



From the Pastor's Desk

Saint Patrick:

Living Life in the Light of the Shadow of the Cross!

On Easter Sunday, March 26, 433 A.D., St. Patrick challenged the pagan Druids of Ireland and all their witches, wizards and warlords with the Gospel. On "Tara Hill," with his back to a blazing fire, St. Patrick defied the worshipers of darkness and of the devil, and he proclaimed to them the Gospel of the New Life in Christ.

St. Patrick was literally living his life in the "Light of the Shadow of the Cross" as is our Lenten Theme this year! This had not always been the case. Patrick had been born around 386 A.D. and had grown up as a nobleman's son in Britain (he was not Irish after all!). When he was sixteen years old he had been kidnapped by Irish pirates, shipped to Ireland, and sold as a slave to a Druid chieftain. As a teenage slave, he began to remember what he had been taught about God as a child in a semi-religious home, but had drifted away from. He prayed and committed his life to Jesus as his Lord and Savior. He spent his lonely days as a herdsman meditating on God and in prayer. He was ridiculed and called "holy-boy" for his new found devotion to God. Six years later he heard a voice telling him to escape and journey to the coast, and saying "your ship is ready." Patrick made his escape and walked 200 miles to reach the coast where he found a ship with a crew willing to take him to the European mainland. After arriving on the mainland, he made his way back to Britain where he began serious study about God and the Bible.

One night he had a dream of a messenger named "Victorious" coming to him from Ireland, and voices calling out to him, "Holy-boy, we beg you, come walk among us again" and begging him to return to Ireland. (34) Patrick knew that God was calling him to return to the land where he had been a slave for six years. He was to go and tell the Irish about the one true God. He also knew that the Druids tortured escaped slaves by slowly roasting them alive over a fire. At first he did not want to go, as he said, "It is not in my own nature to show divine mercy toward the very ones who once enslaved me." (34) Later he wrote that "It was the furthest thing from me, but God made me fit, causing me to care about and labor for the salvation of others." (34) Patrick knew he was being called to return to Ireland to share the Good News of Jesus with the Irish.

Continued on page 3 ...

Ruthfred Lutheran Church

3401 South Park Road
Bethel Park , PA 15102
Www.Ruthfred.org

Pastor Steven P. Carlson

Pastor Bryce McMinn

Office Manager Paula Mikulan

Administrative Assistant Pat Lutz

Youth Director Brandon Fouks

Council President Joe Roman

Herald Staff

Editor Tom Glasser

Staff Writers Mettelise Ziegler

Tom Glasser

Proofreading Ruth and Alan Hinkelman

Mailing Labels Lauren Daugherty

Printing Paula Mikulan

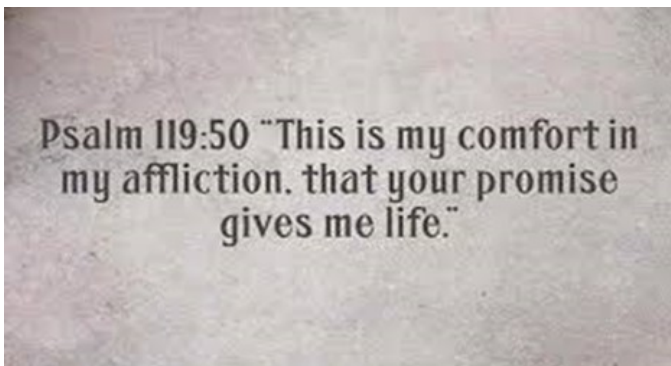
Assembly Leader Joyce Bock

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In This Issue

- 3 From the Pastor's Desk**
Continued from cover page
- 4 90+ Birthday Club / Life Quote**
- 5 Member Profile**
Charles "Ned" Wellman
- 6 Happy Retirement!**
- 7 Song of the Month**
Stricken, Smitten, and Afflicted
- 8 Easter Basket Ministry**
- 9 Shepherd Ministry / Official Acts**
- 10 Catching Up With Council**
- 11 Church Calendar**
- 12 Youth Ministry Calendar**
- 13 Reading Through the Bible 2021
(Chronological Version)**
- 14 A Joyful Heart Is Good Medicine**



Continued from Front Page . . .

Patrick knew that the shadow of death was hanging over him as he returned to the spiritual darkness of that pagan culture, but he went in forth in the glorious power and light of the cross. He wrote, "Every day I expected to be murdered or robbed or enslaved; but I'm not afraid of these things because of the promises of Heaven. . . . The only reason I had to return to the people I once barely escaped from was the Gospel and its promises." (40)

The power of the risen Christ had changed Patrick's heart and he knew that the transformational power of the message of the cross could change the Irish people. Because he had experienced the forgiveness of God through the death of Christ on the cross, Patrick now had a heart of forgiveness and love toward his captors, rather than bitterness and hatred. Because of the resurrection of Christ from the dead, Patrick knew that God could do anything, and he returned with a great love for the Irish people.

Patrick returned, boldly preaching the Gospel. On Easter Sunday, March 26th, 433 A.D. Patrick faced the high king Leary and the Druids who wanted to kill him. With a blazing fire behind him, he declared that Jesus Christ was the ONE TRUE GOD, who through His death on the cross and resurrection, had defeated death, all demonic forces and the devil himself! God miraculously intervened and saved Patrick that day. Patrick went on to preach the Gospel throughout Ireland and thousands of Irishmen turned from their sinful pagan ways to follow Christ. They saw how the power of Christ exceeded even the demonic power of the Druid religion. Ireland experienced a spiritual awakening that swept across the land, and Ireland became known as a Christian nation, as even the Druids found "New Life in Christ in the Light of the Shadow of the Cross."

May we also continue, *"Living New Life in the Light of the Shadow of the Cross."*

Pastor Carlson

Quotes taken from John Cowart's book, **"People whose faith got them into trouble."**
Downers Grove, IL.: InterVarsity Press, 1990.



90+ Birthday Club

Joan Teichart March 1st 92

Sue Kovac March 2nd 91

Pat Radke March 17th 92

Gladys Stewart March 28th 92

Happy Birthday !!

Life Quotes from Lutherans For Life



Lutherans
For Life

“The world needs your voice to declare Jesus’ words of eternal life. The world needs your voice to declare God’s value of life in all of its stages. The world needs your voice to declare God’s convictions born of His Word. The world needs your voice to declare that God’s word of forgiveness purchased with the blood of Jesus extends to all of us sinners, including those who have chosen abortion. The world needs your voice!”

Rev. David Eibel, Living Word Lutheran Church, Grapevine, Texas –
A Life Quote from Lutherans For Life • lutheransforlife.org

Member Profile:**by Mettelise Ziegler****Charles "Ned" Wellman**

Charles Edward Wellman, known to us as Ned, has been at Ruthfred for over twenty-five years. He has served as Treasurer, Financial Secretary, elder and usher. Other areas of service have included helping out with the Family Promise program and chaperoning youth on several trips. Ned has also been a member of the choir for over two decades, enjoys the evening 'Journey Through the Word' Bible study, and last year enjoyed trying to keep up with the 'Read Through the Bible' program organized by Don Roose..

Ned and sister Judy grew up in Everett, PA. In high school he enjoyed playing football, basketball, and trumpet in the band. After graduation in 1952 Ned enrolled at Washington and Lee University. After two years, however, he left university to enlist in the Marines Corp. While serving, Ned developed what would be a life-long friendship with fellow Marine Bill Dabney. They served together in several locations, including Okinawa, Japan. Ned eventually ended up back at Washington and Lee while Bill coincidentally ended up at VMI, both located in Lexington, VA. Bill went on to become a war hero in Vietnam and was awarded the Navy Cross.

Upon graduating with a bachelor's degree in Industrial Management, Ned found employment with a predecessor of PNC Bank, and it was there that he met his wife Barbara. He retired with the title of Vice President of Small Business Lending and Business Development. After Barbara retired from Westinghouse a few years later, the Wellmans enjoyed travel with good friends, including tours of Ireland and Yorkshire to mention a couple of places.



Raised Methodist, Ned was drawn to attending church while in college. He found he was attracted to the “formality” of the Episcopal church. While the Wellmans lived in Pleasant Hills, a neighbor invited Ned to attend their church, and this turned into membership at Prince of Peace Lutheran Church for several years.

The Wellmans left Pleasant Hills years ago, and have been living in South Fayette near Portman’s Market. Ned was curious about the good things he had heard about Ruthfred. Needless to say, he liked what he found and has been active here for decades. Of the many great stories Ned can tell about Ruthfred, one that stands out to him is the big renovation that added much needed space to the facility. Ned’s background in banking and collaboration with other church members with expertise,

Continued on next page ...

including the late Clyde Lundgren, made the addition possible with terms the congregation could live with.

Ned now enjoys doing yard work and spending time with his family. Son, Wallace and daughter-in-law live nearby in Upper St. Clair. There are two grandsons and even a “grand-dog.” Currently, Ned is delighting in the “top notch” music program at church, including the children’s choir and contemporary music worship team. You can spot Ned just about every Sunday. He will be singing joyfully in harmony with the choir.



Paula Mikulan has resigned as Office Manager for our church, effective July 1, 2021. After much thought and prayer, Paula submitted her official resignation, which was received by the Church Council last month.

She has contemplated retirement for several years, but we always convinced her to stay on! But finally, the pull of grandchildren in different states and the opportunity to travel and enjoy this new season of life has won out. Paula has done outstanding work in this position for almost 20 years and we will greatly miss her!!!

We are so thankful for her excellence in all she does, and for her heart of love for our congregation!

Pastor Carlson



Song of the Month

By Tom Glasser

Stricken, Smitten, and Afflicted

Lyrics: Thomas Kelly

Melody: 19th century German chorale

Growing up, I recall "Stricken, Smitten, and Afflicted" as a classic staple in the Lenten repertoire of hymns. So I was a little surprised when I could not find it in our SBH hymnal. Paula Mikulan tells me that it does appear in the Ambassador Hymnal, although when I checked it is not the melody I am familiar with and about which I write. A long time ago I vaguely remember someone saying that she did not like this hymn because it was so droning and depressing. My objection now would be that it is not, of course, meant to be an upbeat praise song or Irish jig. The music suits the gravity of its subject matter, i.e. the passion of the Son of God. It also suits the emotive and powerful lyrics by Thomas Kelly, an Irish clergyman and hymn writer who lived from 1769 to 1855. With no further ado I would like to showcase Rev. Kelly's lyrics, with minimal commentary.

*Stricken, smitten, and afflicted, See Him dying on the tree!
'Tis the Christ by man rejected; Yes, my soul, 'tis He, 'tis He!
'Tis the long expected Prophet, David's Son, yet David's Lord;
Proofs I see sufficient of it: 'Tis the true and faithful Word.*



Who is it on that cross? The Christ - God's anointed One - the long awaited Prophet – David's Son – David's Lord – the true and faithful Word.



*Tell me, ye who hear Him groaning, Was there ever grief like His?
Friends through fear His cause disowning, Foes insulting His distress;
Many hands were raised to wound Him, None would interpose to save;
But the deepest stroke that pierced Him Was the stroke that Justice gave.*

In addition to all of the excruciating physical pain that Jesus endured, He also had to suffer desertion by friends and derision from his enemies. But perhaps the worst of all was bearing the Father's Judgment on Him as the sacrificial Lamb carrying the sins of the whole world.

*Ye who think of sin but lightly Nor suppose the evil great
Here may view its nature rightly, Here its guilt may estimate.
Mark the Sacrifice appointed, See who bears the awful load;
'Tis the Word, the Lord's Anointed, Son of Man and Son of God.*



Dear God, forgive us for every time we rationalize away our sins and thereby trivialize the awful price it cost your dear Son.



*Here we have a firm foundation, Here the refuge of the lost;
Christ's the Rock of our salvation, His the name of which we boast.
Lamb of God, for sinners wounded, Sacrifice to cancel guilt!
None shall ever be confounded Who on Him their hope have built.*

Here in the last stanza of this "droning, depressing" hymn, we get Gospel – good news! For anyone swimming in a bottomless sea of relativism, meaninglessness, doubt, or despair, here is a Foothold. The crucified Christ is a firm foundation, refuge, rock, and sacrifice to cancel guilt. Build your hope on Him!

Ways you can SERVE

Easter Baskets for our Shut-Ins/Homebound Members

Ruthfred's Women's Ministry is organizing this annual project on a smaller scale this year. There will be no personal visits when baskets are delivered. They will be handed to someone at the door, dropped off at the door or left at the facility's front desk.

Sign-up sheets for assembly at 9 a.m. (wearing masks and gloves) and pickup/delivery at 10 a.m. on March 27, are on the table at the bottom of the stairs near the South Park Road entrance. They can be delivered any time before Easter.

Thank you for your help.

Suggested Donations

NO HOMEMADE ITEMS THIS YEAR - Please choose food items that are individually wrapped and/or single servings. **NOTHING WITH NUTS.** Sugar-free items are welcomed. Any unused items will be donated to Meals on Wheels.

Snack crackers	Jello cups
100 calorie snacks	Fruit cups
Breakfast bars	Applesauce
Hot/cold cereal	Tea bags
Mini muffins	Hot chocolate mix
Cookies	Soup packets
Pudding cups	Tissue packs

**Please place items in the collection bin outside the kitchen by
Wednesday, March 24.**

Questions??? Contact Jill Kurtz or Sue Rotz



Ruthfred Shepherd Ministry



WE NEED YOU!

Do you feel the need to be more involved as a member at Ruthfred but don't know how? We are called to be disciples of Jesus Christ and one great way to do this is through RLC's Shepherding Ministry! We currently only have about 15 active "Shepherds", for a "Flock" of over 900 current members at RLC! This is not a big commitment but is very important to stay in touch with and encourage our members in a variety of ways. Please contact Pat Lutz or Joe Roman (412-477-2251) to talk about how you can make a big difference in our church community and furthering God's Kingdom.

And when the chief Shepherd appears, you will receive the unfading crown of glory.

I Peter 5:4

Official Acts -- February 2021

Funerals: (*indicates member)

- *JoAnn Haberland — 1/27/21 (graveside service only)
- *Carol M. Kletch — 2/1/21
- *Barbara J. Bright — 2/3/21
- *Sharon S. Robbins — 2/12/21
- *Martha Kanagy — 2/20/21

Catching up with Council . . .

Ruthfred Lutheran Church
Council Meeting Highlights
February 8, 2021



Pastor Carlson announced that Paula has resigned effective June 30, 2021 and praised her for the excellent job she has done. A search committee will be formed to find her replacement.

Pat Lutz and Joe Roman are looking for volunteers to assist with the Shepherd Ministry.

The FLY convention has been canceled and will be replaced with a camp June 26 - July 1 at the Association Retreat Center that some of the youth attended last summer. A motion was passed to permit funds up to the amount previously approved for the FLY convention to be used for the support of camp speakers. A youth committee has been formed to find Brandon's replacement. Interviews should start in March.

A motion passed to have the Lenten suppers this year. The Elders had discussed distancing the tables and using other rooms to encourage social distancing.

Scholarship approved for Colton and Rebecca Cox for the Bible College.

Dave Compel discussed outreach programs. Praise in the Park is tentatively planned for Aug. 14th at the South Park Amphitheater. He also suggested a series of summer movie nights in June and July and an Indoor/Outdoor Easter family festival on Palm Sunday, March 28th in the afternoon to include an Easter egg hunt was approved.

Dave Compel discussed possible improvements to the fellowship hall including updates to the stage and carpeting. There is money budgeted for 2021 by the trustees for some refurbishments to the fellowship hall.

Respectfully submitted,

Kris Wentz
Secretary







March 2021

SUN	MON	TUE	WED	THU	FRI	SAT
	1 <i>JTTW Leaders Meeting 9:30</i> <i>Craft & Sew 9:30</i> <i>Elders Meeting 7:00</i>	2 <i>Sr. Confirmation Class 4:00</i> <i>Worship Team 7:00</i>	3 <i>JTTW 9:45</i> <i>Lenten Service 2:00</i> <i>Children's Choir 5:45</i> <i>Soup & Sandwich 6:00</i> <i>Jr. & Sr. Conf. 6:15</i> <i>Bell Choir 6:30</i> <i>Senior Choir *</i> <i>Lenten Service 7:30</i>	4	5	6 
7 Easter Flower Sale Begins <i>Holy Communion 8:30</i> <i>Sunday School 9:45</i> <i>Holy Communion 11:00</i> <i>Holy Communion 6:00</i>	8 <i>JTTW Leaders Meeting 9:30</i> <i>Elders' Prayer Time 7:00</i> <i>Council 7:30</i>	9 <i>Sr. Confirmation Class 4:00</i> <i>Women's Ministry Planning Mtg 7:00</i>	10 <i>JTTW 9:45</i> <i>Esther 12:00</i> <i>Lenten Service 2:00</i> <i>Children's Choir 5:45</i> <i>Soup & Sandwich 6:00</i> <i>Jr. & Sr. Conf. 6:15</i> <i>Bell Choir 6:30</i> <i>Senior Choir *</i> <i>Lenten Service 7:30</i>	11	12	13 <i>Mary 9:30</i> Turn your clocks ahead before bedtime!
14 <i>Worship Service 8:30</i> <i>Sunday School 9:45</i> <i>Worship Service 11:00</i>	15 <i>JTTW Leaders Meeting 9:30</i> <i>Craft & Sew 9:30</i>	16 <i>Sr. Confirmation Class 4:00</i> <i>Worship Team 7:00</i>	17 <i>JTTW 9:45</i> <i>Lenten Service 2:00</i> <i>Children's Choir 5:45</i> <i>Soup & Sandwich 6:00</i> <i>Jr. & Sr. Conf. 6:15</i> <i>Bell Choir 6:30</i> <i>Senior Choir *</i> <i>Lenten Service 7:30</i>	18 <i>Ruth 2:00</i>	19	20 <i>Contemporary Liturgical Worship Service 5:00</i> Spring is here!
21 <i>Worship Service 8:30</i> <i>Sunday School 9:45</i> <i>Worship Service 11:00</i>	22 <i>JTTW Leaders Meeting 9:30</i>	23 <i>Sr. Confirmation Class 4:00</i> <i>Worship Team 7:00</i>	24 <i>JTTW 9:45</i> <i>Lenten Service 2:00</i> <i>Children's Choir 5:45</i> <i>Soup & Sandwich 6:00</i> <i>Jr. & Sr. Conf. 6:15</i> <i>Bell Choir 6:30</i> <i>Senior Choir *</i> <i>Lenten Service 7:30</i>	25 	26 <i>XYZ Noon</i>	27 
28 Palm Sunday Last Day to Order Easter Flowers <i>Worship Service 8:30</i> <i>Sunday School 9:45</i>	29	30 <i>Worship Team 7:00</i>	31 <i>Children's Choir 5:45</i> <i>Bell Choir 6:30</i> <i>Senior Choir 7:30</i>	April 1 Maundy Thursday <i>Communion Svc 2:00</i> <i>Communion Svc 7:30</i>	April 2 Good Friday <i>Meditations 12:00 - 3:00</i> <i>Tenebrae Svc 7:30</i>	Note: * Senior Choir will meet at 7:00 and then again after the 7:30 service.

March 2021

Youth Ministry

SUN	MON	TUE	WED	THU	FRI	SAT
   Love. Grow. Serve.	1	2	3	4	5	6
7 <i>Sunday School 9:45</i> SWAP 6-7:30 PM <i>@ Church</i>	8	9 <i>TNT</i> <i>7-9 pm</i> <i>@ Church</i>	10	11	12	13 <i>Turn your clocks ahead before bedtime!</i>
14 <i>Sunday School 9:45</i> SWAP 6-7:30 PM <i>@ Church</i>	15	16 <i>TNT</i> <i>7-9 pm</i> <i>@ Church</i>	17	18	19 <i>Parents Night Out</i> <i>6:30 pm</i> <i>@ Church</i>	20 <i>Spring is here!</i>
21 <i>Sunday School 9:45</i> SWAP 6-7:30 PM <i>@ Church</i>	22	23 <i>TNT</i> <i>7-9 pm</i> <i>@ Church</i>	24	25	26	27
28 <i>Sunday School 9:45</i> SWAP 6-7:30 PM <i>@ Church</i>	29	30 <i>TNT</i> <i>7-9 pm</i> <i>@ Church</i>	31			

Reading Through the Bible 2021

Schedule for March

1st	Numbers 6	Numbers 7	Numbers 8	Numbers 9
2nd	Numbers 10	Numbers 11	Numbers 12	Numbers 13
3rd	Numbers 14	Numbers 15		
4th	Numbers 16	Numbers 17	Numbers 18	
5th	Numbers 19	Numbers 20	Numbers 21	
6th	Numbers 22	Numbers 23	Numbers 24	
7th	Numbers 25	Numbers 26		
8th	Numbers 27	Numbers 28	Numbers 29	
9th	Numbers 30	Numbers 31		
10th	Numbers 32	Numbers 33		
11th	Numbers 34	Numbers 35	Numbers 36	
12th	Deuteronomy 1	Deuteronomy 2	Deuteronomy 3:1-20	
13th	Deuteronomy 3:21-29	Deuteronomy 4	Deuteronomy 5	
14th	Deuteronomy 6	Deuteronomy 7	Deuteronomy 8	Deuteronomy 9
15th	Deuteronomy 10	Deuteronomy 11	Deuteronomy 12	
16th	Deuteronomy 13	Deuteronomy 14	Deuteronomy 15	Deuteronomy 16:1-17
17th	Deuteronomy 16:18-22	Deuteronomy 17	Deuteronomy 18	
	Deuteronomy 19	Deuteronomy 20	Deuteronomy 21:1-9	
18th	Deuteronomy 21:10-23	Deuteronomy 22	Deuteronomy 23	
	Deuteronomy 24	Deuteronomy 25		
19th	Deuteronomy 26	Deuteronomy 27	Deuteronomy 28	Deuteronomy 29:1
20th	Deuteronomy 29:2-29	Deuteronomy 30	Deuteronomy 31:1-29	
21st	Deuteronomy 31:30	Deuteronomy 32	Psalms 90	
22nd	Deuteronomy 33	Deuteronomy 34	Joshua 1	Joshua 2
23rd	Joshua 3	Joshua 4	Joshua 5	Joshua 6
24th	Joshua 7:1	I Chronicles 2:7	Joshua 7:2-26	Joshua 8 Joshua 9
25th	Joshua 10	Joshua 11	Joshua 12:1-6	
26th	Joshua 12:7-24	Joshua 13	Joshua 14	Joshua 15:1-19
27th	Joshua 15:20-63	Joshua 16	Joshua 17	
28th	Joshua 18	Joshua 19:1-48		
29th	Joshua 19:49-51	Joshua 20	Joshua 21	I Chronicles 6:54-81
30th	Joshua 22	Joshua 23	Joshua 24	
31st	Judges 1	Judges 2	Judges 3:1-30	



A joyful heart is good medicine.

Proverbs 17:22a

You know you're a Lutheran if you:

- ♦ Believe in prayer, but would practically die if asked to pray out loud;
- ♦ Like to sing, but groan when a hymn has more than 4 stanzas;
- ♦ Believe your pastor will visit you in the hospital even when you don't notify him that you're there;
- ♦ Follow the official liturgy and feel it is your way of suffering for your sins;
- ♦ Believe in miracles, especially during stewardship visitation programs;
- ♦ Feel that applauding for the children's choir makes you too proud or conceited;
- ♦ Drink coffee like it was the Third Sacrament;
- ♦ Feel guilty for not staying to clean up the fellowship hall after your own wedding reception;
- ♦ Believe that an AFLC bride and an ELCA groom make for a mixed marriage;
- ♦ Sit toward the front of the sanctuary only when the back pews are already taken;
- ♦ Believe it is OK to poke fun at yourself and not take yourself too seriously!



**I found
this
humerus**

