



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

Bethesda Outlook

October, 2008

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.

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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

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.

Wednesday Nights at Bethesda

Bethesda Community Free Dinners
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 need 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

Every Wednesday evening, 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

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!**

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

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 Mountlake Terrace 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.

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.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<p>1</p> <p>Mtlk. Terr. Sr's. Lunch - Noon Community Dinner 5:30 PM Taizé Svc. - 6:30 PM Al-Anon - 7:00PM Choir Rehearsal 7:30 PM</p>	<p>2</p> <p>Hospitality Comm. 7:00 PM Brownies 7:00 PM Jammer's 7:15 PM</p>	<p>3</p> <p>Mtlk. Terr. Sr's. Lunch - Noon AA Meeting 6:00-9:00 PM WAM Comm. 6:30 PM</p>	<p>4</p> <p><i>"The Big Handoff"</i> 1:00-3:00 PM</p>
<p>5</p> <p>a cappella choir rehearsal - 9:00 AM Education - 9:00 AM Worship - 10:15 AM Blessing of Pets</p>	<p>6</p> <p>Ruth/Miriam Circle @ Church Office 2:00 PM</p>	<p>7</p> <p>Education Comm. 7:00 PM Lake Village Condo Meeting 7:00 PM</p>	<p>8</p> <p>Mtlk. Terr. Sr's. Lunch - Noon Community Dinner 5:30 PM Taizé Svc. - 6:30 PM Al-Anon - 7:00PM Choir Rehearsal 7:30 PM</p>	<p>9</p> <p>Brownies 7:00 PM Jammer's 7:15 PM</p>	<p>10</p> <p>Mtlk. Terr. Sr's. Lunch - Noon AA Meeting 6:00-9:00 PM</p>	<p>11</p> <p>WORK PARTY 8:30 AM <i>"The Big Handoff"</i> 1:00-3:00 PM</p>
<p>12</p> <p>a cappella choir rehearsal - 9:00 AM Education - 9:00 AM Worship - 10:15 AM</p>	<p>13</p> <p>Sue's Bible Study 2:00 PM</p>	<p>14</p> <p>Outreach Comm. 7:00 PM</p>	<p>15</p> <p>Esther Circle @ J. Selmann's Mtlk. Terr. Sr's. Lunch - Noon Community Dinner 5:30 PM Taizé Svc. - 6:30 PM Al-Anon - 7:00PM Choir Rehearsal 7:30 PM</p>	<p>16</p> <p>Brownies 7:00 PM Jammer's 7:15 PM</p>	<p>17</p> <p>Mtlk. Terr. Sr's. Lunch - Noon AA Meeting 6:00-9:00 PM COUNCIL - 7:00 pm</p>	<p>18</p> <p>Men's Fellowship 8:00-10:00 AM <i>"The Big Handoff"</i> 1:00-3:00 PM Great Costume Exchange - 3-5 PM Family Movie Night - 6:00 PM</p>
<p>19</p> <p>a cappella choir rehearsal - 9:00 AM Education - 9:00 AM Worship - 10:15 AM Stewardship Lunch and Program (following worship)</p>	<p>20</p>	<p>21</p> <p>NEWSLETTER DEADLINE</p>	<p>22</p> <p>Mtlk. Terr. Sr's. Lunch - Noon Community Dinner 5:30 PM Taizé Svc. - 6:30 PM Al-Anon - 7:00PM Choir Rehearsal 7:30 PM</p>	<p>23</p> <p>Brownies 7:00 PM Jammer's 7:15 PM</p>	<p>24</p> <p>Mtlk. Terr. Sr's. Lunch - Noon AA Meeting 6:00-9:00 PM</p>	<p>25</p> <p><i>"The Big Handoff"</i> 1:00-3:00 PM</p>
<p>26</p> <p>a cappella choir rehearsal - 9:00 AM Education - 9:00 AM Worship - 10:15 AM Reformation & Bible Sunday</p>	<p>27</p> <p>Sue's Bible Study 2:00 PM</p>	<p>28</p> <p>Twins Club 5:00-9:00 PM</p>	<p>29</p> <p>Mtlk. Terr. Sr's. Lunch - Noon Community Dinner 5:30 PM Taizé Svc. - 6:30 PM Al-Anon - 7:00PM Choir Rehearsal 7:30 PM</p>	<p>30</p> <p>Brownies 7:00 PM Jammer's 7:15 PM</p>	<p>31</p> <p>Mtlk. Terr. Sr's. Lunch - Noon AA Meeting 6:00-9:00 PM</p>	

DATE		COMMUNION ORGANIZER	FLOWERS	LAY READER	READINGS
Oct. 5	Twenty-First Sunday After Pentecost <u>BLESSING OF PETS</u>	Judy Rasmussen	Theresa Campagna	Alex Colorado	Isaiah 5:1-7 Psalm 80:7-15 Philippians 3:4b-14 Matthew 21:33-46
Oct. 12	Twenty-Second Sunday After Pentecost	Judy Rasmussen	Roy & Marillyn Johnson	Alex Colorado	Isaiah 25:1-9 Psalm 23 Philippians 4:1-9 Matthew 22:1-14
Oct. 19	Twenty-Third Sunday After Pentecost	Judy Rasmussen	Ron & Pat Olson	Alex Colorado	Isaiah 45:1-7 Psalm 96:1-9 [10-13] 1 Thessalonians 1:1-10 Matthew 22:15-22
Oct. 26	Reformation Sunday Bible Sunday	Judy Rasmussen	Ruth Trewin	Alex Colorado	Jeremiah 31:31-34 Psalm 46 Romans 3:19-28 John 8:31-36



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|-----------------------------|------------------------|
| 1 - Carol Klingensmith | 13 - Marillyn Johnson |
| 4 - Alec Bueing | 14 - Kiely Ann Sherman |
| 8 - Marion Gesinger | 17 - Norma Elliott |
| 9 - Judy Rasmussen | 24 - Louise Whipple |
| 10 - Robin Olson | 28 - Alex Colorado |
| 11 - Lara Cochran (Fischer) | 30 - Alexander Pearson |

Thoughts For The Month

by *Jeanne Krahn*

It's almost the end of September! Whoosh! Our summer was short wasn't it! But nothing lasts forever does it? Rabbi Glickman recently commented "Our hottest new computers, for example, will be ready for the scrap heap in just a couple years. New cars tend to last a decade at most, as does everything else we buy at mega stores. (Except our Datsun is still going after 30 years.) Geologists tell us that even Mt. Rainier, which seems the most permanent edifice of all, used to be thousands of feet higher than it is now, but it's slowly eroding, eventually to become a mere foothill... But just as nothing lasts forever, most religions teach us that nothing has been here forever."

We all ask, in this age of declining mores, cynicism, doubt and guilt, why do we still come together? Are we seeking something permanent? We continue to pray timeless prayers to an eternal God for centuries surely to come. "Some things, thank God", may very well last forever. But, criminy sakes, not the eternal blathering of political candidates. What a horrible thought! Something has to be done to correct the obscene amounts of money and time wasted on campaigning without the insults, picky-picky at one another, etc. Harry Truman, where are you?

As I've mentioned before, Germany's six weeks only of electioneering sounds good. They feel "if you can't tell us exactly what you're going to do and how you're going to do it - good bye" - and I would like to see more parties in the system as so many have in Europe. I think Finland has at least four separate parties in their parliament (plus a woman president) and see how they've pulled out of their depression, etc.- and having the highest literacy rate in the world. Personally, our present electorate system is one thing I hope is not eternal. Then again aren't we all a bit to blame to let status quo exist without pressure to change. Do these situations define who we are?

Environment writer Bill McKibben writes "mostly I float along in a self contained bubble of my own thoughts, plans and hopes, my mind firing away like a pinball machine, each new thought like a flashing light or ringing bell to distract me from the reality at hand." Whoosh, have I had those distractions—and you? Our world needs dreamers and doers—but above all our world needs dreamers who do. Erma Bombeck said it all: "When I stand before God at the end of my life I would hope that I would have not a single bit of talent left and could say, 'I used everything you gave me'". Oh, but how easy it is to sluff off on many things and retreat into our own cocoons with a jillion excuses at hand, sort of a calcification of our lives. Too often it's frightening in a way, when we do come face to face with the dilemmas of our generations to find we're attached and connected to the rest of the world.

'Nuf heavy, heavy! Autumn comes in a few days according to the calendar - a time to really shake us up, to return to rhythm and routines. Remember school days beginning - why did time seem unbearably long then until the next vacation and now, swish! What happened to July and August? Aren't we blessed with our northwest richness, the dazzling colors of reds, yellows and greens changing. Harvest time with all the goodies, even our taste buds change from the salads (hopefully I made the last potato salad Saturday) to hearty soup and stews with ward fires in our homes—few BBQ's.

Unfortunately, right now in our own country, what harvest can the survivors of storms Katrina, Gustav, Ike, etc., have? It is so tragic, the weather is difficult everywhere, it seems. The thought occurs at our age, in the 80's, how and what could we do if our home was so demolished by such a storm? One 10 year old boy once said "When an angel gets mad, he takes a deep breath and counts to 10. And when he lets out his breath, somewhere there's a tornado." Better one by Jared, age 8, "Angels live in cloud houses made by God and his Son who's a very good carpenter."

Just had a coffee break and a slice of our Finnish pulla (coffee bread), kept in a recycled plastic bag and trying to recall where we kept this and other things in when I lived with my grandma on the farm during the war years. Did we have all these plastic bags Seattleites are yammering about now?

Time for helpful hints—this one I need—much repotting to do before bringing plants in. When you repot a house plant, place a paper coffee filter in the bottom of the pot. This prevents soil from falling through the drainage hole. Coffee grounds placed on top of potted plants greatly benefits them—especially true for ferns. Don't throw away your left over coffee in the morning. Pour it around your geraniums to promote blooming. Cold, undiluted vinegar can accomplish a lot of things. It removes coffee, tea and wine stains from linens. It loosens stubborn nuts and bolts and it removes old glue from price stickers—even cola. White vinegar can be used for perspiration.

Remember our environmental problems are a manifestation of our relationships with each other, how we live and what we do. The environmental crisis is about pollution, endangered species, human-made ugliness (physical and mental) and loss of habitat. But it also reflects a crisis of mind and spirit, about human and civil rights. It's how we walk in the world. Alan Kesselbaum writes, "Everywhere these days, we carve out and defend habitable oases among the gathering detritus and lifeless zones accruing age from all our insults against nature." Look out across the panorama brimming with our legacy. Where are your foot prints?

Are You Strong Enough?

Dottie Nelson, PT, Rehab Director of Foss Home and Village

In Washington State, September 18 was Falls Prevention Day. One important component of not falling is having strong legs. Are you strong enough? There is a quick and easy way to check. Sit in a straight back chair and cross your arms over your chest. Then count how many times you can stand up and sit down in 30seconds without using your arms. If it is less than 8 times, you are in the risk zone for falls and should start a strengthening program. The program could be as simple as practicing sit to stand or you could see a physical therapist or a fitness professional for a more tailored program. The following ranges are the normal range scores for men and women 60-94. If you are below, you are below average and above is above average. And remember less than 8 sit to stands in 30 second is in the risk zone for falls.

Age	60-64	65-69	70-74	75-79	80-84	85-89	90-94
Men	14-19	12-18	12-17	11-17	10-15	8-14	7-12
Women	12-17	11-16	10-15	10-15	9-14	8-13	4-11

Join us for an Evening of Giving October 10th 2008

On Friday October 10th Bethesda Lutheran Church will be preparing and taking a meal to Tent City 3 @ Haller Lake United Methodist Church on 130th and 1st Ave NE in Shoreline.

Bethesda community members will cook dinner at church from 2:30-5:30pm and then leave to deliver and share a meal with the residents of Tent City 3.

Below is a list of items we will need for a successful meal:

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|----------------------------------|---|
| 1) 20lbs of Ground Beef | 6) 200 napkins |
| 2) 120 large potatoes for baking | 7) 10 gallons of Milk |
| 3) 20 Dozen Eggs | 8) Foil Baking Pans |
| 4) 120 paper or plastic cups | 9) 120 ears of Corn |
| 5) 120 forks | 10) Sour Cream and Margarine for the baked Potatoes |
| 120 spoons | |
| 120 knives | |

This is just a little note so that you can start thinking about how you might like to participate in this grand evening of grace and giving.

For further information and questions please feel free to call Machel Hoffman at 425-678-8482.

**Bethesda
Lutheran Church**

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Mountlake Terrace, WA 98043

Phone: 425-778-6390
jean@bethesdalcm.com

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

Change Service Requested

We're on the Web!
bethesdalcm.com

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