



**B e t h e s d a
Lutheran Church**

Bethesda Outlook

July, 2008

Thoughts From Pastor Malcolm

The summer months of the time after Pentecost Sunday invite us into a place of abundance. Summer is a growing time of light, seed, play and wonder. We often find ourselves using language of “making” our lives- making a living, making friends, making a difference, making love, making time, just to name a few. What would happen if we began to speak a different language and imagine the growing of our lives?

In this season of abundance, there is also a truth of scarcity. More and more people are coming to our doors at Bethesda seeking help in finding shelter, food, work and love along with bus tickets and change to get a shower at the Mountlake Terrace Pavilion Pool, and more and more people are standing at the exits of I-5 and Highway 99 as we travel around this region.

Might this be a time to pay closer attention to God in one another and what God is up in our lives as our lives intersect with family, friends and those in need. Might this be a time for us to reflect on our practices of abundance as we come together to celebrate, remember and share what we have been given. Our weekly worship time together around God’s word, prayer and the Lord’s Supper is such a practice and sign of the abundance God so freely gives to all. An outward sign of our abundance happens this month as we sponsor an Arts Festival here and go out into our community and share that abundance with “Free Hugs” and “Free Hotdogs” during the Tour de Terrace on July 25th-27th.

During the summer and possibly into the fall we will be having Wednesday **Bethesda Community Dinners** from 6 -7pm. This is another chance for us to share our abundant gifts of food, fellowship and love as we gather to share a meal, have conversations about life, and build community with each other and our

neighbors. It is in community with each other and our neighbors that we know, grow and experience abundance. All are welcome; invite your friends and neighbors.

Summer us a time to dig into the richness of the teachings of Jesus. The main focus of the season is our steady day to day growth in faith as we celebrate the wonders and abundance of creation with each other. As we experience this season together, let us seek to see and understand the wonders and abundance of a God active all around us in our lives today. As we spend time together, talking about and experiencing God’s love and grace, we will begin to see how God works through us, and those people God has put into our lives, whether friends or those not yet known to us.

Let us celebrate the gift of time with our family, friends and the loves of our lives as we strengthen and go deeper into our relationships. Have fun; share meals together, enjoy the sun when we have it and laugh, laugh a lot with others. Hold each other in the stuff of life that gets us down and hold each other as the sun sets each day, because tomorrow the sun will rise and the promise of a new day and new life have been given to us by God through the resurrection of Jesus the Christ.

The gift of time and presence you spend with your loved ones and those you encounter are seeds that will last a lifetime and will change your life and the lives of those you touch. The seeds will grow and beauty of the blooms of love and grace will be abundant and will leave a permanent mark long after we are gone.

May God’s abundant grace and love bring you wonder and awe and may the gift of family and friends bring you love and grace in these summer months!

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Bethesda Community Dinners

Come and enjoy a light meal, fellowship and build community, every Wednesday evening from 6:00-7:00pm in the Fellowship Hall through the summer.

ALL Welcome

Bring your friends and neighbors.

For more information contact:

Janice Bowen: 425-239-4328

or

Pastor Malcolm: 425-778-6390 or

malcolmstjohn@earhlink.net

Family Movie Night ~ July 26th



Come to Bethesda for a family night out at the movies. Saturday July 26th at 6:00pm. We will gather to watch **Chitty Chitty Bang Bang**. A simple dinner will be served at 5:00 with the movie beginning by 6:00.

The movie is about a failed inventor, Caractacus Potts, has to raise 30 shillings so his children can buy a broken-down racing car from the junkyard. After a disastrous attempt to sell his invention of whistling sweets to Lord Scrumptious, the local candy maker, he finally gets enough money for the car. Potts takes the car and miraculously transforms the vehicle into a shiny new car named Chitty Chitty Bang Bang. After inventing this revolutionary car, a foreign government becomes interested in it, and resorts to skullduggery to get their hands on it.

Vacation Bible School ~ July 14-18 ~ Power Lab

POWER LAB is just a couple weeks away now!! We are so excited to learn about the POWER of JESUS and have fun with science, sing some great songs and just have fun!! A registration form is enclosed in this issue of Outlook. Please have completed registration forms returned to me by July 6th.

It's not too late to join us - we still need help, in a few key areas - even if you can't be there the whole week, we can use you. If you are interested in helping with decorations, let me know. We will be decorating the church on Sunday July 13, time is to be determined.

Michelle Hoffman: 425-687-8482

VBS Needs:

In order to keep our costs down, here is a list of supplies we hope that you can help us collect. Place them in the VBS box located in the Fellowship Hall.

- Bubbles – Large bottles
- Clear 9 oz cups (need about 120)
- Potting soil
- Grass seeds
- Yarn
- 5 - 2 liter bottles Diet Coke or Pepsi
- 4 large tubs Vanilla Frosting
- 2 large bags M&Ms
- 4 bags of orange candy slices
-

- 6 boxes vanilla wafer type cookies
- 5 large cans chocolate pudding – from COSTCO
- 4 - 3lb tubs of vanilla ice cream – *Safeway or Albertsons*
- 48 cans Root beer
- Several bottles of Apple Juice
- 5 large tubs of Whipped Topping
- 6-8 boxes of Ritz Crackers
- Several packages of American cheese slices
- 2 cans Squirt Cheese

ALSO:

- 300 small paper plates
- 500 5oz cups
- 300 small plastic spoons
- LOTS of napkins

WE WOULD LIKE TO BORROW:

- Pool Noodles
- Bubble wands- all shapes and sizes
- Spray bottles, clean, *we will be spraying water in games*
- Hula hoops
- Lab Equipment type stuff - test tubes, beakers

(Put your name on them, we will return them after Friday OR Sunday if they are used as decorations)

Thank you your help!

New Neighbors

We welcome our new neighbors, Sergey Zaytsev and Yelena Bondarenko. They have leased Bethesda's rental house.

We also extend a big thank you for all who helped get the house updated and ready for rental. We still need to paint the outside as soon as the weather permits. We will be asking for help since we intend to do the painting on a volunteer basis rather than hire it done.

Bethesda Rental Committee

Cliff Pearson, Jeanette Anstice & Joan Minnis

WANTED:

People to help set up communion and the Altar!

Are you a "behind-the-scenes" kind of person?

Have you ever asked yourself "What can I do for my church"?

Have you ever wondered why the candles on the altar don't melt?

And... "What's the deal with the white gloves"?

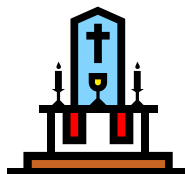
Then how about joining the Altar Care Team and learn all our secrets!

NO EXPERIENCE NECESSARY

Willing to train ALL who are interested!

Please contact Judy Rasmussen and let her know that you would be excited to serve in this capacity!

(Also needed are people who can help make baptismal napkins.)



Thank You!

I would like to say thank you to everyone for your cards, gifts and kind words both on my birthday and for graduation. Chris and I could not have walked this journey without your support and prayers, but graduation does not conclude this journey.

Many have asked me; "Now that school is done, what next?" I will be at Bethesda completing my internship until September 7, 2008. In October I will be meeting with the candidacy committee for final approval. This interview will determine whether I am approved to enter into the call process for ordination. If approved for ordination, I will be assigned to a region and a synod sometime in February of 2009. Once I am assigned a region and a synod I am able to begin interviewing with congregations for my first call. Your continued prayers are much appreciated.

Pastor Diana

We want to thank all of you for your generosity in working on the spaghetti dinner and silent auction to help jump start our kitchen remodel fund. We thank Joy Halladay and Dena Lee-Cumming and their faithful, hardworking kitchen crew for cooking the meal and cleaning up the kitchen. Thank you to the people who set up and took down all the tables, chairs, etc. The creativity of the donated baskets was amazing! Thank you to Mickey Schwald and her friend, Jo, who helped with the auction bulletin and set up of the items. Thanks also to Mickey for the good job promoting the items as emcee. We made \$2,352.00, after the cost of the dinner, and we will be receiving \$1,300.00 in matching funds from Thrivent Financial for Lutherans for a total of \$3,652.00. There have been other donations received since the dinner and auction for the kitchen fund.

We also want to give thanks to all who created and sold the necklaces. That portion of the proceeds we received was \$200.00 and we are still selling them at \$5.00 a piece. Glenda Aritz donated the lovely quilt, which is displayed in the Fellowship Hall. Raffle tickets are being sold for \$1.00 each. You need not to be present to win and the drawing will be held once we sell 500 tickets.

Your Thrivent Congregational Coordinators:
Joan Minnis, Jeanette Anstice & Donna Veveris

AND

THE BETHESDA KITCHEN REMODEL TASK FORCE

Thank You **Barbara Van Deren** for the beautifully inspired Altar Paraments, especially the new lecture frontal and stole Pastor Malcolm is wearing this summer during the season of Pentecost.



2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
			Mtlk. Terr. Sr's. Lunch - Noon Community Dinner 6:00-7:00 PM Al-Anon Meeting 7:00-8:00 PM	Brownies 7:00 PM Jammer's 7:15 PM	 (office closed)	
6	7	8	9	10	11	12
a cappella choir rehearsal - 9:00 AM Education - 9:00 AM Worship - 10:15 AM		Outreach Comm. 7:00 PM	Esther Circle Mtlk. Terr. Sr's. Lunch - Noon Community Dinner 6:00-7:00 PM Al-Anon Meeting 7:00-8:00 PM	Brownies 7:00 PM Jammer's 7:15 PM	Mtlk. Terr. Sr's. Lunch - Noon Prayer Group 3:30 PM AA Meeting 6:00-9:00 PM	
13	14	15	16	17	18	19
a cappella choir rehearsal - 9:00 AM Worship - 10:15 AM HOT DOG B.B.Q. 11:30 AM PIANO RECITAL 4:00 PM	Sue's Bible Study 2:00 PM		Mtlk. Terr. Sr's. Lunch - Noon Community Dinner 6:00-7:00 PM Al-Anon Meeting 7:00-8:00 PM	Brownies 7:00 PM Jammer's 7:15 PM	Mtlk. Terr. Sr's. Lunch - Noon Prayer Group 3:30 PM AA Meeting 6:00-9:00 PM COUNCIL - 7:00 pm	Men's Fellowship 8:00-10:00 AM
20	21	22	23	24	25	26
a cappella choir rehearsal - 9:00 AM Worship - 10:15 AM		NEWSLETTER DEADLINE	Mtlk. Terr. Sr's. Lunch - Noon Community Dinner 6:00-7:00 PM Al-Anon Meeting 7:00-8:00 PM	Brownies 7:00 PM Jammer's 7:15 PM	Mtlk. Terr. Sr's. Lunch - Noon Prayer Group 3:30 PM AA Meeting 6:00-9:00 PM	
					TOUR DE TERRACE	
27	28	29	30	31		
a cappella choir rehearsal - 9:00 AM Worship - 10:15 AM <u>ARTS FESTIVAL</u> Meet the Artist Reception	Sue's Bible Study 2:00 PM		Mtlk. Terr. Sr's. Lunch - Noon Community Dinner 6:00-7:00 PM Al-Anon Meeting 7:00-8:00 PM	Brownies 7:00 PM Jammer's 7:15 PM		

DATE		COMMUNION ORGANIZER	FLOWERS	READINGS
July 6	Eighth Sunday After Pentecost	Mimi Seale	Mimi Seale	Zechariah 9:9-12 Psalm 145:8-14 Romans 7:15-25a Matthew 11:16-19, 25-30
July 13	Ninth Sunday After Pentecost	Mimi Seale		Isaiah 55:10-13 Psalm 65:[1-8] 9-13 Romans 8:1-11 Matthew 13:1-9, 18-23
July 20	Tenth Sunday After Pentecost	Mimi Seale	Maxine Helms	Isaiah 44:6-8 Psalm 86:11-17 Romans 8:12-25 Matthew 13:24-30, 36-43
July 27	Eleventh Sunday After Pentecost	Mimi Seale	Theresa Campagna	1 Kings 3:5-12 Psalm 119:129-136 Romans 8:26-39 Matthew 13:31-33, 44-52



Birthdays
JULY

- 2 - Tim Currier
- 6 - Shaun Cunningham
- 7 - Ed Hinson
- 9 - Mimi Seale
Roy Seale
- 12 - Thomas Klingensmith
Shailee Kosko
- 14 - Robert Porter
Verna Uhl
- 17 - Roy Johnson
- 18 - Veronica Rhoten
- 27 - Tim Krahn
- 28 - Rebecca Angel
- 30 - Melissa Bader

Free Bible studies from *Lutheran Woman Today*

Lutheran Woman Today magazine is offering its three-session summer Bible study online. In mid-May, you can visit www.lutheranwomantoday.org and download "Come to the Waters," a study about Baptism by the Rev. Karen Bockelman, assistant to the bishop in the Northeastern Minnesota Synod of the ELCA. A leader guide and ideas for holding a summer retreat are also available.

The study draws on Scripture, the baptismal service, Martin Luther and the ELCA's statement on sacramental practices. "Water and Baptism are bound together, not only in the use of water for the rite, but in powerful images of birth and death, renewal and cleansing," said Bockelman, who is leading the study at Women of the ELCA's Triennial Convention and Gathering, July 8-13 in Salt Lake City.

Previous three-session summer studies, "Act Boldly for Mission" and "Act Boldly for Health," are also available online for free.

Lutheran Woman Today subscribers will begin studying biblical wisdom stories in September. The nine-month study, "The Hidden Hand of God: Wisdom Stories from Ruth, Daniel, and Esther" is written by the Revs. Gwen Sayler and Ann Fritschel, both professors of Hebrew Bible at Wartburg Seminary in Dubuque, Iowa. The study raises interesting questions about living out our faith in today's culture.

You can still order *Lutheran Woman Today* before the September study begins (\$12 for 10 issues). Call 800/328-4648 or order online. To receive a free brochure with the magazine's 2008-2009 issue themes, call 800/638-3522, ext. 2737.

From *Seeds for the Parish*
May-June 2008 issue

Thoughts For The Month

by *Jeanne Krahn*

Changes! Do we like them? Hasn't this year been a change everywhere? Here, fortunately not as dramatic as elsewhere in our world. A common critique of our Washington is, "if you don't like the weather, stick around. It'll change in 10 minutes!" Rain to that big yellow orb in the sky, a different energy to spring. Hey, it'll be summer when you read this—a couple days of it last weekend. Make a fresh start this summer! You don't have to go "overboard". Here's three easy steps—streamline, reconnect and enjoy simple pleasures—also part of our spring cleaning and gardening:

1. Organize your pantry. It helps tracking what needs replenishing. Lots of natural foods and ingredients and store similar items next to each other and keep your grains, sugar, dried fruits, cookies, etc., in airtight containers. The spiral of grocery items lately behooves all of us to check what's really necessary now.
2. Go outside! Reconnect with nature. Take deep breaths of fresh air. Plant something!
3. Choose delicious natural foods in your diet—a wholesome way to get essential nutrients. Our eating matters.

Try to reduce your carbon footprint. The average American diet is energy intensive—our food requires huge amounts of fossil fuels to cultivate, package, market and distribute. Try to make some smart choices every day. You can save tons of fuel and other resources besides eating healthier. Eat local as much as possible. Farmer's markets are all around us. A typical meal travels 1,500 miles to reach your plate. Shipping food from other regions or countries uses energy and fossil fuels. Yes, it's difficult. We've been spoiled by having "whatever we want whenever we want it". I can remember when ? was a treat, not only during the war but before and after.

Something to think about is the continual outsourcing of our economy, not only jobs but food. Close example of Skagit Valley cucumber growers without the Portland processing plant. Now Steinfelds, Nalley, Farmans, Peter Piper, etc., are owned by Bay Valley Foods, Wisconsin, which controls most of the pickle market. It's legal advertising but slogans as "Down Home Taste of the Northwest since 1918" or "Quality brand of the Northwest since 1922" are misleading. Steinfeld's pickles read "Product of India" and when you think of India's sacred cows wandering everywhere, concerns about the safety of their foods arise. I checked a few of our pantry stock—shock! Napoleon Foods "Family Owned in the Northwest since 1903" must just import everything as the pickled carrots, Napoleon label—product of Peru; Napoleon pickled green beans, product of China; Napoleon olive oil, product of Italy; Farman's slogan "delicious taste of the Northwest" hamburger relish Bay Valley Foods, Green Bay, WI., etc., etc.

How to change it now? 'Tis the season to visit your local farmer's markets. They're fun also. Great socializing! Look for grass fed, natural and organic meats and dairy products. The huge factory farms use immense quantities of water, grain and fuel. The United Nations estimate that livestock activities contribute at least 18% of the world's total; greenhouse gas emissions—more than transportation. Their waste contributed to air and water pollution. Hopefully, the proposed power plant out in Monroe Valley using the methane gas from local cows is becoming a reality. Also magna dairy farms are known to often give cows genetically engineered growth hormones to increase milk production. Whoa! These drugs persist in the environment and their long term effects on humans are unknown. Look for "cattle grazers" - eating meats with fewer additives reduces the accumulation in our own bodies.

Americans are eating more meat than five years ago because factory farms have expedited production, meat's less expensive and more available. Now with the fuel prices, etc., who knows which way products will go. We don't need that much meat anyhow (I try to tell Stan). Beans, nuts, quinoa and sprouts eaten in combination with grains supply complete proteins. Cheaper too. Choose foods from the earth. Factory processing plastic packaging and transportation all require more petroleum. Look for minimal packaging made with biodegradable or recycled materials, and soy based ink. Again, now's the time to take your tote bags (you do use them, don't you?) and head for the fruit stands and farmer's markets. Remember one of the main sources of pesticide exposure for our children comes from the foods they eat. Think about the "dirty dozen" - 12 fruits and vegetables most heavily treated with pesticides—in order: peaches, apples, sweet bell peppers, celery, nectarines, strawberries, cherries, lettuce, imported grapes, pears, spinach and potatoes. Wash and clean always before eating. 'Nuf heavy, heavy. I am a fan of Leo Buscaglia's writings. Some thoughts... "The majority of us lead quiet, unheralded lives as we pass through this world. There most likely will be no ticker-tape parades for us, no monuments created in our honor. But that does not lessen our possible impact, for there are scores of people waiting for someone just like us to come along; people who will appreciate our compassion, our unique talents. Someone who will live a happier life merely because we took the time to share what we had to give. Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment or the smallest act of caring, all of which have a potential to turn a life around. It's overwhelming to consider the continuous opportunities there are to make our love felt." OK Bethesda congregation, Try it. You'll like it!

A Message From Our Council President

Dear Bethesda Family-

I just want to thank you for your support in all that has been happening during the past few months. I am very proud to have been chosen as your Council President, and Chairperson for Bethesda Community Services Committee (often referred to as BCSC). I will have to admit that I am definitely still in the process of coming up to speed as Council President. Lots of pieces, but I know that with the support of the rest of the Council -- I thank God for everyone who is on the Council and the committee, we will move forward.

But, I must also thank all of you who participate and work so hard to keep things going around Bethesda! I don't believe that a congregation has to be large to be able to support the community inside our church or outside in the community. It is awesome what you have accomplished, and what God has ahead for us to do! I came across an insight at one of my internet devotional sites and thought I would share it with you:

"Our citizenship is in heaven. And we eagerly await a Savior from there, the Lord Jesus Christ." --Philippians 3:20

THOUGHTS ABOUT TODAY'S VERSE...

No matter what your passport says, if you are a Christian, there is no earthly country that can hold you, no borders that can claim you and no flag that flies above

you but Jesus and the Kingdom of Heaven. You have more in common with the believing aboriginal tribesman of Indonesia, or the Christian refugee in Africa, or the Bedouin brother in Egypt, or the high-rise business person in Hong Kong who bows to pray in Jesus' name or the Spirit-filled Brazilian housewife than you do your next door neighbor if they don't know Christ as Lord and Savior.

MY PRAYER...

Glorious God and Almighty Father, I look forward to the day when people from every tribe, nation, and language join the angels and elders around Your throne and worship you in joy forever. Make us one, if not here, then soon, we ask You Lord, please come. Amen

Well, some moving thoughts here. Who IS our family? What would I do without the support of my church family? I don't want to think about it.

I pray that together under His wing and in His love we will reach those neighbors, countries, and languages for Him. He wants ALL of us together when we are reunited with Him in our true home.

If you have any concerns, questions, ideas or...may I give you my contact information:

Home PH: 425-678-8560

E-mail address: smb1942@comcast.net

Recipe of the Month:

Posole

submitted by Jenni Minnis

2lbs shredded chicken (I have used ground turkey and ground chicken)

1 onion chopped

1 red pepper chopped

2 cloves garlic minced

1-2 cans enchilada sauce

3-5 cups chicken broth

1 t oregano

2 cans (14 oz) hominy

1 can green chilies

fresh spinach leaves

lime wedges

Cook chicken, add onions, peppers and garlic. Combine everything except spinach and lime wedges in a pot (crock pot works). Cook for up to 4 hours. Add spinach for 1-2 minutes right before serving.

**Bethesda
Lutheran Church**

23406 56th Ave. W
Mountlake Terrace, WA 98043

Phone: 425-778-6390

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

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JULY 25TH—27TH
