '11	Variance
Offering / Income	\$ 82,926	\$ 81,900	\$ 1,026	\$282,021	\$259,740	\$ 22,281	\$ 282,021	\$ 250,160	\$ 31,860
F	<b>(57 7/1</b> )	<b>P</b> ((1 <b>533</b> )	@ <i>(</i> <b>2 722</b> )	@( <b>???</b> ??	<b>Φ(24( 122)</b>	ex(12 700)	@( <b>???</b> ??	@ <i>(</i> <b>)=</b> 7.479)	<b>P(34 134)</b>
Expense	\$(57,761)	\$(61,533)	\$(3,722)	\$(233,344)	\$(246,132)	\$(12,788)	\$(233,344)	\$(257,478)	\$(24,134)
Profit / (Loss)	\$ 25,164	\$20,367	\$ 4,797	\$ 48,677	\$ 13,608	\$ 35,069	\$ 48,677	\$ ( 7,318)	\$ 55,994

For the current month (April), actual offerings exceed the budget by \$1,026 and actual expenses are under budget by (\$3,772). Year to Date actuals for offerings exceed budget by \$22,281 and actual expenses are under budget by (\$12,788). For the current month, actual offerings exceed expenses by \$25,164, and \$4,797 compared to the budget. Year to Date actual offerings exceed expenses by \$48,677, and \$35,069 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

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 Sewing Bee



We are blessed to be a blessing! The Tri-Cities Chapter of Thrivent Financial for Lutherans has approved our request for funding in the amount of \$1000 to be matching funds as we provide items at the Good News Media Ministry Arts and Crafts Fair in November.

Please come and support the RLC Sewing Bee and the Good News Media Ministry by attending the Fair this November. We are thankful for the support **Thrivent** 

**Financial for Lutherans** has set aside for our sewing group this year in the total amount of \$1,400, with \$1000 going to GNMM.

If you are interested in joining the sewing group come on Wednesday mornings at 9:00 or call Lois Harrold at 946-0923.

## From the Council

Worshipping God is more than just attending worship service once a week. It's an ongoing process and there are many ways in which we actively worship our Heavenly Father. I would like to take this opportunity to briefly explore two of those other forms of worship - volunteering and Christian education.

First, **volunteering** – Yes, this topic was addressed in last month's Preview by one of my fellow Council members. But, since I had already written my article and because I consider this to be such a critical and important part of God's ministry, I felt it worthwhile to speak to once again. So, please, bear with me.

During our Council meetings we frequently talk about the important role of volunteers within the church. Without the help of those individuals who now give so freely of their time and talents in their service to God, RLC would not thrive. And, on behalf of both Staff and Council, I thank you. You are "blessed to be a blessing".

I know all too well how difficult it is to give up more time, of which so many of us have so little. Today's society has created very busy lives for us, making it difficult to find that little bit of extra time to give for others. As Paul said in Philippians 2:4 (NIV), *"Each of you should look not only to your own interests, but also to the interests of others."* God has spoken. He knows how precious time is to us. But He wants us to take some of that "precious" time he has given us and share our God-given talents in service to Him by helping others – including His church. The act of volunteering is a means in which we can worship and glorify God and is a vital contributor to the well being of God's church. If you are looking for a way to exercise your spiritual gifts and talents for the glory of God, I invite you to consider one of the several opportunities that RLC has available. Your services are needed to help keep God's church strong and healthy and focused on our mission – and to help keep your fellow volunteers from "burn out". Is there an area where you can share your God-given gift of servitude? Do you hear God's voice calling you to give some of your time to His church? Will you answer His call?

Now, a bit about <u>**Christian education**</u> - Scripture tells us in James 4:8a (NIV), "Come near to God and he will come near to you." One way to "come near" to God is to increase our knowledge and understanding of Him and of His ways.

I was recently blessed with the opportunity to be one of twelve participants in RLC's very first Trinity Living Program. I confess that I almost missed God's invitation to this program by setting the letter aside with no response. Some may call this by another name – avoidance. "Ignore it and maybe it'll go away". But a very few days later I received a phone call that has now placed me on a new and exciting path. I felt God's nudge on the other end of that call and I am so grateful to the Holy Spirit for using this person (now my peer coach) to open my ears to hear and move my heart to answer His invitation. This program has been very rewarding to me both personally and spiritually. I don't know where God is taking me, but I do know that He is preparing me for something new and exciting – whatever and wherever that "new" is.

Christian education helps to deepen our spiritual growth in our walk with Christ, giving us a stronger and more meaningful Christian life – drawing us near to God so that He will draw near to us. The insights often

gained from Christian education can lead to a fuller, richer faith journey and more active involvement in the ministry of the church. Is God calling you to better love and serve Him through participation in such a program or a group, class or activity that is now or will be offered by RLC? Or, maybe He's calling you to start such a group? Will you answer His call by taking this journey with Him?

In God's Service,

Sandy Steele



## Active and Passive

Our century will see caregiving by and to the elderly as the single most important human resource issue in the church and the workplace according to respected and qualified sociologists. The good news is that in the midst of the aging of America, statistical studies show that the richest productivity occurs in the decade between the sixtieth and seventieth birthdays.

One study examined some four hundred names of the most notable persons in all times - statesmen, soldiers, poets, authors, artists, etc. Opposite each name was placed what was considered to be that person's greatest achievement. The list was then submitted to competent critics to make certain that they had chosen what was considered their most notable achievement. The result? 35% belonged between the ages of sixty and seventy; 23% between the ages of seventy and eighty; and 6% over the age of eighty. In other words, 64% of the greatest achievements belonged to those over sixty years of age!

The immediate objection to this study will be along the lines of: "Didn't Alexander the Great conquer the world when he was only thirty-three? Didn't Beethoven compose the Ninth Symphony when he was very young? How about Handel who produced "The Messiah' at a youthful age?" All of that is true. But you should note that all of these persons and accomplishments were *included* in the statistics in the above paragraph! In other words, they are the *exceptions* which prove the rule!

This means that the elderly - or as we like to refer to ourselves: mature - have a great deal to offer in this arena of the most important human resource issue of our century. Most communities are not equipped or prepared/preparing to meet this growing need. So-called "communities of faith" (another sign of the times, this catch-word for "churches") are in an excellent position to help American families plan and care for their older members. Studies show that Americans are more likely to rely on their own faith and advice from their clergy to address family problems than they are to rely on social service and other community agencies - and especially is this true among so-called "underserved groups." The capstone of all of this is that there is a statistical association between faith, religious attendance and good health - particularly in one's latter years.

The infirm elderly - forced into greater passivity - are a growing phenomenon in our world. The still active elderly have the greatest capacity to minister to this need. One of my many life verses is (since he is my namesake) "For when David had served God's purpose *in his own generation* (emphasis mine), he fell asleep..." (Acts 13:36). The "asleep" in that verse doesn't mean "nap" (although that sounds like a good idea). The active elderly ought to serve this purpose of God in our own generation. Opportunity knocks. Indeed, it abounds!

Pastor Dave Hogan

Our century will see caregiving by and to the elderly as the single most important human resource issue in the church and the workplace .

## Thank You

#### Dear Church Members,

On behalf of the staff and board of directors of Safe Harbor Support Center, thank you for your continued, generous support of this organization. We are immensely grateful for all your hard work and effort in helping us help our community. Without your support, we simply could not meet the needs of all our families in crisis.

In 2011, your donation helped provide intensive intervention services to 69 children (18 months to 13 years of age), Christmas assistance to 53 families, and classes for parenting and trauma education for 321 adults.

Sincerely, Sue Delucchi Executive Director, Safe Harbor

## 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 Pastor Dave Hogan, Interim Associate Pastor.

Pastor Dave and his wife, Elaine, have been married for 48 years. They have four children who all live in the Puget Sound region: Kevin, Kyle, Kerry (girl), and Kollin. Their three sons are married and have provided them with nine grandchildren.

Pastor Dave enjoys spending time with his wife; reading books on theology, spiritual formation, historical fiction, and mysteries and spy novels; listening to music; watching the Nebraska Cornhuskers, the Seattle Mariners, and the Seattle Seahawks; and the occasional nap.

He is now in his 39th year of ministry as a licensed and ordained minister. He has had pastorates in Nebraska, Minnesota, Montana and Washington; in a wide range of church settings including extreme rural, inner city, and suburban areas. Some of his non-church ministries have included working with alcoholics, addicts, street people, etc. through the Salvation Army; working with internationals and international students; and working with senior citizens - all the while helping people come to know the Lord and mature in their relationship with Him.

Currently, Pastor Dave works part-time at RLC with his primary responsibility focused in the areas of pastoral care and visitation. He is excited to be able to continue to serve his calling to minister for the Lord's glory; partnering with a large number of mature/maturing congregants who are excited about serving Jesus; and serving as "part of a great staff whose primary indications are having a heart for the Lord above all else". He is happy to be able to fulfill his ministerial passions to preach and teach the Word of God, and get to know people better on a sort of one-on-one basis through visitation.

He says, "Through all thirty-nine plus years of pastoring, my greatest joy has been watching what the Lord has done in it, with the full knowledge that I can't do it."



## Thank you

Thank you everyone at RLC for the prayers, sympathy cards, and encouragement at the time of my brother, Richard's passing. Marge and I appreciate the support of the RLC family. In mid-March, we drove to Lincoln NE, for the memorial service. It would have been his ninety-second birthday. It was a bittersweet experience. Richard's children had arranged a meaningful military service. With all the children, great-grandchildren there it became a family reunion as well. Thank you again,

Harold and Marge Hogue

Dear Richland Lutheran Church, Thank you for your gift to the Tri-City Union Gospel Mission!

Your support of the Mission is truly an answer to prayer. With it we can provide a hot meal for a lonely homeless man in our Men's Shelter. We can offer a safe night's sleep to a mother and her children in our Women and Family Shelter. And we can also give those in our recovery programs the chance to overcome drug and alcohol addictions.

For almost 58 years, the Tri-City Union Gospel Mission has been committed to changing lives by sharing the good news of Jesus Christ. Since our doors first opened in 1954, God has been working wonders in the lives of the down and out.

Last year because of faithful supporters like you, we were able to serve more than 79,200 meals and provide 40,100 safe shelter bed nights for men, women, and children. We saw men break the cycle of homelessness and graduate from our New Life Program.

In Psalm 113:7 it is written, "He raises the poor from the dust and lifts the needy from the ash heap." Our Lord is vitally concerned about those suffering in poverty. Thanks again for your thoughtful gift and for partnering with us to save lives. God bless you for caring!

In His service,

Donald James Porter Executive Director

Dear Friends,

Thank you for your annual gift of \$2,000. We feel honored and privileged to be named trusted stewards of your gift.

Your generosity will help us continue to provide vital programs for at-risk children and families, and recruitment and retention of foster homes.

It is only through the generous support of individuals and organizations in the communities we serve that we are able to fulfill our mission of promoting health, justice and hope. Sincerely,

Rochell Brunsdon and Sara ClarkArea DirectorDevelopment Director at Lutheran Community Services

### What in the world is the Walk With Christ?

You may or may not have heard some folks at RLC talk about The Walk with Christ. The Walk with Christ is a ministry here in Eastern Washington akin to ministries like Via de Cristo, DeColores, Lutheran Cursillo, and Walk to Emmaus. All are three-day retreats led by laypeople aimed at helping others grow in their relationship with Christ. Founded in Spain in 1944 by the Roman Catholic Church the retreats help Christian laypeople to become effective leaders over the course of a three-day weekend. The weekend includes talks, mostly given by laypeople. The major emphasis of the weekend is to ask participants to take what they have learned back into the world, on what they call the "fourth day". In 1957 it found its way to the United States and in the sixties the protestant church developed it for their folks. Today there are many expressions of this spiritual retreat and many who benefit by its ministry.

Our local Walk with Christ says about their goal, "The hope for The Walk with Christ weekend is that it will stimulate church members in new commitment to Christ. The weekend is intended to express the love of Christ in such a way that those who attend wish to pass on that love having been refreshed in their relationship with God in Christ. The imagery of walking the road to Emmaus is used to deepen and rekindle their relationship with Jesus, bringing new grace and compassion to their lives."

One of the great things is these retreats have also been developed specifically for young people. The Journey with Christ is the "youth" expression of this ministry and many of our youth have participated in such retreats. They have been a great tool to help our young people grow in faith and service to Christ.

In the 90's Ginnette and I attended the Lutheran Cursillo of Southern California experiencing these retreats. We found them to be a great way to kick-off for the first time or again a living passion for Jesus. This fall and next winter I plan to attend retreats as a worker giving my service to the broader Christian community and fostering the kingdom of God. If you get the opportunity to attend a retreat I highly recommend going. If you have interest please don't hesitate to contact me. I'd welcome the opportunity to discuss this great ministry with you further.

RLC will be the host facility for a girls' Journey later this month - June 21-24. As their hosts, we want to help the Journey staff provide a meaningful experience for the girls who are here to grow

their relationship with our Lord. In order to do this, we have promised them the private use of most of the building during those few days. Due to the nature of the sessions, and special worship services they will provide for the girls who are attending this Journey, some rooms will be closed at various times during each day. Please be aware of this and respectful of closed doors or areas during this short time they are here. If you have any questions, please feel free to call the church office.



June 2012				
Sun	Mon	Тие		
Please call the churc the most current info	and Lutheran Church calendar cha h office, 943-3164, or check the website, www.r ormation. Please note that not all activities, esp eetings and Circles, are actually held at the chu	ichlandlutheran.org, for becially Growth Group		
<b>3</b> 8:30 AM Worship 9:00 AM Good News Today 9:45 AM Education Hour/HeBrews Cafe 10:15 AM Worship 11:30 AM New Members Reception 5:30 PM High School Leadership Team 6:30 PM Coffeehouse 7:00 PM Haler/Worgull Growth Group	<b>4</b> 12:00 PM Mary Martha Growth Group 4:30 PM Girl Scouts 7:00 PM Women's Bible Study	<b>5</b> 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 7:00 PM RLC Foundation Meeting 7:00 PM Boy Scout Troop 248 7:00 PM Outreach Team Meeting		
<b>10</b> 8:30 AM Worship 9:00 AM Good News Today 9:45 AM Education Hour/HeBrews Cafe 10:15 AM Worship 11:30 AM <b>Summer in the Son</b> 5:30 PM High School Leadership Team 6:30 PM Coffeehouse 7:00 PM Haler/Worgull Growth Group	<b>11</b> 12:00 PM Mary Martha Growth Group 4:30 PM Girl Scouts 6:00 PM Thrivent Board - Jon Erlandson 7:00 PM Women's Bible Study	<b>12</b> 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 7:00 PM Boy Scout Troop 248 7:00 PM Congregation Council		
<b>17</b> High School Mission Trip 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 Haler/Worgull Growth Group	<b>18</b> High School Mission Trip 12:00 PM Mary Martha Growth Group 4:30 PM Girl Scouts 7:00 PM Women's Bible Study	<b>19</b> High School Mission Trip 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 6:30 PM Staff Benefits Task Force Meeting 7:00 PM Boy Scout Troop 248		
24 12:00 AM Journey with Christ 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	25 12:00 PM Mary Martha Growth Group 1:30 PM Dorcas Circle 4:30 PM Girl Scouts 5:30 PM VBS Dinner 6:00 PM VBS 7:00 PM Women's Bible Study	26 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 VBS Dinner 6:00 PM VBS 7:00 PM Boy Scout Troop 248 7:00 PM Lydia Circle		

June 2012						
Wed	Thu	Fri	Sat			
	3-2-2-2-2-2-2-2-2-2-2-2-2-2-2-2-2-2-2-2	<b>1</b> 8:00 AM Bulletin Assembly 9:00 AM Preview Assembly 7:00 PM Al-Anon	2 8:00 AM Organ Rehearsal 5:00 PM Worship			
<b>6</b> 9:00 AM Sewing Bee 1:00 PM Read thru the Bible 3:30 PM Knitting Group 6:30 PM WILD	<b>7</b> 8:00 AM Gentle Yoga class 9:00 AM Bible Study 9:00 AM Classic Yoga class 9:00 AM Library Work Time 9:30 AM Ministry Lead Meeting 6:30 PM Steele Growth Group	8 8:00 AM Bulletin Assembly 7:00 PM Al-Anon 7:00 PM Ultreya	<b>9</b> 8:00 AM Organ Rehearsal 9:00 AM Journey with Christ All Team Meeting 5:00 PM Worship			
<b>13</b> 9:00 AM Sewing Bee 1:00 PM Read thru the Bible 3:30 PM Knitting Group 6:30 PM WILD 7:00 PM AA Meeting	<b>14</b> 8:00 AM Gentle Yoga class 9:00 AM Bible Study 9:00 AM Classic Yoga class 9:00 AM Library Work Time 9:30 AM Ministry Lead Meeting 6:30 PM Nominating Committee Orientation 6:30 PM Steele Growth Group	<b>15</b> 8:00 AM Bulletin Assembly 4:00 PM Preview Deadline 7:00 PM Mission Trip Commissioning Service 7:00 PM Al-Anon	<b>16</b> 6:30 AM Men's Breakfast High School Mission Trip 5:00 PM Worship			
<b>20</b> High School Mission Trip 9:00 AM Sewing Bee 1:00 PM Read thru the Bible 3:30 PM Knitting Group 7:30 PM GNMM Board Meeting	21 High School Mission Trip 8:00 AM Gentle Yoga class 9:00 AM Bible Study 9:00 AM Classic Yoga class 9:00 AM Library Work Time 9:30 AM Ministry Lead Meeting 12:00 PM Journey with Christ 1:00 PM Piecemakers 6:30 PM Steele Growth Group	<b>22</b> High School Mission Trip 12:00 AM Journey with Christ 8:00 AM Bulletin Assembly 6:15 PM Girl Scouts 7:00 PM Al-Anon	23 High School Mission Trip 12:00 AM Journey with Christ 8:00 AM Organ Rehearsal 5:00 PM Worship			
<b>27</b> 9:00 AM Sewing Bee 1:00 PM Read thru the Bible 3:30 PM Knitting Group 5:30 PM VBS Dinner 6:00 PM VBS	28 8:00 AM Gentle Yoga class 9:00 AM Bible Study 9:00 AM Classic Yoga class 9:00 AM Library Work Time 9:30 AM Ministry Lead Meeting 5:30 PM VBS Dinner 6:00 PM VBS 6:30 PM Steele Growth Group	29 8:00 AM Bulletin Assembly 9:00 AM Preview Assembly 5:30 PM VBS Dinner 6:00 PM VBS 7:00 PM Al-Anon	<b>30</b> 8:00 AM Organ Rehearsal 5:00 PM Worship			

## Parish Health Ministry

### By Diane Bonin

<u>Maintaining Your Optimal Health</u> <u>One Step at a Time</u>



Spring is here and summer not very far behind. The weather is turning warm and our dress is getting lighter and we are exposing more skin to the elements than we did a few months ago. I heard a few days ago, that people, especially young people, are ignoring warnings to protect their skin from harmful rays that may lead to melanoma and other skin cancer diseases. Melanoma is the most common form of cancer in young adults 25-29 years of age, and is on the rise.

Melanoma is the skin cancer which happens to be the most dangerous. The American Cancer Society estimates that 120,000 new cases are diagnosed in the United States each year, in which over 68,000 (year 2010) of these cases were invasive melanomas. Melanoma kills an estimated 8,790 people in the US annually, but if diagnosed and treated early (before tumor penetrating the skin) is about 99%. It accounts for 5% of the skin cancers, but 75% of skin cancer deaths.

Everyone is a risk to develop melanoma, but the following factors increase your risk.

- **Sun Exposure**-Ultraviolet rays are dangerous to your skin and can cause melanoma. People, who reside in areas such as ours which have more sunlight have higher risks. An accumulation of sunlight over the years is dangerous as well as blistering sunburns.
- **Moles**-Atypical moles also known as dysplastic nevi, may be precursors to melanoma. The more moles you have, the higher the risk. Watch for asymmetrical moles on your skin.
- **Skin Type**-People with fairer skin are at higher risk for melanoma. **Personal History**-Once you develop melanoma, your risk chance increases for a reoccurrence. People who have had other types of skin cancer have a higher risk as well.
- Weakened Immune System- Compromised immune systems will increase your risk.
- **Family History**-If others within your family have had melanoma, you are at a higher risk level.

Protect yourself from the sun's harmful rays by:

- **Covering up** potential exposed skin areas with clothing, a wide brim hat and UV-ray protection sunglasses.
- **Use a broad spectrum sunscreen**. SPF 15 is recommended for everyday use, SPF 30+ waterproof sunscreen for extended outdoor activity use. Re-apply every two hours and after swimming or excessive sweating.
- Seek the shade, especially from 10 AM-4 PM
- Avoid tanning beds/booths.
- **Keep newborns out of the sun**. Sunscreen is not recommended until a child is over 6 months old.
- Don't allow your skin to burn.

The Preview

# Parish Health Ministry, Cont'd

- **Examine your skin head to toe monthly.** Examine yourself for any new or changing lesions that might be cancerous or precancerous. Check for skin growths that increase in size, and appear pearly, translucent, tan, brown, black or multicolored. Look for moles, birthmarks, or other marks and spots the change color, increase in size/thickness, are irregular in outline, larger than ¼", or appear after age 21. Note spots that itch, hurt, crust, scab, erode or bleed. Open sores should heal within three weeks. Seek medical assistance if you have any of these.
- See your physician or dermatologist for a professional skin exam.

No one wants to stay inside and not enjoy this great weather. Just remember to do it safely, heeding the dangers of the sun and taking the necessary precautions to be safe.

Learn more about skin cancer including melanoma from the **Skin Cancer Foundation** on the internet. I found this site very helpful and used it to provide the above information.

# High School Mission Trip

In just a couple of weeks, a group of our High School youth will be setting off for the annual mission trip in Montana. They will once again serve the community of Lodge Grass on the Crow Indian Reservation. Many of our students have made this trip before, and for a few of them, this will be their first mission experience. The week is organized and led by a group called Youth Works, who have been in the community for over 10 summers.

While on the reservation, our youth will spend two days on work crews. The work typically involves painting homes, and/or yard work. Sometimes there are other small jobs thrown in as well. They will also spend two days leading a VBS-type program for the children on the reservation, teaching them about Jesus and God's love for them. The youth plan all the activities that they will do with the children and run the afternoon program with support from the adult leaders and the Youth Works crew. They also get the opportunity to learn more about the Crow culture and history during evening activities. There is time for Bible study, worship, and fellowship with groups from other churches that are also there for the week.

The main focus is to spend time with the community members and share the love of Jesus. It is a rewarding week, and even though we are there to serve and bless the Crow community, we always come back feeling quite blessed ourselves.

Please, won't you keep our group in prayer as we travel to Montana and serve in Lodge Grass? We will be leaving on June 16 and returning on June 22.

Aleana Saldana Alisha Bettinson Ben Hoffner Tim Schmitt Britney Crisp Courtney Olsen Drew Snyder Jack Page Allison Boynton Adult Leaders: Jon Page Heidi Dagle Ben Barr Kelly Westlund



## Activities for Kids



#### READY FOR THE ADVENTURE OF A LIFETIME?

At SKY Vacation Bible School, kids discover that *everything* is possible with God! SKY is filled with incredible Bible-learning experiences kids see, hear and touch! Sciency-Fun Gizmos, team-building games, and cool Bible songs are just a few of the SKY activities that help faith flow into real life. Plus, we'll help kids discover how to see evidence of God in everyday life—something we call God Sighting! Mark these dates on your calendar, and get ready for some life-changing fun!

Registration forms are available now at the information center in the Prince of Peace fellowship area, and online at www.richland-lutheran.org.

SKY VBS is for kids between the ages of 3 years old and 5th grade. Monday, June 25, through Friday, June 29. Family dinner at 5:30 PM (offering basket will be available to help cover food costs) Program 6:00 PM - approx. 8:00 PM Cost: **FREE**!



Marty, Katy, and Professor Peabody have had a lot of fun helping Captain Clueless learn about the Fruit of the Spirit, the Armor of God, and a whole bunch of Jesus' parables! They made a ton of new friends at Super Kids! and they are looking forward to seeing everyone again on September 12 when the children's mid-week ministry kicks off again! Will YOU be there to help Captain Clueless understand how we can do all things through Christ who strengthens us?

Super Kids! is a mid-week ministry for children in 1st through 5th grades, and meets each Wednesday during the school year from 6:30-7:45 PM, immediately after the family dinner at 6:00 PM.

### 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!

6: wild Olympics!!!!

13: Mega Wild: Arrive at 6pm, leave at 9pm!

#### VB\$ (Vacation Bible \$chool) goes from June 25-29! We need your help! If you can help, please contact Jenny Page!

#### For the **incoming 9<sup>th</sup> graders** (current 8<sup>th</sup> graders):

<u>BEACH TRIP 2012!!!!</u> You can sign up now for this year's Beach Trip to Seaside, OR. Our theme this year is "Dude, it's all about Jesus". Dates are July 15-22, and the cost is \$300. A \$150 deposit is due June 16.

#### 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!

3: A night dedicated to Timothy

10: Early Father's Day celebration. Please bring some man food...and your dad!

17: NO COFFEEHOUSE

24: Mission Trip Wrap up

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Please remember to pray for our high schoolers/adults on the mission trip from June 16-22!

**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! Men's Ministry - Fall Retreat

# October 19-21, 2012



This is an early announcement for our annual fall retreat at this tranquil and scenic mountain resort . We have reserved our accommodations at

Stonewater Ranch Plain, Washington

Men's Ministry at Richland Lutheran will again sponsor this retreat of Christian fellowship, inspirational messages, prayer and meditation in a peaceful setting. We invite you to join us for two nights' lodging, five meals, and a great time sharing our love and devotion to the Word and Jesus.

More information will be forthcoming as to the guest speaker, costs, reservations and arrangements. We just want you to reserve the dates. For more information and <u>to express your interest in attending</u> please e-mail Norm Gillette at <u>nlg1939@msn.com</u>. or call the RLC office at 509-943-3164.

## Lutherhaven



Looking for something fun and a little different to do this summer? Check out Lutherhaven and see what they have to offer. Here are a few of the activities available this month:

Lutherhaven's Family Festival Weekend - July 5-8th. A great local and economical way to spend and extend your 4th of July festivities with your friends and family on beautiful Lake Coeur d'Alene. Register your family by June 5th for the early registration discount at <u>www.lutherhaven.com</u>

New this summer! Mini Camps at Lutherhaven (July 22-24 & July 25-27). Excited about camp, but unsure about a whole week? "Try on" camp for three days and two nights! Parents can come too! Find all the details online at <u>www.lutherhaven.com</u>

New this summer!!! Adult + Child Buckaroo Weekends at Shoshone Creek Ranch! Round up your favorite buckaroo and head up the river for an unforgettable weekend together! Two great weekends to choose from - July 27-29 & August 10-12. Find more information and registration online at <u>www.lutherhaven.com/ranch</u>

Kindercamp at Lutherhaven! 4 & 5 year old campers get to bring their favorite adult to an awesome weekend of fun at camp! Swim, hike, play, craft, sing and worship together! Find more information and registration at <u>www.lutherhaven.com</u>

Go to their website for more fun activities being offered this summer!



# Worship Assistants

June 2012	Time	Sunday June 3	Sunday June 10	Sunday June 17	Sunday June 24	
Pianist (Saturday)	5:00 PM	Carol Larkin	Carol Larkin	Maria Frame	Maria Frame	
	8:30 AM	Carol Larkin	Carol Larkin	Maria Frame	Maria Frame	
Organists	10:15 AM	Carol Larkin	Carol larkin	Maria Frame	Maria Frame	
	8:30 AM	Kathy Killand	Dave Wunschel	Dolores Jaech	Lois Harrold	
Lectors	10:15 AM	Karen Clark	Sue Meek	Kristen Imhoff	Val Bettinson	
Communion	8:30 AM	Pam Hedges Charles Davis Elaine Davis	Clarine Watkins Jenifer Haler Larry Haler Kathy Killand	Ken Meek Sue Meek Emil Leitz	Clarine Watkins Elaine Davis Charles Davis	
Assistants	10:15 AM	Karen Clark Susan Schmieman Jenny Page	Jenny Page Kelly Westlund Cheryl Nixon-Erickson ****	Susan Schmieman Jenny Page ****	**** ****	
Setup/Cleanup Communion (Saturday) Sunday 8:30 setup	5:00 PM	Nancy Ballard	Gwen Dodge	Judy and Carl Schroeder	Joanne Woehle	
Cleanup 8:30, Set up After 11:00 Sunday 8:30 AM		Kay Aase Pamela Warren	Mike and MaryJo Schroeder	Kay Aase Lois Harrold	Chuck and Donna Richardson	
Clean upAfterCommunion10:15 AM		Dolores Erickson	Kelly Westlund	Judy Schroeder	Jim and Jean Loss	
Acolytes	8:30 AM	Grace Corning Morgan Oberlander	Patrick Schroeder Adam Pilger	Mikayla Mars Elizabeth Kelly	Alexis Riensche Aaron Cole	
	10:15 AM	Savannah Haynie Madeline Haynie	Andy Clark Nathan Lipton	Jennifer Williams Sarah Schmid	Trygve Tilton Kira Westlund	
Head Ushers & Assisting Ushers	8:30 AM	H - Mike Schwartz Karen Schwartz A – Harold Hogue Marge Hogue	H – Gary Weible Eunice Weible A- Jim Moran Traci Morann	H – Bill Frame Fred Kremmer A – Carleen Lust Jim Peterson	H – Dave Wunschel Larry Corning A – Jon Erlandson Laura Stevens	
-	10:15 AM	H – Carol Hexum Alan Hagensen A – Mark Underwood Charles Rogers	H – Jim Wells Diana Wells A – Bill Frame Alan Hagensen	H – Mark Underwood Charles Rogers A – Jim Loss Jean Loss	H – Jim Loss Jean Loss A - Rick Snyder Kathy Snyder	
Church Friends	8:30 AM	Lois Harrold	Sara and Norm Gillette	Mille and Ray Nierman	Carleen and Len Lust	
	10:15 AM	Karen Clark	Marilyn Mitchell	Marilyn Mitchell	Debbie Honeyman	
Children's Church	8:30 AM	Laura Stevens ****	Lauri Whitney Emma Whitney	**** Morgan Oberlander	Michelle Clary Andy Clary	
	10:15 AM	Pam Hedges Kira Westlund	Ellie Page Ellie Hoffner	Trina Miles Daniel Miles	Mary Lipton Anna Lipton	
Video System at 8:30 am service	Console Camera 1 2	Ed Simonen Fred Kremmer Jon Erlandson	Mike Schwartz Ken Meek Bill Frame	Jim Moran Don Schmid Traci Moran	Mike Stankovich Andrew Meek Paul Hedges	
Sound System	8:30 AM	Chuck Richardson	Karen Schwartz	Larry Corning	Chuck Richardson	
Operators	10:15 AM	Jeff Dagle	Tammy Carswell	Jeff Dagle	Jeff Dagle	
		Kay Aase Marge Hogue	Nancy Ballard Doris Barchet	Kay Aase Tom Frislie	Kathy Snyder Dick Arnst	
Flowers		Louise Graverson	Fordham/Perham/ Riggers	Jay and Cindy Dixon	Jenny Page	
Recycle	1	Erick Koehling	Karen Schwartz	Karen Clark	James & Jean Loss	

### Anniversaries & Birthdays

#### ANNIVERSARIES

#### June 1 Jenifer & Larry Haler Donna & Mark Williams

June 2 Joy & Ted Stuenkel Ann & John Tolrud

**June 3** Barbara & Gerald Sandness

June 4 Julie & David Deen Mille & Ray Nierman

June 6 Karen & Ronald Filipy

June 7 Nancy & Roy Ballard Debbie & Jim Honeyman Carleen & Len Lust

June 8 Jackie & Bruce Slonecker Ethyl & Robert Somerville

June 9 Sharon & Dave Wunschel

June 10 Carol & Loren Schmid

June 11 Casandra & Brian Blakely

June 12 Kristin & Jeremy Mensinger Judy & Bob Riggers

**June 14** Hermine & Charles Fordham Kathy & John Hooks Joan & Jim Perham

**June 18** Jean & Jim Loss Kim & Joe Sundal

**June 19** Cindy & Jay Dixon

June 20 Helen & Ron Page June 25 Melissa & Tom Bratvold Ginnette & Steve Ernst Lynn & Jerry Weldon

June 26 Debra & Bret Cole Andrea & Chris Montvale Karen & Steve Solnicka

June 27 Lisa and John Bartholomew Debbie & Scott Hardman Alyce & Scott Thompson

#### **BIRTHDAYS**

**June 1** T. J. Bush John Henry Huebner Madeline Pilger

June 2 Lori Hogan Michelle Machinal Austin Markham Derek O'Dell

June 3 Mike Kinmark Linda Korpi Timothy Mraz Willow Whitney

June 4 James Bennett Karen Solnicka

June 5 Diane Bonin Betty Dietz Lily Kissire Carter Maier Michael McCargar

June 6 Amy Johnson

June 7 Evelyn Davis Sara Gillette Wally Hendrickson Vicki Piipo John Williams June 8 Lauren Carlson Luke Hagensen Steve Richardson

June 9 Todd Haynie

**June 10** Betty Hartcorn Jillian Shaw Tyler Williams Adam Woehle

June 11 Steve Solnicka

June 12 Kathy Barr Ryann Carroll Teresa Krekel Megan Ross

June 13 April Mercer Chris Rosscup, II

June 14 Gail Gilbertson Ron Hollenbeck Carl Imhoff Richard Ulvin

June 15 Karen Clark

**June 16** Kate Juergens Erlan Leitz

June 17 Allison Boynton Karen Gardner Matthew Smith

June 18 Matthew Monroe Judy Riggers

June 19 John Cagle Sierra Cole Jeffrey Welch

June 20 Mike Penley **June 21** Evan Johnson

June 22 Chuck McCargar Cindy Underwood

June 23 Todd Hanson Debbie Honeyman

June 24 Rich Barchet Linda Buckner Jaycob Salter Jaydin Salter

June 25 Dawn Blankingship Birdie Halverson Jase Vopalensky Karla Willson

**June 26** John Cunningham

June 27 Jeff Hardman Leigh Haynie Ken Rueter Carol Schmid Kira Westlund

June 28 Cameron Smith Lynn Weldon

June 29 Payton Hammill Fiona Maloney Julie Penley

June 30 Kiera Johnson Zorann Johnson Theresa Monroe Melissa Schmid Aaron Scully Diana Wells Lori Whelan

The Preview



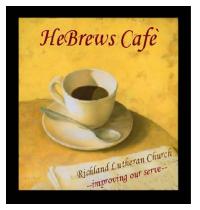
#### MONTHLY PUBLICATION

#### RETURN SERVICE REQUESTED

Mailing Label

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Come to HeBrews Café Sunday mornings, between 9:45 AM and 10:15 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.