



**B e t h e s d a
L u t h e r a n
C h u r c h**

Bethesda Outlook

September, 2008

From Pastor Malcolm's Desk

With autumn comes great beauty and change. The summer's abundance moves towards autumn's beauty towards winter's death. In the midst of change and new possibilities we search for meaning and hope. We desire what's familiar. We want answers to our questions, often discovering that the questions themselves and the journey into them is where we find meaning.

During the coming months our journey will be filled with times of blessings, times to serve and times to learn. There will be some changes around Bethesda as new faces show up in our midst and some familiar ones move on to other paths on their journeys.

On **Sunday September 7th** we will gather for **Sunday School** with lots of excitement and we will say our goodbyes to Pastor Diana and thank her for blessing us as our intern these past 12 months. We have certainly been blessed by her and I will miss our times of conversation with many wonderfully challenging questions about God and life together in ministry for the sake of our world. I am grateful for how she has blessed us here at Bethesda and been a blessing to me as a partner in the proclamation of the Gospel. You too have been a blessing to Pastor Diana and every future congregation that she serves. She will take with her what she has learned from you! Thank You!

We will **Bless and Install our Sunday School Teachers and Mentors on Sunday September 21st** and our **Church Council** the following Sunday, **September 28th**. On **Sunday October 5th** we will gather to worship and **Bless our Pets and Teddy Bears**, and **October 26th** is **Bible and Reformation Sunday** where we will Bless and hand out age appropriate Bibles to our Sunday School Children and youth. If there are any adults without Bibles please let Pastor Malcolm know so that we may also have one for you.

We have several opportunities to serve and learn coming up in the fall. The **Wednesday Evening Community Dinner** continues to grow with an abundance

of God's grace through food and fellowship. The number of those attending from our neighborhood continues to grow and bless us. Come and check it out and wonder how you might be involved. Please note in the article about this dinner the shift in meal times and the addition of a **Wednesday Evening Taize Worship** service.

On **Tuesday September 23rd** Jean Leavens and I invite you to join us for a **Day of Service and the Central Lutheran Soup Kitchen** and we hope to also coordinate a **Meal for Tent City 3** in early September while they are still at Prince of Peace Lutheran Church in Shoreline.

As Sunday School begins Charlie and I will be leading a **10 week Sunday Morning Adult Education** class based on Philip Yancey's book, "**What's So Amazing about Grace**" A new members class called "**Welcome to Bethesda**" will begin also in September and we will begin a *year long Focus on Stewardship* as we gather for worship, fellowship, prayer and times to study and learn what it means to practice living out our lives a Stewards of God's creation, of our lives and of the resources we have been given by God.

Luther wrote: "This life is not concerned with health but with healing. This life is not about our being but our becoming. This life is not about rest but about exercise. We are not yet what we shall be, but we are growing toward it. The process is not yet finished, but is going on. This is not the end but it is the road."

These words remind us to let go of the outcome and to live in the present moment. Autumn with all its beauty teaches us to be present. Children will enter a new stage of maturity. Some will start school, some will move to a more challenging grade. New life is hidden in these changes and challenges. This is a great time to gather again as community and to grow and learn together.

I look forward to seeing you in church and as our lives intersect throughout the week. God's blessings of grace, love and peace be with you.

Pr Malcolm

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Wednesday Nights at Bethesda

Bethesda Community Dinners are continuing!

ALL are Welcome – Bring your friends and neighbors. Come and enjoy a light meal, fellowship and build community, every Wednesday evening in the Fellowship Hall.

Dinner- 5:30-6:30ish
Taize Worship- 6:30-7:00pm
Choir – 7:30pm

We could use your help in food preparation, set up, serving and cleanup. Please let Janice Bowen know where you might be able to help in this incredible time of grace.

For more information Contact Janice Bowen @ 425-239-4328 Or
Pastor Malcolm @ malcolmstjohn@earhlink.net
or 425-778-6390

Taizé Worship Coming in September

Beginning on Wednesday, September 10th and continuing every Wednesday thereafter, we will be gathering to worship in the contemplative and musical style of Taizé. The service centers on the Taizé songs of beautiful, simple harmony, lessons, contemplation and prayers. Each session lasts approximately half an hour, refreshing our souls and bringing us into joyous communion with God. The service will begin at 6:30pm and conclude at about 7:00pm. Come for the Community dinner at 5:30 and join us upstairs afterwards.

Brother Roger of Taizé has written, “Nothing is more conducive to the communion with the living God than a meditative common prayer with singing that never ends and that continues in the silence of one’s heart when one is alone again...”

Plan to join us each Wednesday evening for this service of prayer and joy!

Sunday Morning Adult Education

“What’s So Amazing about Grace- by Phillip Yancey

Beginning Sunday September 28th from 9:00-9:45am Pastor Malcolm and Charlie Brown will begin a 10 week course which we believe will challenge us to take God’s grace to the streets. We will be working through a detailed study guide alongside a DVD with interviews and news clips as we explore together the depths of Biblical grace.

It’s not enough to understand what grace is! This study will challenge us continually to put grace into action as individuals and as member of this community of faith here at Bethesda for our community.

We invite you to come and engage with Phillip Yancey’s study on grace and what it means to truly live a grace-filled life. The conversational study will be held in Pr Malcolm’s office.

Please sign up in the coming weeks so that we will know how many study guides to purchase. We will have extra’s and it is not necessary to attend all 10 sessions in order to participate in this study.

The Sign up sheet will be in the Fellowship Hall on the counter near the coffee pot.

For more information Contact Pastor Malcolm @ malcolmstjohn@earhlink.net or 425-778-6390 or

Charlie Brown @ 206-361-2542

Pastor Malcolm and Charlie Brown

Central Lutheran Soup Kitchen Meal

Please join Jean Leavens and Pr Malcolm for a day of service on Tuesday September 23rd at the Community Lunch Program through Central Lutheran Church on Capital Hill. We will meet at Bethesda at 9am to carpool to Central Lutheran, and should be back by 2:30pm after we have served and cleaned up the meal. Please sign up on the sheet downstairs on the counter near the coffee pot.



SEPTEMBER 7TH

This will be Pastor Diana's last day at Bethesda Please plan to join us for a special worship service followed by a B.B.Q. potluck lunch.

The hardest articles or notes to write are the ones that say good-bye because the word sounds so final. This is the end there is no more, but in reality that is never true. Good-byes for me simply mean I may not see you for a long time face to face, but that doesn't mean you are not with me. When two people interact with each other they become connected. My interacting with the community of Bethesda Lutheran Church has left an impression upon me that will last my lifetime. This community has left its fingerprints on the development of Diana Bottin. The same can be said for your interacting with me. My face may not be a daily or weekly presence, but I will always be with this community. I have influenced who Bethesda Lutheran Church is simply by being a part of you.

As I sit here and write this, knowing that many you may not read it until after September 7th (my last Sunday with Bethesda), my heart aches. It does seem like this is the end there is no more. I am beginning to realize that what I am going through is a grieving process. The emotions of sadness and loss for leaving a community that I have fallen in love with, and the emotions of excitement and anticipation for the ministry that lies ahead of me.

We are children of God and we are linked together through one baptism. In that baptism we are promised eternal salvation. One day we will meet again. It may or may not be here in this place we call the world, but we will meet again. My hopes and dreams for this community is to continue the growth of looking outside the walls of the church to see the needs of this community, and to work towards meeting those needs. I am overwhelmed with excitement when I think of how privileged I have been to witness, and be a part of, the excitement of ministry here in this place. Things are happening here that are not of human origin. The Holy Spirit is alive in Bethesda and Mountlake Terrace, and is busting to get loose in bigger and deeper ways as you continue to ask yourselves "how are we as individuals and as a community being a witness to the love of Jesus Christ and the to the grace of God"?

Your Sister in Christ

Pastor Diana

LATCH Annual Benefit Auction Coming in October

Under the theme of "It Takes A Village", LATCH will be holding its 14th annual benefit auction to raise funds for safe, affordable housing in our community. You can help by

1. Donating an auction item of your handiwork or service, or give a gift certificate from your favorite restaurant or store.
2. Volunteer your time, energy or ideas to LATCH
3. Attend the auction on Saturday, October 11 at Bell Harbor on Pier 66, and bring your friends!

Contact Cliff Pearson, our LATCH liaison for more information.

Welcome to Bethesda!

Want to move more deeply into the life of
Bethesda Lutheran Church?

Beginning September 21st -Noon

Please join Pastor Malcolm for Lunch (provided) and a time of Conversation

In the Church Office Building Conference Room

Come and journey together for 4 sessions as we unpack what it means to be Christian Lutherans at Bethesda. Our first session will be on Sunday Sept. 21st, the remaining 3 -4 session dates and times will be Sunday **November 16th** at the 10:15am service

Whether you are new to faith, have been away from a church for a long time, or are simply seeking to transfer your membership from another congregation, all participants in the ministries of Bethesda are encouraged to learn more about *Following Jesus (becoming passionate Disciples)*.

Should you have any questions about this process, please feel free to contact Pastor Malcolm by e-mail (malcolmstjohn@earthlink.net) or phone (425-778-6390). Thank you for worshipping at Bethesda.

Men's Fellowship Breakfast

Saturday September 20th 8am-10am

All are welcome to join us as Pastor Kristy Daniels of Church of Steadfast Love at the Compass Center will come and share with us her work in this new ministry and what is going on at the Compass Center as they serve those people in our communities who are hungry and homeless.

Family Movie Night ~ September 20th

Join us at **6:00 pm.** for pizza and a movie. The movie night schedule for the rest of the year will be: 9/20, 10/18, 11/15 & 12/20. Movie titles will be announced as date approaches.

Recycle Mountlake Terrace! Arts Festival

Once again, many, many thanks to all our volunteers and supporters; we could not have done this without you!

There were many encouraging words as to the success of this year's event. One vendor commented that she noticed several families acting as if they were spending a day at Disneyland without all the expense! Another vendor thought the whole event extremely well organized. *The Jammers and Friends* were well received as were our youth band, *"Oxigeno!"*. Our **Trash Fashion Show** was a delight for all our "designers", our entrants and our audience. It was fun to witness families constructing our **Cardboard Castle** or playing **Putt-Putt Golf**. Amazing projects evolved out of our **Take-Away Recycled Art Station**. Perhaps our ladies who "manned" the concessions never want to grill another **hot dog** again, but folks loved them and the **FREE HUGS!**

LADIES LUNCHEON AND FASHION SHOW!!**“NIGHT TO REMEMBER!”**SATURDAY, SEPTEMBER 27TH, NOON

BETHESDA LUTHERAN CHURCH SOCIAL HALL

\$10

RESERVATIONS ARE REQUESTED. DEADLINE IS 9/24.

ONCE AGAIN, Hospitality has invited the Goodwill Industries to present fashions we all love. Please join us. Invite a friend, your sister, mother, daughter and a neighbor. This is a Thrivent matching funds event and the proceeds will go to our kitchen fund. Tickets may be purchased after September 5th. For more information, contact Joy Halladay, 425-776-4833.

HEY KIDS! Do you like to sing, dance or act? Or, at least, fake all those things? We saw your mini- presentation this summer following VBS! We know you can do it! Dena is looking for some committed kids to be in her special Christmas production of “The Big Hand off!” We will rehearse, to start, on Saturday afternoons in the sanctuary beginning in October. Contact her if you are interested...(Little or no memorization required). Dena: 206-368-9446 or cdenalee@comcast.net

Blessing of the Animals! Sunday, October 5th. We are collecting pet food to benefit **P.A.W.S. (Progressive Animal Welfare Society)** Look for a drop off location at our church later in September. Some suggested food and treats: canned cat and dog foods (like **Science Diet**), dry cat and dog food (**Costco’s Kirkland brand**), hot dogs and boxes of small and large dog biscuits for *Good Dog! Training* program, boxes of **Wheatena** original wheat cereal for the wildlife center and small soft paintbrushes to “paint” water in duckling mouths to keep them hydrated. Visit www.paws.org for more info.

ATTENTION ALL CHILDREN! Halloween is just around the corner! Do you need a new costume? Do you have an old costume to let go of? On **Saturday, October 20th, 3-5 pm**, Bethesda is hosting **The Great Costume Exchange**. A special Halloween supper and a family movie night will follow the **G.C.E!**

Upcoming Events To Remember

Fall Jazz Concert with the Bethesda Jammers and Friends, Saturday, November 8th or 29th. We’ll keep you posted! This will be a canned food drive for the MLT Food Bank.

Gloria Dei presents:

Wait! It’s a Musical! (“So you’ve heard about the baby in the manger? ...Who were those other people?”) Sunday, November 23rd, Bethesda Lutheran Church Sanctuary. Fun for the whole Family. Free. Dessert Social to follow.

Christmas Caroling Party at Tall Firs, Sunday, Dec.21st, 3 pm. Tall Firs is a senior housing development where many of our church members live. This neglected community truly enjoys our efforts to provide them with a little holiday cheer with song and spirit. All ages are welcome. Singing experience not required! Bring your jingle bells and favorite holiday treat.

Thrivent Financial is giving us an opportunity to promote our fall events in their mailings. **ALL events** must be submitted to Dena Lee, written or email, cdenalee@comcast.net, by Sept 5th!

Thoughts For The Month

by *Jeanne Krahn*

“They were running hand in hand, and the Queen went so fast it was all Alice could do to keep up with her: and still the Queen kept crying “Faster! Faster!” The most curious part of the thing was, that....however fast they went, they never seemed to pass anything...‘In our country,’ said Alice, you’d generally get to somewhere else—if you ran very fast for a long time as we’ve been doing.’ ‘A slow sort of country!’ said the Queen. ‘Now, here, you see, it takes all the running you can do, to keep in the same place. If you want to get somewhere else, you must run at least twice as fast as that.’” (Lewis Carroll—Through the Looking Glass). Think about it! Anyone you now?

Big article in last evening’s (8-18) Times about consumerism, compulsions, our restless culture, multi-tasking—the big 24/7 now (proving to be not so efficient, only self-serving) is a wake-up call for all of us. Life is too excessively busy for a large portion of the population. Stress is the alarm clock! Can the only thing actually putting pressure on you is your own state of mind? Our wants can expand beyond our income. More hours to work, more things to do, more places to go, more pressure. Why? Do you have a sense of inner peace or are you creating a spiritual void? How much is enough “stuff”? Quiet! We had it for a few days over the mountains at the cabin. Peace! Silence! A time so serene you can hear your heart beat, an occasional wind rustling the tall grasses, or the quick fly-by of the blue birds. I could hear the humming bird as he tried to find something to eat within the floral shaped lights on the porch. We seldom realize how noisy our life is, even in “little ol’ merry Mountlake” as Mr. Ottmarr (favorite Terrace High teacher) called us! How quiet life can be! We needed it—time to think, converse, enjoy and listen to life around us, to regain our souls. I need it often—too many changes and hecticness (is there such a word?) in our family last couple years.

Where has the fast running put us? Realization of age and time for us during the quiet days was the proverbial “eye opener”! How can we all free ourselves from the shackles of consumption? Don’t we always resist the idea of losing control of what we have and what we want to do? But do we not lose it, anyhow, at the moment of death. Perhaps that is why we cling to it all so desperately and flounder. Reinforce our faith? Are we not, as today’s westernized Christians, prone to separate faith from life. It is what we believe privately, church going is public tucked into one of our life slots labeled “religion”. What happens in church seemingly has little bearing on our fast-running, what we do the rest of the week. Often equivocation about who we are,

wavering loyalty and living the consumerism loyalty, running so fast may account for a deep disquiet within us. Answer? Solution?

‘Nuf brain drain for now. Have to do something with all the veggies and fruits acquired at the farmer’s markets over there. Yes, a consumerism I truly enjoy and anticipate—to say “hello, how are you?” (sharing hugs with some) with farmers we’ve shared with for 37 years, more or less, of years going there. Super fresh, sunny bright everything, even the banter when the results of their labor have been difficult but rewarding—from the tables of home baked pies and cakes, to the 50 jars of how many kinds of home made jellies and jams, to the bins of ears of corn, veggies of all kinds, to the plant ladies with basil, sage, white phlox, etc., to the tables of area photos, crocheted afghans, etc., etc. I do love it and wish we had room in the car to bring boxes of the fresh veggies to our food bank because I know in one day, they’ll not sell it all and won’t keep until next week and our food bank needs it—we pile what we can. Here’s a tasty, quick summer squash recipe—a colorful side dish that goes with any entrée:

1 tablespoon butter, 1 medium yellow summer squash thinly sliced (I’ve even used patty-pans), 1 small zucchini thinly sliced, 1/3 cup chopped onion, 1 tablespoon brown sugar, 1/4 teaspoon minced garlic, 1/8 teaspoon lemon juice, 1/8 teaspoon salt. In a small skillet, melt butter over medium heat. Add the yellow squash, zucchini and onion; sprinkle with the remaining ingredients. Cook and stir until veggies are tender. Two servings. Help hints—microwave garlic cloves for 15 seconds—skins slip off easily. Celery will keep for weeks in the ‘frig if wrapped in aluminum foil. To remove the silk from corn on the cob, brush downward with a damp paper towel. Isn’t now corn season—yum! To test an egg’s freshness, feel the shell. Fresh eggs are rough and chalky, old eggs are smooth and shiny.

When kids pray, they don’t beat around the bush. Dear God, please put another holiday between Christmas and Easter. There is nothing good in there now. Dear God, thank you for the baby brother, but I asked for a puppy. I never asked for anything before. You can look it up. Dear God, how come you did all those miracles in the old days and don’t do any now?

Relax, don’t run so fast. Enjoy summer’s end.



A Message From Our Council President

Hello, all my wonderful Bethesda Family!

I am sometimes, as in this past week, brought up to speed as to how much it does mean to me to be part of this Family of God, both for the personal support and for the support we are giving to the broader community of Mountlake Terrace and more! From the "Pennies From Heaven" children's project to our facilities being open to more and more people in need of our space to growth in our stewardship over the past year, to financial support for those in emergent need from time to time to...the list goes on and on!

Do you hear God saying, "I love you! You are my children! You are sharing my love for all peoples around the world, not just inside the building I have provided for you! You are my family! I love you! Follow me, please, and I will return blessings to you in ways you would not have expected! I love you!"

Thank you all for all that you do to spread the Word of God's love to all who are so in need, including me.

Sharon Boyd

Council President

email: semb1942@comcast.net

PH: 425-678-8560

BECOMING BODY AND BLOOD

Isaiah 56:1, 6-8

"For my house shall be called a house of pray for all peoples. (v7)

It's difficult to read these words in Isaiah without imagining something magnificent; tall steeples, walls of stained glass, row after row of pews, and rank upon rank of organ pipes. After all, we say "church," that's what we normally mean. So, when we read the words "my house shall be called a house of prayer for all peoples," it's natural to imagine overflowing pews, heavy offering plates, and singing that raises the rafters!

There is an echo to these words in Jesus' words: "Destroy this temple, and in three days I will raise it up" (John 2:19). The people who were listening thought Jesus meant the building. But, "he was speaking of the temple of his body" (John 2:21)..

"My house shall be called a house of prayer for all peoples." The prophet had in mind the glory of the Temple on Mt. Zion in Jerusalem. But we in the church today see the wonder of the cross on top of Golgotha. For us, the house of God is not a place; it's a person -- a body broken and bleeding. For us, it is Jesus who becomes the "house of prayer for all peoples!"

O God, transform our bricks and mortar into the body of Christ. Amen.

PRAYER CONCERNS: Church architects and builders

Recipe of the Month:

Zucchini Pizza Pie

submitted by Joan Minnis

4 cups shredded zucchini
 1 cup shredded mozzarella cheese) Preferred use - 1 ½ cups of each cheese
 1 cup shredded cheddar cheese)
 2 eggs slightly beaten

¼ tsp garlic salt or garlic
 1 lb. lean hamburger
 1 med. onion chopped - I grate it
 1 can tomato sauce (8 oz.) or pizza sauce
 ¼ lb. sliced mushrooms (can use a small can of chopped)
 1 green pepper cut in thin strips (or small pieces)
 1/3 cup grated Parmesan cheese

Squeeze any moisture from the zucchini. Mix ½ cup (I use ¾ cups of each) of each cheese and the eggs. Press mixture into 10x15 pan. Bake 10 minutes or more, if necessary. Put hamburger, garlic and chopped onions into frying pan. Cook until meat is no longer red and break it up in pieces. Drain grease. Stir in tomato sauce (or pizza sauce) and spoon over crust. Sprinkle with cheese and add any other pizza ingredients like you normally make pizza. Bake 30 minutes at 400 degrees or until done.

**Bethesda
Lutheran Church**

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

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We're on the Web!
bethesdalcm.com

Blessing of the Pets

Teddy Bears also welcome

Sunday October 5th @ 10:15am

This year we invite you and your pet(s) to attend our entire worship service together. The service will last no more than an hour and will include a brief order of worship and The Lord's Supper, followed by the Service of Blessing

Please invite your friends and neighbors for what promises to be a fun and spirit filled event.

PLEASE NOTE: *In consideration of other peoples pets please have your pet on a leash or in an appropriate cage or carrier. If you have a difficult pet and are not sure if you should bring your pet, please contact Pastor Malcolm. You can bring a picture of that pet or I will be happy to come to your home and do the blessing there. See you and your Beloved Pet or Teddy Bear in Church on October 5th*

