



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

# Bethesda Outlook

June, 2009

## From Pastor Malcolm's Desk

I remember as a child how wonder filled and extraordinary summer always was, and if you have lost some of this wonder yourself I invite you in these next months to take a child into the wonders of God's creation. Watch then play and live in God's grace and his unfailing faithfulness that surrounds you from the warmth of the summer sun on your face to the squeals of a summer parade.

The season after Pentecost is the longest season of the church year is often called ordinary time and yet in Mark's Gospel we will hear great, not so ordinary, but extraordinary, stories of the Jesus. We will hear stories that will remind us of the relationship of Jesus' life in our lives today, life on life, living daily as baptized, forgiven, blessed, gifted, and named as beloved children by God. We will be challenged through the scriptures to become good neighbors and be a blessing to them. We might even invite you to engage in this by going out of your comfort zones to offer a **Free Hot Dog or even a Free hug** in the name of Jesus Christ. Come to the Tour de Terrace Parade on July 24<sup>th</sup> to find out about God's grace being shared through **Free Hugs and Hotdogs!** The parade begins right outside the front steps of Bethesda at 6:45 pm –Come and help give away God's love and grace to our community. No, not so ordinary time indeed!

I invite you to not cook on Monday's this summer and spend it with some our neighbors at Bethesda's Monday Night Community Meal. The food is always abundant and delicious. No, not so ordinary time indeed!

I invite you this summer to have some "Abiding time' or Sabbath rest"; with God, and with family and friends. Find time to intentionally rest and abide with God, listening to His voice comforting you and giving you rest and peace. This could be as part of vacation time that is used in part for rest and renewal or a part of each week. Listen for God's voice in the thin silences of your days; see God's abundance and beauty in all that is around you. Know that God is all of creation and in all the people who intersect with you this summer from the grocery clerk, to the child playing in the park, from families taking a walk together to the person on the street whom you struggle to look into their eyes. I invite you to smile a lot this summer and to 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

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resurrection of Jesus the Christ. Know that all of this is of God and God is waiting and longing for His time with you.

The gift of time and presence you spend with your loved ones 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.

I leave you with these words by Seattle playwright Stephen Dietz:

"What do we affect during our lifetime? What ultimately, is our legacy?" I believe, in most cases, our legacy is our friends (*loves*). We write our history onto them, and they walk with us through our days like time capsules, filled with our mutual past, the fragments of our hearts and minds. Our friends get our uncensored questions, and our yet to be reasoned opinions. Our friends (*loves*) grant us the change to make our grand, embarrassing, contradictory pronouncements about the world. They get the very best, and are stuck with the absolute worst, we have to offer.

Our friends (*loves*) get our rough drafts. Over time, they both open our eyes and break our hearts...

"Emerson wrote, 'make yourself necessary to someone.' In a chaotic world, friendship (*love*) is the most elegant, most lasting way to be useful. We are, each of us, a *living testament* to our friends; compassion and tolerance, humor and wisdom, patience and wit. Friendship, not technology, is the only thing capable of showing us the enormity of the world."

This summer is a perfect time to invite a friend, so I challenge you to do so. After all, when we gather to worship God we are refreshed and refueled for life as God's children

Summer tends to be when attendance drops off drastically for Sunday services. I did a quick poll and found the top five reasons people gave for not coming to church June through August:

5. Services believed to be cancelled completely
4. Communion bread is only baked in September and starts to get really stale
3. The instructions for the thermostat were lost years ago and the heat stays on all summer
2. Pr. Malcolm promised to sing Broadway show tunes,

***...and the Number One reason given for not coming to church starting in June . . .***

1. Sermons are repeats from highest rated services earlier in the year

To clear up the misconceptions, none of those reasons are accurate, (Although, I have been known from time to time to include a song from a musical during the year in my sermon and if you ask nicely I may break into a chorus of "Tradition" from *Fiddler on the Roof*). We still have services at our regular time; the bread is fresh as are the sermons, and we open doors and windows to let the cool air through the sanctuary.



See you in church, Pastor Malcolm

## Reports From Our Council

### Finance

Chairperson: Mickey Schwald. Members: Joan Minnis, Cliff Pearson, Walt Smith, Keith Storm, Alex Colorado, Mickey Schwald, Jean Leavens and Sue Rasmussen, Treasurer.

No report at this time.

### Facilities

Chairperson: Larry Fisher. Members: Cliff Pearson, Joy Halladay, Joan Minnis

A summer work party is slated for June 13<sup>th</sup>, 8:30 am. As of June 1<sup>st</sup>, the rental house is available for new tenants. We are investigating the process and expense of re-building the parking lot.

### Hospitality

Chairperson: Joy Halladay. Members: Maxine Helms, Florence Carlson, Betty Henderson, Darlene Johnson, Dena Lee, Machel Hoffman, Margaret Berghuis, Judith Hamre.

We love serving our congregation and community! In addition to our usual offerings (like the upcoming lunch for our grounds volunteers, Father's Day BBQ and Potluck) we continue with our Prison Party Cookies project. We are looking forward to serving hot dogs to our community in conjunction with our RECYCLED ARTS & CRAFTS FAIRE and Tour de Terrace evening parade.

### Outreach

Chairperson: Norma Elliot. Members: Janice Bowen for Community Dinners, Merry Wick for Bethesda Commu-

nity Services, Joan Minnis for Angie Lauer, our missionary in Gulu, Dena Lee for the Recycled Arts & Crafts Fest, Joy Halladay for Foss Home Auction and Julia Chatfield.

We are working together to keep our communication clear, be our own resource bank and support one another.

### Worship, Art & Music

Chairperson: Pat Olsen. Members: Jean Leavens, Judy Rasmussen, Jean Leavens, Dena Lee and Alex Colorado.

We are studying the red book of Evangelical Lutheran Worship and hope to put it to good use in the coming year. July 11<sup>th</sup>, at 6:30 pm, WAM is hosting a musical performance evening. Please join us.

### Education

Chairperson: Laurie McCraney. Members: Joy DeGraff, Dena Lee, Maxine Helms, Betty Henderson, Joan Minnis.

On June 17<sup>th</sup>, we are attending the 15<sup>th</sup> Anniversary Faithink Road Tour with Rich Melheim, founder of Faith Inkubators, to help us learn how to build our new family ministry team by including our parents!

### Pastor's Report

"I continue to check in on those who have been brought to my attention by phone calls, visits in the home, visits at the hospital or at my open office hours. Thank you to those who take the time to let me know who needs a pastoral visit!"

### Bethesda Congregational Work Party ~ Saturday June 13, 2009

We begin at 8:30AM or as soon as you can be available

This work event is a follow-up of the annual spring work party, which occurred on April 4, to continue and conclude some items not completed then.

A list is posted in the Fellowship Hall near the rear door exit. Please check the list, determine what may fit for you, and you may then bring the appropriate tools (or materials) with you.

The hospitality committee will again provide a nutritious lunch starting after 12:30PM.

Thank you for the past efforts and consideration of this event!

If you have specific questions, contact either:

Larry Fischer, Cliff Pearson, Joan Minnis or Joy Halladay.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Ruth/Miriam Circle @ Church Office (M. Seale hosting) Community Dinner 5:30 PM Facilities Comm. 6:00 PM	2 Brownies 6:30pm	3 Mtlk. Terr. Sr's. Lunch - Noon Choir Rehearsal 7:00 PM AI-Anon Meeting 7:00-8:00 PM	4 Brownies 7:00 PM	5 Mtlk. Terr. Sr's. Lunch - Noon AA Meeting 6:00-9:00 PM WAM Comm. 6:30 PM	6 Hospitality Comm. Noon
7 A'cappella Choir Rehearsal - 9:00 AM Worship - 10:15 AM Community Dinner Prep - 4:00-11:00PM	8 Sue's Bible Study 2:00 PM Community Dinner 5:30 PM	9 Outreach Comm. 6:00 PM Healing Service 6:00 PM	10 Esther Circle @ J. Selmann's 10:00 AM Mtlk. Terr. Sr's. Lunch - Noon AI-Anon Meeting 7:00-8:00 PM Jammer's 7:15 PM	11 Brownies 7:00 PM	12 Mtlk. Terr. Sr's. Lunch - Noon AA Meeting 6:00 PM	13 WORK PARTY 8:30 AM
14 A'cappella Choir Rehearsal - 9:00 AM Worship - 10:15 AM Community Dinner Prep - 4:00-11:00PM Piano Recital 5:00 PM	15 Community Dinner 5:30 PM Council Meeting 7:00 PM	16 Brownies 6:30pm <b>NEWSLETTER DEADLINE</b>	17 Mtlk. Terr. Sr's. Lunch - Noon AI-Anon Meeting 7:00-8:00 PM	18 Brownies 7:00 PM	19 Mtlk. Terr. Sr's. Lunch - Noon AA Meeting 6:00-9:00 PM	20 CAR WASH 10:00 AM
21 A'cappella Choir Rehearsal - 9:00 AM Worship - 10:15 AM Father's Day BBQ Noon Community Dinner Prep - 4:00-11:00PM	22 Sue's Bible Study 2:00 PM Community Dinner 5:30 PM	23 Healing Service 6:00 PM	24 Mtlk. Terr. Sr's. Lunch - Noon AI-Anon Meeting 7:00-8:00 PM Jammer's 7:15 PM	25 Brownies 7:00 PM	26 Mtlk. Terr. Sr's. Lunch - Noon AA Meeting 6:00-9:00 PM	27 Men's Fellowship 8:00-10:00 AM
28 A'cappella Choir Rehearsal - 9:00 AM Worship - 10:15 AM Community Dinner Prep - 4:00-11:00PM	29 Community Dinner 5:30 PM	30	<h1>JUNE 2009</h1>			

DATE		COMMUNION ORGANIZER	FLOWERS	LAY READER	READINGS
June 7	Trinity Sunday	Judy Rasmussen	Ruth Trewin	Dena Lee-Cumming	Isaiah 6:1-8 Psalm 29 Romans 8:12-17 John 3:1-17
June 14	Second Sunday After Pentecost Celtic Worship	Judy Rasmussen	Dena Lee-Cumming	Dena Lee-Cumming	Ezekiel 17:22-24 Psalm 92:1-4, 12-15 2 Corinthians 5:6-17 Mark 4:26-34
June 21	Third Sunday After Pentecost	Judy Rasmussen	Derald Porter & Merry Wick	Dena Lee-Cumming	Job 38:1-11 Psalm 107:1-3, 23-32 2 Corinthians 6:1-13 Mark 4:35-41
June 28	Fourth Sunday After Pentecost	Judy Rasmussen		Dena Lee-Cumming	Lamentations 3:22-33 Psalm 30 2 Corinthians 8:7-15 Mark 5:21-43



Pr. Malcolm and Charlie will be on vacation from June 4<sup>th</sup>-23<sup>rd</sup>. In his absence Pr. Diana Bottin will be preaching and presiding on June 7<sup>th</sup> and 14<sup>th</sup>, and Sue Rasmussen on June 21<sup>st</sup>. Emergency pastoral coverage will be handled by Pr. Marvin Jonason from Northlake Lutheran in Kenmore.

The church council and Jean Leavens in the office have his contact phone number in case of an emergency.



- 5 - Jessica Rhoten
- 6 - Matthew Boehm  
Shane Klingensmith
- 8 - Mary Massey
- 12 - Marlene Helms
- 13 - Mark Kehres
- 14 - Cole Anstice
- 20 - Jean Leavens
- 21 - Mike Klingensmith
- 22 - Anna Molitor
- 24 - Thea Henderson
- 28 - Dorothy Johannes
- 30 - Jeff Molitor

Shoreline's eNergi! dance co., directed by Dena Lee, is performing at the Shoreline Arts Fest!

Saturday, June 27, 3 pm

Shoreline Room at Shoreline Center.

18560 1<sup>st</sup>. Ave. NE, Shoreline.

For a complete Festival schedule, visit their website:  
[www.shorelinearts.net](http://www.shorelinearts.net). The event is free and open to the public.

## Thoughts For The Month

How is your bank account? That one crediting your account every morning with \$86,400 – no carry-over balance. Evening comes, the bank deletes whatever balance you failed to use. We all have such a bank – name is TIME. Every morning we're credited with 86,400 seconds, at night it's written off what you didn't use for a good purpose. If you fail to use your daily deposit, the loss is yours. There is no going back – no drawing against the "tomorrow". Now what? We're living in an age of constant multi-tasking, constant activity and motion – cell phones, internet, blackberries, tweeters, twitters, face book, etc., etc., but continuous activity can clutter your mind away from things, good or bad, depending upon what your thoughts are.

June is here – our lectionary year of the season of time after Pentecost. This season is known as the long, green season. Long because it's composed of approximately half of our church and calendar year. The color green indicates that these are "ordinary" times. Pentecost is rooted in Old Testament history, celebrated by the Jews for 50 days – Pentecost means "50" – after the celebration of the Passover. Exodus 12 explains Passover. Pentecost was a festival held after seven weeks of harvesting crops. In the New Testament, Acts 2, we find the first Christians gathered together in one place "in the city of Jerusalem on the day of Pentecost." "Suddenly," the author of Acts, St. Luke, writes, "a sound came from heaven like the rush of a mighty wind". He continues on describing, in metaphorical language, the appearance of fire on the believers, or something similar. Acts 2:4 – then they were all filled with the Holy Spirit and began to speak in other tongues as the spirit gave them voice. People present from more than 15 nations there seemed to understand what the Spirit-filled Christians were saying about "the mighty works of God" especially the crucifixion and resurrection of Jesus. The bottom line is that on Pentecost some 3,000 souls became Christians (Acts 2:41). Instead of harvesting crops, Pentecost for the Christians was a "harvesting" of souls for Christ. Today, 2000 years later the church continues to grow world wide.

So what's all that got to do with our TIME bank? It seems so easy to get carried away in our fast-paced world and forget "the peace that passes all understanding". This long, green season of Time after Pentecost allows us time to linger, to ponder, to wonder about Jesus and his message. It's June, summer is almost here, a long season of our "ordinary" time, a slowdown

*by Jeanne Krahn*

change of pace. Don't waste your "Time Bank". Use the deposits to pause, reflect, wonder, pray, and ask the question of yourself – "now what for me and my faith community?" You must live in the present on today's deposit. Invest it for the utmost in health, happiness and to strengthen your faith. The clock keeps ticking. Make the most of today's deposit!

"Nuf heavy, heavy! Remember bucket seats in your car are good except everyone doesn't have the same size bucket. Well, didn't that change your brain from "heavy heavy"? More helpful "whatevers" for around kitchen and home. Throw out your wok! Haven't used ours for awhile so guess I won't miss it. Woks were designed for pit cooking in China, not for a flat stove top in America. Therefore a cone-shaped wok never gets hot enough to cook enough food for more than 2 people. Instead use a large non-stick, flat-bottomed skillet. Preheat the skillet for 4 minutes on high to get the pan up to temperature – more heat and much better stir-fry.

Don't mix cookie dough with an electric mixer. What? The mixer over processes the dough, resulting in a loss of chew in the final cookie. Sometimes a mixer can almost liquefy the dough resulting in a thin, unappetizing cookie. Think that can apply to banana and zucchini bread mixing also, if you're not very careful. Mix by hand. Besides, it saves electricity.

Never scald milk. Before pasteurization, milk contained an enzyme that prohibited milks thickening process necessary for preparing custards or sauces. Scalding killed this enzyme and therefore became a permanent fixture in most cookbooks.

Goodie, quick, easy and different recipe I found recently. Dollops of it are yummy for pancakes, waffles, toasts with or without syrups. Nope, haven't tried it on the mashed potatoes, veggies, etc. Brown Sugar Banana Butter: 1/2 banana, 2 Tbsp. brown sugar, 8 Tbsp. (1 stick) of room temperature butter. Combine all ingredients in a small bowl, mashing gently with a fork until thoroughly mixed (Use a mixer? I didn't.). Transfer to a serving container and chill until firm – makes about 2/3 cup. Go for it.

Sorry guys. Don't have any helpful hints for y'all today. Father's Day ahead. You'll be bombarded with so many hints of love for you – a special day for a very important man in your life! We are so "spoiled" with our "King of Fixer-Uppers" from pianos to vintage cars, plus the tears in our eyes. Happy Father's Day Stan, and blessings to all you dads!

## Greetings From Gulu

Greetings from Gulu,

May 2009

During the Bingham's furlough last year I was involved with setting up our new primary school. Now that the school is up and running with others to oversee it, I will go onto Home of Love as my full time ministry. It is amazing to watch the progress of the children. Moses was brought to Home of Love in December 2008. He was in a severely neglected state after being found abandoned by the roadside. Now four months later it is hard to believe this is the same child. He is active, happy and quick to smile. He enjoys being with children and adults. We are privileged to be a part of his life. He is one of many special children that God has brought to Home of Love Orphanage for Vulnerable Children. Thank you for being part of his life through your prayer and financial support. God loves these precious children. We pray that they will all come to know the Lord, and that they have a father who will never leave them.

*Thank you for your prayers and support. God bless you all!  
Angie*



Moses ~ May 2009

## The New Lutheran Witness

Sharing the good news through Bethesda's free community dinner and associates. We serve an awesome meal once a week in the Fellowship Hall. We provide food for the following churches and their programs: Living Water Fellowship, Open Bible Baptist, Everett Church, and the following outreach programs throughout the area; Tent City III, Operation Night Watch (a homeless feeding facility), Clothes For Kids and Working Wardrobe. We all work closely to meet the needs of our neighbors in a dignified and loving manner attempting to set a higher standard of relationship with others and living by example. Praising God.

In less than a month we will have been serving food for a year. It is truly hard to believe all that God has done. I still have a hard time taking it all in. The last few weeks we have stepped it up a notch. In the past when we went to Central Market we shared what we could and the menu was strictly based on the fresh fruit and vegetables we picked up. Meat was given by the kindness of others. We just did what we could. Now several times a month we are

given frozen products by area food handling associates. Fish, chicken, bread, soup, potatoes and carrots to name a few. Oh my goodness! We are blessed by many freezers living in the homes of Bethesda members. I cannot even attempt to praise God or all of our volunteers sufficiently. Our accomplishments are mind boggling. As time goes on I plan to introduce you to all the folks we work with. I'm sure your hearts will be moved by the selflessness of all these awesome people and families.

In closing it is early Monday morning, Memorial Day. Usually the kitchen is bustling with workers. However, today is different. A local caterer is coming to feed us all. A full blown BBQ with all the trimmings. The entire staff's time and all the food are a gift to Bethesda. Our lives as servants to God has just begun. I cannot wait to see what's next.

Love,  
Janice

**Bethesda  
Lutheran Church**

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

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*Untitled*

I go as the time goes, endlessly  
watching, waiting and dream creating.

From the hillside.

I seek the sheep who have stumbled  
on the rocks, or lost in the  
thicket written off in the world.

From the hillside,

I declare you aware of me.

Do not be scared of me,  
you are not alone.

My sheep, my people, as the

Shepard I gather,  
together in my name - PRAY.

From the hillside

I have been watching you.

From the hillside.

By *Chad Anderson*

To: Bethesda Lutheran Church 11-8-2008