



Lent 2013

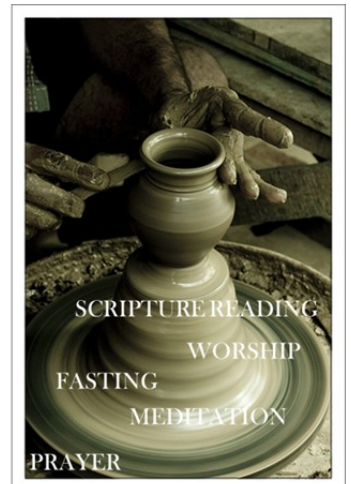
“The Body of Christ”

Lent is the liturgical (an arrangement and/or form of worship services) season in the Church year set aside for fasting, abstinence, and penitence in preparation for Easter. Lent begins on Ash Wednesday, 40 days before Easter not counting Sundays (Sundays are not included because in the Church liturgical year every Sunday we celebrate the resurrection of Jesus. That is why the Christian Church worships on Sundays and not Saturdays, the Sabbath before the resurrection of Jesus).

This year during Lent our focus will be on the “Body of Christ.” The Apostle Paul speaks clearly to the church in Corinth about the Body of Christ, the church, *“Just as a body, though one, has many parts, but all its many parts form one body, so it is with Christ. For we were all baptized by one Spirit so as to form one body...and we were all given the one Spirit to drink. Even so the body is not made up of one part but of many...Now you are the body of Christ and each one of you is part of it.”* The formula is easy: one baptism, one Spirit, one head (Christ), one body, many parts equals the Body of Christ, the church.

On Sunday mornings Pastors Steve and Corey will be teaching about how gifts, love, passion, and ministry come together to form Christ’s body in the local church to make the name of Jesus Christ known and advance God’s Kingdom. On Thursday evenings Pastor Steve will be teaching a series from Ephesians 4:7-13 regarding the five-fold ministries in the church: apostles, prophets, evangelists, pastors, and teachers.

Please plan to join us for Sunday and Thursday services this Lent as we grow in our Christian faith and discipleship together. See page 7 for the full Lenten/Easter worship schedule.



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.steve@richlandlutheran.org

Rev. Corey Smith, Associate Pastor

Education Ministry Leader
pastor.corey@richlandlutheran.org

Rev. Dave Hogan, Associate Pastor

pastor.dave@richlandlutheran.org

Maria Frame, AIM, Minister of Worship Arts

Worship Ministry Leader
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Debbie Stankovich, CCA, Director of Administration

Resources Ministry Leader
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Jay Dixon, Property and Grounds Coordinator

jay.dixon@richlandlutheran.org

Kelly Westlund, Pastor's Assistant

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Joanne Woehle, Church Secretary

joanne.woehle@richlandlutheran.org

Lisa Wiegand, Bookkeeper

lisa.wiegand@richlandlutheran.org

Jenny Page, Children's Education Assistant

jenny.page@richlandlutheran.org

Member Directory Changes

Gano, Jeffrey
1424 Sanford
Richland 99354

Trujillo, Victor and
Dorothy - remove per
request

Pastoral Acts

Baptisms

January 6 Erma Griffin

Weddings

None

Memorial/Funeral

January 12 Gloria Nesbitt

January 30 Grace Reed

The Preview

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From Pastor Steve



RLC in Mission for Christ:

Leadership or Followership that is the Question!

The RLC Staff and Council have just returned from a two-day retreat in Walla Walla where we discussed this very issue. Dr. Leonard Sweet, professor of Evangelism at Drew University and visiting professor at George Fox University, in his book, "I am a Follower," says "The Jesus paradox is that only Christians lead by following." Dr. Sweet criticizes the modern American Church because it has "bought into" the world's way of leading, namely from the top down. Jesus, on the other hand, led from the bottom up.

I love the remembrance of the apostle John of the Last Supper Jesus spent with the Disciples. Jesus begins their time together by taking on a position of humility and washes their feet. Peter, in classic "Peter" style, objects. Jesus replies by saying, "*You call me 'Teacher' and 'Lord,' and rightly so, for that is what I am. Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet. I have set you an example that you should do as I have done for you.*" When was the last time your boss washed your feet? Seems even strange to say, of course your boss isn't going to wash your feet! That's just silly. However, has your boss taken a position of humility with you? The "Leadership" culture rarely encourages this today. But Jesus taught it regularly.

I enjoy the TV show, Undercover Boss, which takes high level leaders in business and industry and sticks them in situations where they "wash the feet" of their employees. Not literally, of course, cause that would just be weird but places these leaders in servant positions within their companies. In every case, without exception, the leader is the better for it. Turns out Jesus was right, it just took 2,000 plus years, TV innovator Stephen Lambert and CBS to confirm it.

Congregations in mission for Christ put aside the "Leadership Culture" of the world in exchange for the "Followership Culture" of Jesus. Dr. Sweet asks the question, "Would we rather have a church filled with high-level leaders or a church filled with lowly, humble followers?" Since Jesus modeled a life of lowly, humble followership, I'm going with lowly, humble followers.

"The Jesus paradox is that only Christians lead by following."

Dr. Leonard Sweet

Financial Update - Year End 2012

What a Year! What a Blessing! Thank you to all for your faithful and consistent giving throughout the year!

As reflected in the financial summary below, the financial results have been consistently above plan throughout the entire year. Our offerings are up \$62,859, or 8.0% higher than last year. Our expenses are down \$(51,350), or 6.0% less than last year. For the year, our offerings exceeded expenses by \$66,731 compared to \$(47,478) in 2011, a change from last year of \$114,209. These results are reflected in the columns titled "Prior Year Comparison".

	Year to Date			Prior Year Comparison		
	Actuals	Budget	Variance	YTD '12	YTD '11	Variance
Offering / Income	\$ 816,479	\$780,000	\$ 36,479	\$ 816,479	\$753,619	\$ 62,859
Expense	\$(749,748)	\$(780,000)	\$ (30,252)	\$(749,748)	\$(801,098)	\$ (51,350)
Profit / (Loss)	\$ 66,731	\$ -	\$ 66,731	\$ 66,731	\$ (47,478)	\$ 114,209

For the year, actual offerings exceeded the budget by \$36,479 and actual expenses were under budget by \$(30,252). In addition, actual offerings exceeded expenses by \$66,731.

If you have any questions regarding this financial summary, please contact Lisa Wiegand 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.

Altar Flowers

Due to the rising cost of bouquets for the altar, the Worship Committee has implemented the following policy for our altar flowers. We want to encourage those wishing to provide flowers for the altar in honor/memory of special occasions or loved ones to continue to sign up on the flower chart in the narthex.

To keep the cost reasonable, we have made arrangements for the floral department at Yoke's Market to put together arrangements for us. You will now have two options for arrangements. You may purchase either two (2) smaller arrangements for the stands at the sides of the altar as is done currently, or you may choose to purchase one large arrangement that will be placed in front of the altar. The cost will be the same whichever option you choose. Yoke's will provide the arrangements at the following price:

2 small arrangements will be \$25.00 each for a total of \$50.00

1 large arrangement will be \$50.00

RLC will provide the vases for the option that you choose. If you wish, you are welcome to take your arrangements home after the 11:00 AM service on Sunday. We only ask that the vases be returned within two weeks. This will give you time to enjoy your flowers for as long as possible. If you are going to give the flowers to someone, please transfer the bouquets to your own containers. Please take the vases to the church office so that we know they have been returned.

Please fill out a form (can be found in the narthex) and return it to the office with your payment for the flowers.

Looking Forward to 2013

Dave Brandes shared with you last month what an encouragement 2012 was for Richland Lutheran as the numbers of our members involved in ministries expanded and we moved outside the walls of the building to share God's love for our neighbors. The congregation at the annual meeting adopted the focus for 2013 of "Becoming Christian Disciples"; and Council and staff are encouraging each of you to feel the freedom to engage in ministries as God leads you. Council is intentionally trying to put more of our attention to partnering in the ministry of the church with the staff while still dealing with the "business" issues of the church. To that end Council and staff went on a two-day retreat in mid-January to further develop our teamwork. We look forward to the fruits of that time in the coming months.

In addition to my position on Council I have the privilege of also working on the Long Range Planning Team. It has been exciting to see the emphasis the team is giving in their planning to what Jesus said were the two greatest commands: "Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment. And the second is like it: Love your neighbor as yourself." – Matthew 22:37-39. Or as it has been expressed in the Westminster Catechism; The chief end of man is to glorify God and enjoy him forever. If we follow these two commandments we truly are becoming Christian Disciples. The Long Range Planning Team is using the REVEAL Spiritual Life Survey that you participated in to better understand where we all are in becoming Christian disciples and what RLC can do to help us grow our spiritual lives.

The REVEAL survey at over 1,200 churches found *that over 30% of church members were stalled in their spiritual growth and/or were dissatisfied with their church's role in their spiritual growth.* The most important action churches found that could move members to a deeper spiritual life was to increase reading of the Scripture and prayer. My wife Carol and I are excited to see the Renovaré Conference coming to Richland Lutheran on April 20, 2013, because it is one tool to help us become more intentional about becoming better Christian disciples through practicing just such disciplines as Bible reading and prayer. If the longing of your heart is to love God more and to partner with Him in His plan for our world then seriously consider making the investment of a day of your time at this conference. Don't think this is just for "mature" Christians. The disciplines taught are easy to practice by even new Christians and are guaranteed to deepen your walk with Christ.

Dave Larkin
Council Secretary

White Pass Family Outing

How about a weekend at a mountain lodge with your family?

This is a time to enjoy the company of other RLC families as we gather to enjoy God's beautiful creation!

Reserve the March 1 – 3 weekend (two nights) for a family outing to White Pass! You don't have to be skiers. There are lots of other fun activities to participate in as it is the 27th Annual White Pass Winter Carnival to celebrate the last weeks of winter (a spectacular interactive snow castle, carnival games and races, world-class snow sculptures, fireworks, and live music).

The cost (not including food) is \$27 per night per person. Please mark your intent to attend on the yellow slip and submit your deposit (1/3 of total cost) to RLC with "Family Retreat" written on the memo line of your check.

If you wish to learn more or if you have any questions, please contact Russ Warren (967-5419).

Grumpy Old Men

You're thinking, "Well, now ol' Hogan's gone and done it! He's plagiarized the title of a Walter Matthau movie." Actually, I've "*play-giarized*" it. Like many aging men - especially clergy-types - I've always planned to write a book about my life someday when in full retirement (assuming I'm still operating with my full mental faculties then...a perhaps doubtful thesis). A tentative title for said tome I've threatened to write, has been that of this month's article. But, the *full* title would be: *Grumpy Old Men...and the Women Who Love Them*. My life is intrinsically bound up with that of my spouse. A remarkable woman! Indeed the story isn't so much about my having entered those years when I've earned the right to become a curmudgeon and a byword to my living descendants. It's got an awful lot to do with the woman who stayed with me through it all.

I confess I'm an incurable romantic. It must be the Irish side of me; it surely can't be the stoical English/Swedish side of me. As long as I'm making confessions here, I might as well risk getting disinvited to any and all future men's group functions: I actually *like* Jane Austen movies. I'm absolutely fascinated by the usage of the English language by the romantic heroes in her plots when wooing the heroine. I keep thinking, "Dave, why can't *you* express your feelings for Elaine in such terms which simply flow off the tongues of those guys?" They are saying what I *want* to communicate; but in my mouth, it comes out so very clumsily. Thankfully, my wife takes the attempts of my stumbling, poor expressions and instead invests them with all the high meaning of an Austen hero's words.

This is February's column; meaning it'll soon be Valentine's Day. The longest love letter ever written was from (of course) a Frenchman, named Marcel, to the love of his life, Magdalene, in 1875, consisting of one phrase (if you'll pardon my French): "Je vous aime" i.e., "I love you." The phrase was repeated 1,875,000 times. Marcel hired a scribe to write the words; and he dictated it word for word. Then he made the scribe repeat it back to him. So, the phrase "I love you" was communicated, orally and in writing, some 5,625,000 times before it reached Magdalene. But do you know what? I'm of the opinion that, if they got married, the first time Marcel failed to take out the garbage, Magdalene whined, "You don't love me!"

Marriage is a great grace gift from God. As Elaine and I approach the years when actuarially one of us likely precedes the other in death, we've concluded: it'll have been "better to have loved and lost than never to have loved at all." God's not ignored those who are single in life. The Presence of the Lord Jesus, to whom you're wed as part of the Bride of Christ brings an even greater, closer intimacy than any earthly marriage ever allows. He's not grumpy! But are we those who love Him? If our prayers and worship are clumsily expressed, He accepts them as the highest and best. He's removed our garbage! So, this Valentine's let **Psalm 116:1a** be *your* declaration and demonstration: ***"I love the LORD!"***

Pastor Dave

"I love the LORD"
Psalm 116:1a

Lenten / Easter Schedule

Ash Wednesday (Wednesday, February 13 – noon and 7:00 PM.)

We start this season of penitence with a cross of ashes marked on our foreheads. We are reminded of our human frailty and that we need to return to the Lord who, as the prophet (Joel 2:13) writes “is gracious and merciful, slow to anger and abounding in steadfast love.”

Mid-Week Lenten Services (Thursdays beginning February 21 – March 21)

Soup suppers begin at 6:00 PM and Evening Prayer at 7:00 PM)

Palm Sunday (Saturday, March 23 - 5 PM, Sunday, March 24 - 8:30 and 11:00 AM) -

Choir Cantata – Meet in the Prince of Peace fellowship area to process into the sanctuary as we remember Christ’s triumphant entry into Jerusalem. We hear the shouts of the crowd that hails him as king – then far too quickly the crowd turns on him and shouts ‘crucify him’.

Maundy Thursday (Thursday, March 28 - 7:00 PM)

Start of the three days – We remember and celebrate Christ’s last supper with the disciples, go with him from there to the Garden of Gethsemane. We hear his prayers and how he was betrayed. Then we strip the altar - symbolic of the humiliation Jesus went through after his arrest.

Good Friday (March 29 – noon and 7:00 PM)

We continue the three days – We hear the story of Christ’s crucifixion and death – the price he willingly paid for our sins.

24-hour Prayer Vigil (8:00 PM Friday, March 29 – through 8:00 PM Saturday, March 30)

A prayer vigil will 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 (7:00 PM Saturday, March 30)

The Third Day. We conclude our prayer vigil with a service of prayer and praise held in the Prince of Peace fellowship area.

Easter Worship (Sunday, March 31)– We celebrate Christ’s resurrection – His victory over death and the grave; the victory he won for us.

6:00 AM - Early Morning Resurrection Celebration, no communion

8:00 AM and 9:30 AM - Traditional Easter Worship Service with communion

11:00AM – Contemporary Easter Worship Service with communion

Operation Christmas Child 2013



Item of the Month – Personal hygiene items

Our goal for this year is to fill at least 150 boxes. We believe by spreading the collection process out over the entire year, we should be able to reach, and hopefully surpass, this number!

Please bring NEW personal hygiene items such as combs, hair brushes, individually-packaged toothbrushes, toothpaste, hair barrettes and bands, bows, non-liquid make-up, etc. to donate for Operation Christmas Child. (Please no liquids or aerosols). They can be placed in the Christmas-y box near the mailboxes in the Prince of Peace fellowship area. Thank you for your help in making this a year-round ministry!

For more information contact Jenny Page

February 2013

Sun

Mon

Tue

The Richland Lutheran Church calendar changes daily!

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>3</p> <p>8:30 AM Worship 9:00 AM Good News Today 9:45 AM Basic Belief Seminar 9:45 AM Education Hour/HeBrews Cafe 11:00 AM Worship 7:00 PM Haler/Worgull Growth Group</p>	<p>4</p> <p>9:00 AM Library Work 12:00 PM Mary Martha Growth Group 7:00 PM Bible Study 7:00 PM Long-Range Planning Team</p>	<p>5</p> <p>9:30 AM Staff Meeting 11:00 AM Finance Ministry Team Meeting 5:00 PM Recorder Consort 6:00 PM Bell Choir 7:00 PM Praise Team 7:00 PM RLC Foundation Meeting 7:00 PM Boy Scout Troop 248 7:00 PM Outreach Team Meeting</p>
<p>10</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>11</p> <p>9:00 AM Library Work 12:00 PM Mary Martha Growth Group 6:30 PM TLC Training 7:00 PM Bible Study 7:00 PM Long-Range Planning Team</p>	<p>12</p> <p>7:00 AM Men's Prayer Breakfast at Denny's 9:30 AM Staff Meeting 11:45 AM LAFF 5:00 PM Recorder Consort 6:00 PM Bell Choir 7:00 PM Praise Team 7:00 PM Boy Scout Troop 248 7:00 PM Congregation Council</p>
<p>17</p> <p>8:30 AM Worship 9:00 AM Good News Today 9:45 AM Education Hour/HeBrews Cafe 11:00 AM Worship 12:15 PM New Members Reception 5:30 PM High School Leadership Team 6:30 PM Coffeehouse 7:00 PM Haler/Worgull Growth Group</p>	<p>18</p> <p>9:00 AM Library Work 9:30 AM Tri-City Quilter's Guild Meeting 12:00 PM Mary Martha Growth Group 7:00 PM Bible Study 7:00 PM Long-Range Planning Team</p>	<p>19</p> <p>9:30 AM Staff Meeting 5:00 PM Recorder Consort 6:00 PM Bell Choir 7:00 PM Praise Team 7:00 PM Boy Scout Troop 248</p>
<p>24</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 Union Gospel Mission Service 7:00 PM Haler/Worgull Growth Group</p>	<p>25</p> <p>12:00 PM Mary Martha Growth Group 1:30 PM Dorcas Circle 7:00 PM Bible Study 7:00 PM Long-Range Planning Team</p>	<p>26</p> <p>9:30 AM Hannah Circle 9:30 AM Miriam Circle 9:30 AM Staff Meeting 5:00 PM Recorder Consort 6:00 PM Bell Choir 7:00 PM Praise Team 7:00 PM Boy Scout Troop 248 7:00 PM Lydia Circle</p>

February 2013

Wed	Thu	Fri	Sat
		<p>1</p> <p>9:00 AM Bulletin Assembly 9:00 AM Preview Assembly 10:00 AM Tri-City Quilter's Guild 6:00 PM AA Meeting 6:00 PM Peterson Bible Study 6:15 PM Girl Scouts 7:00 PM AI-Anon</p>	<p>2</p> <p>8:00 AM Organ Rehearsal 10:00 AM Quail Hollow Orientation 10:00 AM Tri-City Quilter's Guild 5:00 PM Worship</p>
<p>6</p> <p>9:00 AM Sewing Bee 1:00 PM Pastor Corey's Bible Study 3:30 PM Knitting Group 6:00 PM Family Night Dinner 6:15 PM Back Row Choir 6:30 PM Super Kids! 6:30 PM WILD! 6:45 PM Chancel Choir</p>	<p>7</p> <p>9:00 AM Bible Study 9:00 AM Library Work 9:30 AM Ministry Lead Meeting 6:00 PM Steele Growth Group</p>	<p>8</p> <p>9:00 AM Bulletin Assembly 6:00 PM AA Meeting 6:00 PM Peterson Bible Study 6:15 PM Girl Scouts 7:00 PM AI-Anon 7:00 PM Ultreya</p>	<p>9</p> <p>8:00 AM Organ Rehearsal 5:00 PM Worship</p>
<p>13</p> <p>9:00 AM Sewing Bee 12:00 PM Ash Wednesday Service 1:00 PM Pastor Corey's Bible Study 3:30 PM Knitting Group 6:30 PM AA Treatment Committee 7:00 PM Ash Wednesday Service 8:00 PM Chancel Choir</p>	<p>14</p> <p>9:00 AM Bible Study 9:00 AM Library Work 9:30 AM Ministry Lead Meeting 6:00 PM Steele Growth Group</p>	<p>15</p> <p>9:00 AM Bulletin Assembly 6:00 PM AA Meeting 6:00 PM Peterson Bible Study 6:15 PM Girl Scouts 7:00 PM AI-Anon</p>	<p>16</p> <p>6:00 AM Men's Breakfast 8:00 AM Organ Rehearsal 5:00 PM Worship</p>
<p>20</p> <p>9:00 AM Sewing Bee 10:30 AM Luther Senior Center 1:00 PM Pastor Corey's Bible Study 3:30 PM Knitting Group 4:30 PM Women's Ministry Team 6:00 PM Family Night Dinner 6:15 PM Women's Choir 6:30 PM Super Kids!, WILD 6:45 PM Chancel Choir 7:30 PM GNMM Board Meeting</p>	<p>21</p> <p>9:00 AM Bible Study 9:00 AM Library Work 9:30 AM Ministry Lead Meeting 1:00 PM Piece-Makers 6:00 PM Steele Growth Group 6:00 PM Soup Supper 7:00 PM Lenten service</p>	<p>22</p> <p>9:00 AM Bulletin Assembly 9:00 AM Preview Assembly 6:00 PM AA Meeting 6:00 PM Peterson Bible Study 6:15 PM Girl Scouts 7:00 PM AI-Anon 7:00 PM Cardboard City</p>	<p>23</p> <p>12:00 AM Cardboard City 8:00 AM Organ Rehearsal 5:00 PM Worship</p>
<p>27</p> <p>9:00 AM Sewing Bee 1:00 PM Pastor Corey's Bible Study 3:30 PM Knitting Group 6:00 PM Family Night Dinner 6:15 PM Back Row Choir 6:30 PM Super Kids! 6:30 PM WILD! 6:45 PM Chancel Choir</p>	<p>28</p> <p>9:00 AM Bible Study 9:00 AM Library Work 9:30 AM Ministry Lead Meeting 6:00 PM Steele Growth Group 6:00 PM Soup Supper 7:00 PM Lenten service</p>		<p style="text-align: center;">Lutherans About Fun and Fellowship (LAFF)</p> <p style="text-align: center;">Please join us on Tuesday, February 12, at 11:45 AM.</p> <p>We will enjoy a potluck lunch, a photo show from Betty and Felix Quinn from their trip to Israel, and work on a service project. Please bring a dish to share and one dozen sugar cookies, if you can.</p>

Activities for Kids



SUPER KIDS FEBRUARY 2013

- Feb. 6 - Set aside a special day for God!
- Feb. 13 - No SK - Join us for Ash Wednesday worship at 7:00 PM
- Feb. 20 - Honor your mother and father!
- Feb. 27 - You shall not kill.

Captain Clueless is learning the Ten Commandments are not just a bunch of strict rules he's supposed to follow in life. But with Professor Peabody off on an adventure in search of some mysterious stone tablets, will the Super Kids! be able to help him understand the biblical truth that on our own we will never be "good enough" and we need a Savior? And who is this bearded fellow named Moses who keeps showing up?

Super Kids! is a Wednesday night ministry for children in 1st through 5th grade. Friends are always welcome to join us, and newcomers can jump in at any time! We meet from 6:30 to 7:45 PM, immediately following the family dinner at 6:00 PM, in the Prince of Peace fellowship area. Worship and prayer, Bible lessons, scripture memorization, games, crafts, and lots of fun happen each week!

For more information, contact Jenny Page at 943-3164 or jenny.page@richlandlutheran.org



Youth Activities

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!

***There is no WILD on February 13, but there is a special Ash Wednesday service at 7pm.**

BEACH TRIP FUNDRAISER DINNER!!!

When: Friday, **March 8** at 6:00 pm.

Where: Prince of Peace Fellowship Area

Cost: \$12 adults, \$5 children 12 and under

This is our annual fundraiser for the **High School Beach Trip** - our biggest event of the year. This year we are going to Seaside, OR from July 14-21. Our theme this year is "Above and Beyond" which will focus on taking our discipleship to a deeper level. Our purpose is to understand God's providence and how that affects our lives. We worship, we study, we pray, we play.

If you would like to attend this great dinner, please sign up on the **YELLOW WORSHIP SLIP**, and indicate how many will be in your party, or call the church office at 943-3164, or email our secretary at office@richlandlutheran.org.

If you are unable to attend the dinner but would still like to help our kids, consider making a special gift designated for the high school beach trip.

Dinner will be prepared by Chef Jenny Page...so you know it will be delicious! If you have any questions, please call Pastor Corey at 943-3164.

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: NO COFFEEHOUSE/LEADERSHIP

10: Rebel with a cause

17: Do you believe in miracles? YES!

24: The #1 Teacher of all time

CARDBOARD CITY LOCK-IN!

Friday, **February 22 at 7pm** we will begin our experience of homelessness. Bring only a jacket and blanket, and don't forget to bring a cardboard box to sleep in outside. We will conclude this lock-in with dinner after the 5:00 PM service on Saturday. Oh, and remember not to eat anything after lunch on Friday!

High School Leadership Team. We meet at 5:30 PM in the Friendship Room. If you are interested, please talk to Corey!

Maintaining Your Optimal Health

One Step at a Time

Blood Pressure 101

We all know that the heart is the most important organ in our body. We also know that the heart is one of the hardest working and most dependable organs we have, working day and night, 24/7, for a lifetime. Considering a lifetime of 80 years, that equates to about 3.4 billion heart-beats! Each heart-beat causes blood to flow through an estimated 400,000 miles of blood vessels in the human circulatory system. The blood pressure, or the pressure being exerted by the circulating blood on the walls of the blood vessels, is determined by the diameter, flexibility and the amount of blood being pumped through the blood vessels.

During each heart-beat, blood pressure varies between a maximum (systolic) and a minimum (diastolic) pressure due to the pumping action of the heart. Differences in the mean blood pressure are responsible for blood flow from one location in the circulation to another. Blood pressure decreases as it flows away from the heart through arteries and capillaries due to viscous losses of energy. Mean blood pressure drops over the complete circulation, but mostly along the small arteries and arterioles.

One of the principal “vital signs” is the measurement of a person’s blood pressure, usually referring to the systemic pressure in a major artery and expressed in terms of “Systolic” pressure over “Diastolic” pressure, or highest pressure over the lowest pressure. Although there are many factors which could cause normal blood pressures to differ from one person to another, the desired systolic range of an adult over 18 is typically 90-119 and the desired diastolic range is 60-79. The pressure is measured in millimeters of mercury (mmHg) and expressed, for example, 105/75.

Various factors can influence a person’s average blood pressures. Some we can control and some we cannot control. Age, race/ethnicity and family history are some of the risk factors we cannot control. Some risk factors that we can control are the medicines that we take, our health in general, and other controllable habits which could increase risks of high blood pressure such as lack of physical activity, drinking too much alcohol, eating too many salty foods, smoking, or having too much stress. Some medicines actually elevate blood pressures; however any changes in medicines should only be done after consulting with a doctor.

High blood pressure rarely has any noticeable symptoms so it is a good idea to have regular blood pressure testing performed to determine the level of risk we have. It is important to understand that uncontrolled high blood pressure can lead to other serious health problems. Since high blood pressure is treatable, let’s find out our risk level and consult with a medical professional to mitigate this potential life-threatening condition.

An Update from Your RLC Long-Range Planning Team (LRPT)

The Richland Lutheran Church Long-Range Planning Team (LRPT) was formed to evaluate the spiritual, relational and physical needs of the congregation and the citizens of the Tri-Cities and to provide recommendations to the congregation regarding the future direction of Richland Lutheran Church. The foremost objectives are:

- strengthen RLC capabilities and capacities to help the members of our congregation grow spiritually - *to love God with all their heart.*
- to strengthen and provide more focus for the work we do as a congregation in the community – *to love our neighbors as we do ourselves.*

The LRPT's goal is to present a long-range plan to the congregation by early August 2013 in order to provide guidance to the 2014 Congregational Ministry Plan and Budget which will be presented in the October Annual Meeting.

Over the next several months, the LRPT will be seeking input from the congregation in several ways. Watch for more information over the coming weeks.

- The “REVEAL Spiritual Life Survey” is now online. It asks questions about your spiritual life and the role our church plays in it. See below for more information.
- In April, the “12 Keys Survey” will be conducted to help assess RLC's short- and long-term educational, physical and staffing capabilities and needs.
- In May and June, focus groups will meet to assess the results of these surveys and provide input to the LRPT.

These activities will help the LRPT to identify what RLC can do and be now and in the next five years and beyond.

Please keep our congregation and the LRPT in prayer and plan to participate in this planning process that God will provide us with the capabilities and capacities to love Him more and show that love to our neighbors.

The RLC LRPT: Pastor Steve, Dave Brandes, Jim Lachut, Dave Larkin, Jenny Page, Joel Sorensen, Sandy Steele and Bob Thompson.

Reveal Survey

The Reveal Survey is available on the RLC website through February 9. It will take about 30-40 minutes to complete. Please be sure to fill it out if you have not yet done so! Computers are available in the church office during regular office hours or at HeBrews Café on Sundays.

The direct link for the survey is: <http://www.revealnow.com/slsurvey?uid=6639>

Worship Participants

February 2013	Time	<i>Sunday February 3</i>	<i>Sunday February 10</i>	<i>Sunday February 17</i>	<i>Sunday February 24</i>	<i>Lenten Services Feb 13(Ash Wed) Feb 21, 28 (Thurs)</i>
<i>Pianist (Saturday)</i>	5:00 PM	Maria Frame	Maria Frame	Maria Frame	Maria Frame	Teresa Zorich
<i>Organists</i>	8:30 AM	Maria Frame	Maria Frame	Maria Frame	Maria Frame	
	11:00 AM	Maria Frame	Maria Frame	Maria Frame	Maria Frame	
<i>Lectors</i>	8:30 AM	Kathy Killand	Peggy Pilger	Norm Gillette	Peggy Pilger	
	11:00 AM	Karen Clark	Val Bettinson	Alicia Booth	Susan Schmieman	
<i>Communion Assistants</i>	8:30 AM	Ken Meek Sue Meek Kathy Killand	Clarine Watkins Pam Hedges Jeff Pilger ****	Erlan Leitz Jan Leitz Charles Davis	Clarine Watkins Norm Gillette Sara Gillette	Ash Wednesday **** **** ****
	11:00 AM	Karen Clark Jenny Page Jon Page	Cheryl Erickson-Nixon Kelly Westlund **** ****	Cheryl Erickson-Nixon **** ****	Kelly Westlund **** ****	
<i>Setup/Cleanup Communion (Saturday) Sunday 8:30 setup</i>	5:00 PM	Joanne Woehle	Jim and Sue Worgull	Gwen Dodge	Nancy Ballard	<i>Ash Wednesday: Set up – Kay Aase Clean up- Kelly Westlund</i>
<i>Cleanup 8:30, Set up 11:00 Sunday</i>	After 8:30 AM	Kay Aase Pamela Warren	Kay Aase Karin Nickola	Carol Schmid	Mike and MaryJo Schroeder	
<i>Clean up Communion</i>	After 11:00 AM	Jim and Jean Loss	Doloros Erickson	MaryJo Schroeder	Doloros Erickson	
<i>Acolytes</i>	8:30 AM	Katie Schmid Sarah Schmid	Mikayla Mars Josh Mars	Ella Sperline Kyle Prigge	Caleb Brown Reagan Mercer	13 – Morgan Oberlander Patrick Schroeder
	11:00 AM	Andrew Clark Nathan Salyer	Woody Page Daniel Miles	Nathan Mitchell Peter Morris	Trond Tilton Nathan Lipton	21 – Rhet McCullough 28 – Garrett Streufert
<i>Head Ushers & Assisting Ushers</i>	8:30 AM	Boy Scout Sunday	H – Fred Kremmer Bill Frame A – Mac Dixson Harold Hogue	H – Chuck McCargar Sue McCargar A – Jim Peterson ****	H – Dave Wunschel Larry Corning A – Jon Erlandson Laura Stevens	13 –H -Carol Hexum Dave Larkin A - Jim Worgull Russ Warren
	11:00 AM	Boy Scout Sunday	H – Mike Bettinson Valerie Bettinson A – Rick Budzeck Janet Budzeck	H – Rick Budzeck Janet Budzeck A – Mike Strasburg Charles Rogers	H – Jim Loss Jean Loss A – Rick Snyder Kathy Snyder	21 – Gary Weible Eunice Weible 28 – Fred Kremmer Bill Frame
<i>Church Friends</i>	8:30 AM	Lois Harrold	Sara & Norm Gillette	Sue & Jim Worgull	Carol Schmid	
	11:00 AM	Karen Clark	Kathy & Rick Snyder	LaVonne Scully	Debbie Hardman	
<i>Children's Church</i>	8:30 AM	Melissa Schmid Katie/Sarah	Lori Lachut Brittney Crisp	Kiane Lesser Kaylynn/John/Anna Lesser	Astrid Goplen Neal/Freja	
	11:00 AM	Pam Hedges Ellie Hoffner	Julie Bishop Kira Westlund	Trina Miles Daniel Miles	Jana Strasburg ****	
<i>Video System at 8:30 am service</i>	Console Camera 1 2	Mike Stankovich Fred Kremmer Bill Frame	Mike Schwartz Don Schmid Paul Hedges	Jim Moran Ken Meek Jon Erlandson	Brian Killand Traci Moran Luke Thompson	
<i>Sound System</i>	8:30 AM	Chuck Richardson	Karen Schwartz	Chuck Richardson	Larry Corning	13 – Chuck Richardson
<i>Operators</i>	11:00 AM	Jeff Dagle	Tammy Carswell	Jeff Dagle	Jeff Dagle	21 - **** 28 – Chuck Richardson
<i>Cashiers</i>		Kathy Snyder Marge Hogue	Nancy Ballard Dick Arnst	Kay Aase Marge Hogue	Kathy Snyder Dick Arnst	
<i>Recycle</i>		Mike Hoffner	Valerie Bettinson	Joan Perham	Karen Schwartz	

Anniversaries & Birthdays

ANNIVERSARIES

February 5

Kathy & Tim Bush
Eunice & Gary Weible

February 6

Lorrie & Charles Rogers

February 8

Cheryl & Todd Erickson
Mary & Todd Riensche

February 16

Wallapa & Wally
Hendrickson
Brenda & Rob Mercer

February 22

Amanda & TJ Bush

February 29

Sharon & Erick Koehling

BIRTHDAYS

February 1

Julie Gearheard
Loren Schmid

February 2

Peggy Pilger
Lauri Whitney

February 3

Fred Brauer
Jackson Clary

February 4

Mary Armatis
Jean Loss
Brenda Mercer

February 5

Ed Dalpiaz
Marge Hogue
Elsie Knostman
Irmgard Kuchera
Betty Quinn
Henry Solbrack
Laura Stevens
Jacob Wunschel

February 6

Kelly Camastral
Chloe Thorson

February 7

Lisa Hill

February 8

Todd Riensche
Natalie Scherer
Patrick Schroeder

February 9

Emma Hamilton

February 10

Craig Carro
Pat Gibson
Carter Morris
Bob Riggers
JoAnn Rosscup
Jim Wells

February 11

Edna Brasfield
Sallie Huebner
Ron Page
Heather Riensche
Jack Tellefson

February 12

Karin Nickola
Lillian Solbrack

February 13

Helen Hendrickson
Lucille Knutson

February 14

Brandon Gano
Roy Gunter
Adam Pilger
Loris Schmidt

February 15

Jackie Byrd
Greg Dalpiaz
Elizabeth Striefel

February 16

Alisha Bettinson
David Chaney
Thomas Larsen

February 18

Norene Erlandson
Jack Oppelt

February 20

Terri Oberlander

February 21

Steven Skinner

February 22

James Fulton
Katie Schmid

February 23

Maxwell Clary
Ginette Ernst
Cadynce Hamilton
Marilyn Mitchell
Matt Rutt
Marie Thompson

February 24

Ron Brunke
Greg Kelly
Kyia Miles
Michael Pardini
Susan Schmieman
Samuel Webster

February 25

Lois Blanchard
Michelle Peterson
Tracey Stuenkel

February 27

Ed Darrington
Jon Erlandson

February 28

Karen Leber
Inez Miller





Richland Lutheran Church, LCMC

901 Van Giesen
Richland, WA 99354

MONTHLY PUBLICATION

RETURN SERVICE REQUESTED



Worship Schedule

Traditional Worship with Holy Communion
Sundays at 8:30 AM

Worship with Holy Communion
Sundays at 11:00 AM

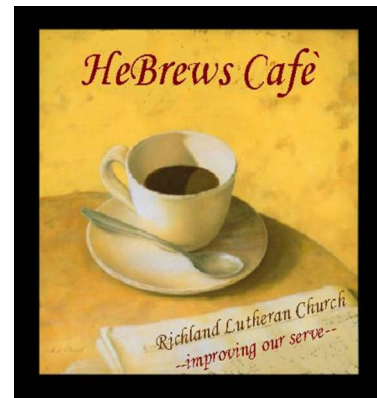
Worship with Holy Communion
Saturdays at 5:00 PM

Ash Wednesday Service, February 12
Noon and 7:00 PM

Lenten Services, Thursdays, February 21 & 28
Soup Supper at 6:00 PM, Service at 7:00 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



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

**It's where Richland Lutheran Church members are re-
freshed, 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.