

**BETHESDA LUTHERAN CHURCH  
23406 56TH AVENUE WEST  
MOUNTLAKE TERRACE, WA 98043  
425-778-6390**

**EDUCATION HOUR - 9:00 AM  
WORSHIP - 10:15 AM**

**Pastor: Malcolm Brown  
Sno-King Cluster Intern: Diana Bottin  
Church of the Beloved: Ryan Marsh—Deployed**

**Change Service Requested**

**NON-PROFIT ORG.  
U.S. POSTAGE  
PAID  
Mountlake Terrace, WA  
PERMIT #10**

# BETHESDA OUTLOOK



**MARCH, 2008**



**WEDNESDAY'S IN LENT**

**MARCH 5<sup>TH</sup> & 12<sup>TH</sup>**

**6PM ~ SOUP SUPPER**

**7PM ~ HOLDEN EVENING  
PRAYER WITH A SHORT  
LENTEN MESSAGE**



PALM SUNDAY	MARCH 16 <sup>TH</sup>	10:15AM
MAUNDY THURSDAY	MARCH 20 <sup>TH</sup>	7:00PM
GOOD FRIDAY	MARCH 21 <sup>ST</sup>	7:00PM
EASTER VIGIL	MARCH 22 <sup>ND</sup>	7:00PM
EASTER	MARCH 23 <sup>RD</sup>	8:30AM 11:00AM

*EASTER BREAKFAST FROM 9:30—10:45AM*

*It's Friday*



*but*

*Sunday's Coming!*

**It's Friday:** Jesus was nailed—dead on a cross...but Sunday's Coming.

**It's Friday:** Mary's crying her eyes out 'cause her baby Jesus is dead...but Sunday's Coming.

**It's Friday:** The disciples are running in every direction like sheep without a shepherd...but Sunday's Coming.

**It's Friday:** Pilate's strutting around, washing his hands 'cause he thinks he's got all the power and the victory...but Sunday's Coming.

**It's Friday:** People are saying, "As things have been, so shall they always be. You can't change anything in this world."...but Sunday's Coming.

**It's Friday:** Satan's doing a little jig saying, "I control the whole world."...but Sunday's Coming.

**It's Friday:** The temple veil ripped from top to bottom - the earth shook - the rocks split and tombs opened. The centurion screamed in fear, "Truly he was the Son of God!"...Sunday's Coming.

**It's Sunday:** The angel, like dazzling lightning, rolled the stone away exclaiming, "He is not here! He is risen!"

**It's Sunday. It's Sunday! It's Sunday!!**

loving us. But Whoa! Now the whole story, the entire play is dropped in our laps by the descent of the Holy Spirit on Pentecost. And now it is our turn to carry the Word into the world. The cross was a terrible thing but it was still a door to joy.

“Nuf schooling for now. Will save info about the two thieves, Dismas and Gestas ‘til next year. Time for “whatever” like Easter egg fun. Even before the time of Christ, eggs were a symbol of a renewal of life. Some accounts say ancient Egyptians and Greeks placed eggs in tombs indicating new life would come. Egyptians also believed their god, Ptah, emerged from an egg laid by the almighty Chaos Goose, creator of the sun and the moon. Because it symbolizes new life, many consider the egg an aphrodisiac. German and Slav peasants rubbed a mixture of bread, eggs and flour on their plows hoping to have a huge harvest. A 17<sup>th</sup> century French bride would crack an egg on her new home’s doorstep before entering to ensure a big family. 19<sup>th</sup> century builders in Bombay, India, would put a mix of egg and milk into foundations of new buildings to protect them from harm. And, of course, the egg rolling such as the 7,200 eggs for the White House lawn signify the rolling away of the rock from the tomb. Even before Christian times people colored, blessed or exchanged eggs to signify the sun’s awakening from its long winter sleep. Early Christians adopted the egg as a symbol of Christ’s resurrection. One legend about dyeing Easter eggs recounts a Polish legend how the Virgin Mary herself painted boiled eggs in bright colors to please baby Jesus. Now eastern Europeans may exchange eggs bearing “XB” meaning “Christ is Risen”. Russians exchange a decorated egg and three kisses. Chinese present a red hard-boiled egg with congratulations when a child is born and German immigrants to the U.S. introduced the Easter bunny delivering colored eggs to children.

“Nuf egg stuff. It’s Friday and Sunday’s coming!

**Please pray for Kenya!** *Angie Lauer, Action International Ministries*

Things are starting to settle down. Today some trucks came into town. The shelves were getting bare in most of the stores. Everything comes up to Northern Uganda by truck. The trucks had been waiting at the Kenya border for Petrol. A few tanker trucks also arrived. When I was going out to the orphanage this morning I noticed large crowds were gathering at the petrol stations. I stay away from large crowds because they are easily stirred up.

I was fortunate that last week the day before the petrol ran out my leader Candis had bought me full tank for my car. I do a lot of driving for staff and errands etc. She had insisted on doing it. That turned out to be a blessing. I still have half a tank left. It was also a good lesson not to let the gas tank get below 1/2 full because you just never know what will happen. Petrol sells for about \$6 a gallon. During the shortage what petrol there was in the capital city of Kampala was going for \$24 a gallon. We have been completely out up here. It's crazy how quickly things can change. Today prices went back to normal.

Continue to pray that Kenya will become peaceful. Everything that happens there affects the whole of East Africa especially us in unstable parts. It doesn't take much to throw things off balance. We are so close to having the peace agreement signed which would end 22 years of civil war in this region. The signing date is January 31st. This is the last chance for the LRA rebels to come to a peaceful agreement. The government has said there will be no more extensions.

Other than all that, I am doing great! I love being out at the orphanage with the children. Today we were informed that the cargo container has arrived in the port city of Mombossa, Kenya. It will make its way to Kampala, Uganda where it will go through customs and be released to us. Then a truck will bring it up here to Gulu. That's another reason to pray for Kenya to stabilize. I will keep you updated on its status. Thank you for your prayers!

Love,  
Angie :)

## KITCHEN UPDATE

The Snohomish County Health District conducted a pre-inspection of the Bethesda church kitchen and issued a “finding” report dated April 16, 2007, which was passed on to the church office. Pastor Malcolm Brown brought it to the Church Council and passed it to the Facilities and Grounds Committee. The church provides the facilities for the Mountlake Terrace Seniors lunch program on Wednesdays and Fridays which prompted this inspection.

The kitchen is not in compliance with appropriate sinks for dish cleaning, food preparation, and hand washing. Also, a mop sink is required. The vinyl floor “open seam” was also noted. Food storage is not in compliance with lockable refrigerators and freezers and separate storage for Bethesda and Senior’s food supplies. Cooking stoves were noted as inadequate and in need of upgrades with commercial vent hood and fire suppression needed.

The Facilities and Grounds Committee met in May and determined the effort to address the report needed church member involvement from each working committee of the congregation. On June 18 the Facilities and Grounds Committee called a meeting with Pastor Brown, church members and a representative of the Mountlake Terrace Senior’s group. It was determined the group that worked with the project was to be named Bethesda Kitchen Task Force. The Task Force determined to set about to achieve the goals of satisfying the “Findings” inadequacies of the Bethesda Church kitchen. The Task Force met monthly and semi-monthly throughout the summer and fall working with the Facilities and Grounds Committee to insure properly sized gas meter and gas line was brought into the property for the new furnace and expansion to gas cooking and ovens (possibly gas water heater). Task Force members determined gas cooking and baking appliance to be used. Meeting with electrical contractor, venting hood contractor, obtaining prices of sinks, stoves, refrigerators, stainless steel tables and some wall surfaces has been undertaken. (Note: all walls near food preparation and clean-up area must be washable). Floor covering surface choices have been priced. Kitchen cabinetry is a very large percentage of the renovation cost and has not been decided or priced only approximated at the time of this report.

## THOUGHTS FOR THE MONTH

*Jeanne Krahn*

March is another “wow” month—again so much in so few days—daylight savings (whether you want it or not) March 9th; St. Patrick’s Day, March 17; first day of spring, March 20th; and Holy Week begins with Palm Sunday, March 16th, Maundy Thursday the 20th, Good Friday the 21st, and then Easter March 23rd.

Interesting when we think about the seasons of our church year being almost akin to a divine drama, all acts being different. Advent—the prologue, our waiting period, anticipation for curtain to open. Christmas—main figure, Jesus is born, a moment of joy. Epiphany—rather a time beginning with the arrival of the Magi, moving to the Baptism of the Christ, when God praises his son. Epiphany ends with the transfiguration when God assures us his Son is truly divine. Lent begins with ashes for mortality, penitence and a time when Jesus engages the enemies of human kind. First Sunday in Lent always notes Jesus’ temptation by the Devil but in the Gospel stories are his struggles with sickness, pain, sin and death, as in Lazarus’ resurrection. Holy Week—the really big climactic act beginning with the Sunday of the Passion telling the full story of Christ’s suffering. Maundy Thursday we sit with Jesus at his Last Supper—one of betrayal. It is named for the commandment he gives us then—the Mandate” (Mandatum) “Love One Another”. One Good Friday we walk the way of sorrows, first to the cross, then to the grave. Many Christians have a vigil on Saturday night, for at the break of Sunday at midnight begins the Sunday of the Resurrection—Christ has risen! He has risen indeed! God the Father announces in the blood of Jesus we are cleansed and forgiven. Big act continues with the mind boggling stories of Christ’s resurrection. Last act concludes Christ’s physical presence on earth. Now the Savior, the Redeemer of mankind will carry our prayers to the right hand of God the Father, the continuation of hearing and



# RECIPE PAGE

## Spicy Nuts

*Submitted by Shaku Rajendran*

1-pound can mixed nuts  
½ teaspoon turmeric powder  
½ teaspoon red hot chili powder  
*(adjust according to your tolerance)*  
¼ teaspoon garlic powder  
½ teaspoon onion powder  
¼ teaspoon cumin powder  
¼ teaspoon coriander powder  
1 tablespoon vegetable oil  
Salt – to taste

Heat the oil in a frying pan on low heat and when the oil is about medium hot, add all the spices. When the aroma comes out, add the nuts and mix well until all the nuts are coated with the spice.

As the task Force met and worked with some of the issues it constantly was challenged with the lack of build-out space while planning for requirements set forth in this inspection report. Also, funding was discussed at each of the later meetings as pricing of the project escalated. A per foot costing of the project with congregation members encouraged to participate with footage purchases was thought to be a source of funds. Grants, donations and discounts of goods and services are being pursued by Task Force members. The electrical construction costs, plumbing construction costs, demolition, framing and drywall labor along with some other non-critical services such as paint of new surfaces are expected to be donated. Only the cost of materials or special devices i.e. grease trap and water back flow device to dishwasher, ice maker and coffee maker, plumbing and electrical permits, along with the Mountlake Terrace Building Permit are line items in the preliminary budget. The Mayor of Mountlake Terrace has volunteered to help with “walking the process” for the building permit through City Hall. (He helped organize the Mountlake Terrace Seniors). This may forestall the installation of a building fire sprinkler system! The task Force determined a general contractor was not needed but a construction manager is needed to supervise, schedule and advise on the construction program.

Eventually a preliminary line item budget was developed and along with a status report was presented to the Church Council prior to convening for the December meeting.

On December 26, 2007, our meeting was held in the Fellowship Hall and included a construction project manager. He felt the line item figures are generally within range with the cabinet line item possibly reduced if pre-built cabinet modules are selected and placed.

In a subsequent meeting with him, he cautioned that most of the funds should be in hand before start of the project. It is projected that the kitchen remodel would be at least a 6 week turn around process.

The Task Force asks for your prayers, donations – monetary and physical help and encouragement as we move forward with this much needed project.

**BETHESDA KITCHEN TASK FORCE**

Join us for an *All Worship Team Gathering* on **Tuesday, March 11<sup>th</sup>, 7 pm**, in the church social hall to meet Bethesda's different committees and learn how you might get involved! Of special interest, *Outreach* has invited **Bob Merrill** from Camp Lutherwood, to speak to us about Camp Lutherwood and how we might bring them to us as a possible Vacation Bible School event for the summer! Bring a dessert to share. We'll provide the Lutheran coffee.

Need more information? Contact a church council member! See you there!

The Bethesda Ladies Book Club met on Saturday, February 2<sup>nd</sup>, in the church social hall. We shared dessert and Lutheran coffee, reviewed and discussed The Red Tent by Anita Diamante. Our next gathering is *Saturday, April 19<sup>th</sup> at 2 pm*. Katherine Dedrick will lead us in a discussion on 12 Extraordinary Women by John MacArthur.

A few copies are available in the church library. Please use the book club sign out sheet if you take a copy. When you return your borrowed copy, pass it on to the next name on the list. You may also check out a copy from the library.

For more information, contact Katherine. 425-672-9080 or [dedrickkatherine@comcast.net](mailto:dedrickkatherine@comcast.net).  
Happy reading!

Ever felt like you needed to be better prepared for a medical emergency? We will be offering a **CPR/First Aid Class** with Todd Baily, Heart Smart CPR and First Aid, on Saturday, April 26<sup>th</sup>. Make a note of it. Be prepared. Get certified. Be involved. Times and costs to be announced.

On Monday night, May 5<sup>th</sup> or 12<sup>th</sup>, Bethesda will be hosting a **food handler's class**. This a great opportunity to get a permit or renew a permit so that you can serve food to the public in Snohomish County. Contact Norma Elliot for more information. 425-776-5857

Great job everyone! We have nearly built an Ark Heifer International!!! To date, we have raised \$732.10. An Ark is \$1000.00! Keep those pennies rolling in from heaven!!

**His Holiness the 14th Dalai Lama** is coming to Seattle for a 5 day symposium on **Seeds of Compassion April 11 -15**. Many wonderful events are being offered. Please see [www.seedsofcompassion.net/](http://www.seedsofcompassion.net/) website for more information.

This gathering hopes to engage the hearts and minds of our community by highlighting the vision, science and programs of early social, emotional and cognitive learning.