



Bethesda
Lutheran Church

Bethesda Outlook

March, 2009



What is Lent?

An invitation for you to take a 40 day journey, together, with Jesus to Easter!

In Epiphany we walked with Christ while he was among us on the earth, joining with him in establishing his kingdom. Much was revealed to us and we too were called in Epiphany to also reveal God breaking into our world with love, grace and mercy. Now we retreat with Jesus into the wilderness to reflect.

Lent is a 40-day journey that begins on [Ash Wednesday](#) and ends after [Good Friday](#), on the Saturday evening before Easter called 'The Great Vigil of Easter'. Though not biblical, Commanded by Christ or God), Lent has long been a time of discernment and devotion answering the question Jesus asked his disciples, "Who do you say that I am?" (Matthew 16:15) and "What does it mean to follow him?"

We like many churches use ashes during the Ash Wednesday worship in a ritual called the [Imposition of Ashes](#). In this custom, ashes are mixed with a small amount of oil and applied to the forehead of each worshipper. In the Ash Wednesday bulletin these words are written: ***Earth to Earth, ashes to ashes, dust to dust.** We recall these words as ashes are placed on our heads and we are vividly reminded that: 'we are dust and to dust we shall return'. The ash is a chilling reminder of our mortality, but because our death is now in Christ, our endings are beginnings. The Lenten disciplines of acts of kindness, prayer, and fasting are tools of discipleship that can lead us to renewal as we bury all that is holding us back from truly being alive. Lent is an invitation to a journey that will lead to the new life and resurrection of Easter."*

Some of us may remember when Lent was primarily a season of penitence and sorrow. Certainly self reflection and self examination are important and meaningful parts of our journey. I invite us this Lenten Season into a journey of growth discovering and re-discovering the mysteries of baptismal living as people forgiven and made new. Journey by living in the grace and mercy of God's heart, the God who is near and active in our lives and the God who invites us into the radical and passionate nature of the question, Jesus' question; "Who do you say that I am?" (Matthew 16:15) and our questions "What does it mean to follow him?"; "What difference has it made in your life to follow him?", or "I wonder if following him will make a difference in my life?"

Come retreat with Jesus and each other. Come and wrestle with these and other questions as we journey together in the wilderness with Jesus. Answering these questions and many others will hopefully give us insight into ourselves and into our common life together as the people of God at Bethesda Lutheran Church in the community of Mountlake Terrace.

God be with us and bless us on our journey together.

Inside this issue:

Reports From Our Council	2
Youth Corner	
Bethesda Community Dinner	3
Calendar	4
Schedule Birthdays	5
Thoughts for the Month	6
Standing Firm - Rooted in Christ: Puget Sound Tour	7

Pastor Malcolm

Reports From Our Council

Finance

Our overall financial picture continues to remain stable.

Facilities

This committee needs our congregational support in maintaining the church buildings and grounds in good repair. A chore list is posted in the social hall. "Join Hands Day", a Thrivent supported event, is scheduled for Saturday, April 4th. This is an opportunity for youth & adults to work side by side and our congregation to work together for a common goal.

Hospitality

We thank all the newcomers who attended our last meeting. Plans are underway for our "Spring Fling Luau", April 25th. Watch for details.

Outreach

Bethesda Community Services is now officially a vital part of this committee. IF WE CLOSED OUR DOORS TODAY, WHO WOULD WE DIS-SERVICE?

Worship, Art & Music

We love having families help with service!! Thank you! And, thank you to our great ushers. We hope you, our congregation, are enjoying all of our musical talents. Be sure to let us know if you have any comments about worship service. It is our goal to make it the best service—always!

Education

Attendance has been low this winter. We ask that our parents be more expressive as to how we might best assist our youth with their Faith Journey.

Stewardship

Your gift of time is an important part of stewardship. Reap the rewards of serving with serving!

Pastor's Report

The Sno-King Cluster has blessed us with another intern! Jackie Berleiner will be joining us for 6 months starting September 1, 2009. Can you name the organizations and services our church gives to our community?

Youth Corner

WE ARE MAKING MOSAIC PAVERS FOR OUR PLAYGROUND THIS MONTH!

We need:

20 used medium sized pizza boxes
 contact paper
 quick set cement
 disposable gloves
 gewgaws such as keys, shells, marbles, buttons, and such stuff (let your imagination soar...!)
 volunteers to set the picnic table, the park bench and the pavers in the playground.

THE ROCK & WORSHIP

ROADSHOW!

MARCH 19TH, 7 PM.

\$10 TICKETS. KEY ARENA

Let's go to a concert! All Ages Welcome! We need adult chaperones, drivers and permission slips filled out. We'll gather at the church at 5:30. Please see "ad" for more information. Scholarship monies are available for tickets. See Dena, Janice or Laurie for more info.

*****CONFIRMATION YOUTH & FAMILIES!*****

MARCH 8TH IS AN IMPORTANT SUNDAY!!

One of your requirements for confirmation class is to actively participate in church service. The second Sunday of each month is dedicated to all youth and families. **THIS MEANS YOU!** We hope you will be a communion assistant, jr. usher, lay reader, acolyte and/or a part of the group body of worship.

Bethesda Community Dinners

Have indeed moved to Monday nights

ALL are welcome – Bring your friends and neighbors. Come and enjoy a light meal, fellowship and build community, every Monday evening in the Fellowship Hall at 5:30pm

We could use your Help:

In food pick up and preparation, set up, serving and cleanup.

Please let Janice Bowen know where you might be able to help in this incredible time of grace.

**Sundays for food pickup @ Central Market
meet at Bethesda @ 5:30pm**

**Sundays for food preparation @ Bethesda ~ 7:30 or
8:00pm start- NOTE:**

*Call Janice on her cell to confirm when she will be back at Bethesda
425-239-4328*

**Mondays for food preparation: 10am-5pm come at any
time to help during these hours**

Mondays for set up, serving and cleanup: 5-9pm

For more information Contact Janice Bowen @

425-239-4328(cell) Or 425-774-6270

Pastor Malcolm @ prmalcolmb@gmail.com

or 425-778-6390

Jackson, a young Kenyan, was found riding the buses in December. He was without adequate clothing or even shoes. He had lost his job, due to the inclement weather during the month, and had subsequently lost his home and source of transportation. He was living in a shelter in Everett - when he had the money to stay there. He rode the buses all day long in his search for employment, but had so far been unable to find any.


Jackson had left his home and family in Kenya to come alone to America in order to find a better life. He had been helping to support his family at home, but was now unable to do so.

He began coming to Bethesda for the weekly **Community Dinner**. We were able to give him food, adequate clothing and shoes, bus funds and shelter funds. Most importantly, we gave him emotional and spiritual support. He has stated (more than once) that he has never known such love and for that he is truly and humbly grateful.


Rejoice with us, for Jackson has found a job building boats in Everett! He can begin to rebuild his life - which includes sending money home to Kenya. His greatest desire is to see his three year old son grow up with more than he himself had.

Jackson continues to come to the Community Dinners - please join us Monday evenings for dinner and meet Jackson and others who have found God's love here at Bethesda.

God is truly good to us!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 A'cappella Choir Rehearsal - 9:00 AM Education - 9:00 AM Worship - 10:15 AM Community Dinner Prep - 4:00-11:00PM	2 Ruth/Miriam Circle @ M. Fay's Community Dinner 5:30 PM Girl Scouts - 7pm	3 Brownies 6:30 PM Education Comm. 7:00 PM Jammer's 7:15 PM	4 Mtlk. Terr. Sr's. Lunch - Noon Soup/Bread-6:00 PM Lenten Svc.-7:00 PM Choir Rehearsal after Lenten Svc. AI-Anon Meeting 7:00-8:00 PM	5 Hospitality Comm. 10:00 AM Brownies 7:00 PM	6  Mtlk. Terr. Sr's. Lunch - Noon AA Meeting 6:00-9:00 PM WAM Comm. 6:30 PM	7
8  A'cappella Choir Rehearsal - 9:00 AM Education - 9:00 AM Worship - 10:15 AM Community Dinner Prep - 4:00-11:00PM	9 Sue's Bible Study 2:00 PM Community Dinner 5:30 PM	10	11 Mtlk. Terr. Sr's. Lunch - Noon Soup/Bread-6:00 PM Lenten Svc.-7:00 PM Choir Rehearsal after Lenten Svc. AI-Anon Meeting 7:00-8:00 PM	12 Brownies 7:00 PM	13 Mtlk. Terr. Sr's. Lunch - Noon AA Meeting 6:00-9:00 PM	14
15 A'cappella Choir Rehearsal - 9:00 AM Education - 9:00 AM Worship - 10:15 AM Community Dinner Prep - 4:00-11:00PM	16 Community Dinner 5:30 PM	17 Brownies 6:30 PM Jammer's 7:15 PM NEWSLETTER DEADLINE	18 Mtlk. Terr. Sr's. Lunch - Noon Soup/Bread-6:00 PM Lenten Svc.-7:00 PM Choir Rehearsal after Lenten Svc. AI-Anon Meeting 7:00-8:00 PM	19 Brownies 7:00 PM	20  Mtlk. Terr. Sr's. Lunch - Noon AA Meeting 6:00 PM	21
22 A'cappella Choir Rehearsal - 9:00 AM Education - 9:00 AM Worship - 10:15 AM Community Dinner Prep - 4:00-11:00PM	23 Sue's Bible Study 2:00 PM Community Dinner 5:30 PM Finance Comm. 7:00 PM	24	25 Mtlk. Terr. Sr's. Lunch - Noon Soup/Bread-6:00 PM Lenten Svc.-7:00 PM Choir Rehearsal after Lenten Svc. AI-Anon Meeting 7:00-8:00 PM	26 Brownies 7:00 PM	27 Mtlk. Terr. Sr's. Lunch - Noon AA Meeting 6:00-9:00 PM	28 Men's Fellowship 8:00-10:00 AM
29 A'cappella Choir Rehearsal - 9:00 AM Education - 9:00 AM Worship - 10:15 AM Guest: Bishop Boerger Community Dinner Prep - 4:00-11:00PM	30 Community Dinner 5:30 PM	31 Twins Club 5:00-9:00 PM Jammer's 7:15 PM	<h1>MARCH 2009</h1>			

DATE		COMMUNION ORGANIZER	LAY READER	READINGS
March 1	First Sunday In Lent	Judy Rasmussen	Merry Wick	Genesis 9:8-17 Psalm 25:1-10 1 Peter 3:18-22 Mark 1:9-15
March 8	Second Sunday In Lent	Judy Rasmussen	Merry Wick	Genesis 17:1-7, 15-16 Psalm 22:23-31 Romans 4:13-25 Mark 8:31-38
March 15	Third Sunday In Lent	Judy Rasmussen	Merry Wick	Exodus 20:1-17 Psalm 19 1 Corinthians 1:18-25 John 2:13-22
March 22	Fourth Sunday In Lent	Judy Rasmussen	Merry Wick	Numbers 21:4-9 Psalm 107:1-3, 17-22 Ephesians 2:1-10 John 3:14-21
March 29	Fifth Sunday In Lent Guest: Bishop Boerger	Judy Rasmussen	Merry Wick	Jeremiah 31:31-34 Psalm 51:1-12 Hebrews 5:5-10 John 12:20-33

	1 - Dena Lee-Cumming	16 - Mark Currier	27 - Glenn Engelstad
	Ashley Schwald	17 - Molly Currier	28 - Ron Massey
	2 - Sharon Boehm	22 - Shane Salsbury	29 - Seiloni Tonga
	8 - Justin Kehres	24 - Bill Cumming	
	Jill Salsbury Doris Smith	25 - Reanne Testin (Halladay)	

Congregational Work Party - April 4, 2009

We plan to have our annual spring work party as part of the Join Hands Day program that is part of Thrivent Financial's annual Join Hands project. Our congregation can get funds from Thrivent (minimum \$200.00). We get together as a team to work on some of our projects to make our church an inviting place to gather to worship and fellowship.

We will work in the church and our other buildings and on the property. There is lots of yard work to be done. We hope to make improvements in our play area. We ask for everyone to help in any way they are able. We hope to have the children be a big part of the action.

Also, we always have a delicious lunch and lots of fellowship. Come and join us!

If you have questions, please talk with Larry Fischer, Cliff Pearson or Joan Minnis.

Facilities and Grounds Committee

Thoughts For The Month

The older I become, the more friends seem to be grumbling and dreading these long, gray wintry days of Seattle and thereabouts. Truly, not too fair to our still “working and having to drive there” kids during those snowy days but, oh, what beauty to see if you don’t have to go out. In these depths of winter, do you want to sleep more, eat more, and curl up in that favorite chair by the fire (and hope the phone doesn’t ring)? Well, isn’t life supposedly about overcoming nature? Sometimes I’m not certain if life is passing me by or trying to run me over! After the holidays, isn’t winter rather the beginning of our time for reflection, the Lenten season? I can gaze out the window for (?) long, my thoughts wandering, the past day’s events floating through my mind, with a few blurbs of “what about tomorrow”. Guilty? Well, maybe a bit but we all need the time to reflect, to think about things, to examine our lives. Cecile Andrews, our local “voluntary simplicity” guru writes, “without time for contemplation, our experiences rush by and we forget them.” Experiences don’t really become memories until we take hold of them, examine them and think about them. If I don’t take time to replay my days, I don’t know what I really think or feel. Too often I feel guilty or uneasy when I take time to do what looks like nothing. Without that contemplative time, our inner lives are empty: they become vacuums sucking up the experiences of television or shopping.

We have no resources for creativity, and a vicious cycle sets in. We try to fill up our time with busy-ness to avoid those times of silence. So I guess we’re lucky. Seattle is particularly suited to the contemplative life.

‘Nuf said. Hibernation is a survival strategy of animals, though sometimes we come close. You don’t have to go top speed all day, every day. Look out your window, see some yellow daffodils, primroses, etc. Yellow is psychologically the “happiest” color in the entire color box ☺. The color yellow actually can affect you physically by stimulating the mental process, nervous system, memory, and communication. The Chinese placed more importance upon the color yellow than anyone else in the world. It was the “color of the emperors” in both the Ming and Qing dynasties. In fact, American pencil makers painted pencils yellow because the finest graphite in the world came from China. Therefore the yellow paint would not only represent the origins of the pencil graphite, but also reflect a regal and authoritative attitude. Sorry, not any yellow pencils used in text messages now. No daffodils out our window yet? How about your yellow bananas, one of the most consumed crops in the world (after wheat, maize, rice

by Jeanne Krahn

and potatoes). Grown in more than 120 countries with an annual production of around 104 million tons. Now that’s a bunch! The average American consumes about 28 pounds of bananas per year since bananas are “good mood food”, containing both serotonin and norepinephrine, two important brain chemicals – and no, they really don’t grow on trees as they’re actually an herb plant related to the orchid family with edible flowers and fruit. All sorts of uses besides 10 bananas in a cream pie – yum! Got split hair ends? Apply a pureed banana mask to your hair 15 minutes before shampooing for soft and supple hair. Use the peel to polish your shoes, then buffing with a soft cloth. Remove a wart by taping a piece of banana skin over it – yellow side out. Rub an insect bite with the inside of the banana skin to reduce the itch, irritation and swelling. Green bananas? Speed up ripening by placing them overnight in a paper bag with an apple or tomato. Dry the skins, break up and plant around your roses.

Whoosh! ‘Nuf school. Think on a few of these tidbits gazing out that window. Considering all the lint you get in your dryer, if you keep drying your clothes would they eventually just disappear? Why is it that no plastic garbage bag will open from the end you first try? How do those dead bugs get into those closed light fixtures? How come we never hear father-in-law jokes? Why is it that no matter what color bubble bath you use, the bubbles are always white? Does a clean house indicate there is a broken computer? The statistics on sanity are that one out of every four Americans is suffering from some sort of mental illness. Think of your three best friends, if they’re ok, then?? Is it true that the only difference between a yard sale and trash pickup is how close to the street the stuff is placed – (All Much Ado About Nothing by Joyce Burkheiser).

A beautiful Lenten thought called Golden Bells – “your yellow outlook”. “The daffodils awoke with joy and flashed their ruffled gowns of gold, though feet were held in captive clay, they proudly smiled in freezing cold. The graceful regal queens are born as noble blooms of early spring. The fragile beauties bravely wave though Jack invades with frosty sting. They sing their song on Easter morn and join in celebration day as breezes play their golden bells inviting all to church and pray.” by June Matthews.

Yes, look out your windows as you start your day and thank our God for what He’s showing you.



Standing Firm - Rooted in Christ: Puget Sound Tour

Directed by Kurt Berentsen

Concordia University-Portland Choral Ensemble will be in your area on March 20 - 29, 2009. Please join us for a free concert that will be an enjoyable and spiritually uplifting experience for the entire family. This concert series is part of our music ensembles' annual spring tour and includes stops in Olympia, Seattle, Snohomish, Everett, Renton, Sequim, and Victoria, Canada.

Free concerts scheduled in Puget Sound:

Friday, March 20, 2009	7:00 p.m.	Trinity Lutheran Church 2020 Franklin St SE Olympia, WA 98501 (360) 357-6574
Sunday, March 22, 2009	8:00 a.m. and 10:45 a.m.	Messiah Lutheran Church 7050 35th Ave NE Seattle, WA 98115 (206) 524-0024
Sunday, March 22, 2009	4:00 p.m.	Hope Lutheran Church 4456 42nd Ave SW Seattle, WA 98116 (206) 937-9330
Monday, March 23, 2009	9:00 a.m.	Hope Lutheran School 4456 42nd Ave SW Seattle, WA 98116 (206) 937-9330
Monday, March 23, 2009	9:00 a.m.	Seattle Lutheran High School 4141 41st Ave SW Seattle, WA 98116 (206) 937-7722
Monday, March 23, 2009	7:00 p.m.	Shepherd of the Hills Lutheran Church 9225 212th St SE Snohomish, WA 98296 (360) 668-7881
Tuesday, March 24, 2009	9:00 a.m.	Zion Lutheran School 3923 103rd Ave SE Everett, WA 98205 (425) 334-5064
Tuesday, March 24, 2009	7:00 p.m.	Bethlehem Lutheran Church 1024 Monroe Ave NE Renton, WA 98056 (425) 255-9772
Wednesday, March 25, 2009	7:00 p.m.	Faith Lutheran Church 382 W Cedar St Sequim, WA 98382 (360) 683-4803
Friday, March 27, 2009	7:00 p.m.	Hope Lutheran Church 1924 Carrick Street Victoria, BC V8R 2M4, Canada (250) 592-4124
Sunday, March 29, 2009	8:00 a.m. and 10:45 a.m.	Good Shepherd Lutheran Church 140 E 56th St Tacoma, WA 98404 (253) 473-4848
<i>Admission is free; donations will be accepted.</i>		

**Bethesda
Lutheran Church**

23406 56th Ave. W
Mountlake Terrace, WA 98043

Phone: 425-778-6390

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

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*Let's Journey
Together*

Come and journey to the cross

and new life @

*Bethesda Lutheran
Church*

ALL WELCOME—to all events

Wednesdays Evenings of Lent

Soup Suppers—6-7pm Holden Evening Prayer 7-7:30pm

March 4th March 11th March 18th

March 25th April 1st,

Holy Week Services @ 7pm

Thursday April 9th – Maundy Thursday

Friday April 10th – Good Friday

Saturday April 11th – Vigil of Easter

EASTER SUNDAY Festival Worship 8:30am & 11am

Easter Breakfast—9:30-11am— All Welcome