



Bethesda
Lutheran Church

Bethesda Outlook

February, 2010



Lent *Anglo-Saxon: "spring"*

As early as the mid-fourth century, Christians have observed a time of preparation before the Easter celebration. The Lenten season begins on Ash Wednesday and lasts for 40 days. The forty days of Lent recall the 40 day fast of Jesus in the wilderness after his baptism (Matthew 4:2, Luke 4:1-2) and Moses' 40 day fast on Mount Sinai (Exodus 34:28). It is a time of simplicity and preparation.

Color of the Season — Purple, suggesting somberness and solemnity.

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](#) (February 17th) and ends after [Good Friday](#), on the Saturday evening before Easter called 'The Great Vigil of Easter' (April 3rd). 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 be a disciple and follow him?"

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 disciples, 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 as a disciple ?*"; "*What difference has it made in your life to follow him?*", or "*I wonder if following him will make a difference in my life?*"

Below are some thoughts from Pastor Jacquie that I believe can give us good insight and understanding as we answer these questions, listen and seek God's will for us in the season of Lent.

BETHESDA IS CALLED TO DISCIPLESHIP!

What does it mean to be a disciple? How can Bethesda further God's mission in the world? These are questions we all ask as we grow together in faith in the community that is Bethesda. The good news is that the people of Bethesda are listening for the voice of God, and participating in God's mission to the larger community in so many blessed ways. Bethesda is indeed called to discipleship!

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In order to continue to grow in our mission and ministry, we all need to maintain a healthy Spirit-led life and support each other in our personal growth. Each and every one of us at Bethesda is a 'leader' in mission, for the very living of our lives is a testimony to the good news of Jesus Christ. How can we grow as leaders to further God's mission and ministry at Bethesda?

I have been reading an interesting book, "A Field Guide for the Missional Congregation" by Rick Rouse and Craig Van Gelder. Through very practical language, this book has given me some helpful ideas for spiritual growth within the community of Bethesda. I would like to share just a few of them with you.

The book lists some great reminders for each of us in how we can grow in God's grace, both individually and in groups, committees and boards. As individual leaders in mission and ministry, we need to *worship regularly, work together for our common mission, practice good stewardship, communicate clearly, seek to avoid misunderstandings, and respect confidentiality*. Nothing new here, but we can always use reminders! The most important reminder is for each of us to grow in our own spiritual life by *daily prayer and regular study of God's Word*.

When we meet together in our groups and committees it is vital for our spiritual health that we also practice much of what is outlined above. Each time a group or committee at Bethesda gathers, we need to incorporate time for *caring, spiritual nurture, mission focus, and action* into each meeting.

At the beginning of each meeting, it is helpful to share what is going on in each person's life and ministry. If we feel listened to and cared for, then we are better able to set aside personal issues and get to the business at hand. This sharing time is followed by a short period of Bible study or devotions, which reminds us that our purpose for meeting is God's work in the world. Next, it is often helpful when a leader reflects upon the group or committee's purpose in enacting Bethesda's mission of God's ministry of reconciliation within the life of the congregation and the larger community. And finally, the group moves to action, moving forward with the specific plans for the given group or committee to pursue God's mission.

Bethesda's mission to discipleship is alive and well, and growing every day! When we stay focused on the Spirit-given gifts unleashed upon *all* of God's people, our own faith will grow ever stronger, and our ministry to our congregation and the larger community will continue to grow in healthy ways. Thanks be to God!

Intern Pastor Jacquie Berlien

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.

Pastor Malcolm

Dear Brothers and Sisters in Christ,

February is the month of the **Heart**. Let us remember that it was Christ who gave us our first "Valentine" so very long ago. Jesus gave us the commandment **to love one another** !

I encourage us all to actively embrace Christ's **original** Valentine with **M.O.R.E.!**

Manipulation calls us forward to handle all situations of our congregation and community with skill thus adapting ourselves to what God is calling us to do in a loving manner.

Observation enables us to perceive and to notice how we need to act in our congregation and community in a loving manner.

Repetition reminds us that good deeds must be done over and over until we deeply understand and feel our call from God in our congregation and community in a loving manner.

Exploration gives us an opportunity, as ministers, to be adventurous in our continued journey of the baptized through the discovery of our life with Christ again and again in a loving manner.

May we all **TRUST** in the Lord in this very heartfelt month of February in a loving manner.

Your loving Disciple in Christ,

Dena Lee

Shrove Tuesday Pancake Supper ~ February 16th – 6:00-7:00pm

The day before the beginning of Lent is known as Shrove Tuesday. On Shrove Tuesday, many Christians make a special point of self-examination, of considering what wrongs we need to repent, (turning our hearts back towards God), and what changes and ways of life or areas of spiritual growth we need to ask God's help in dealing with.

Shrove Tuesday is also called Fat Tuesday, because on that day the fats that have been kept around such as bacon, sausage or the drippings for cooking are to be used up as they were not to be used during Lent. Since pancakes are a good and helpful way of using up fat, the day is also called Pancake Tuesday.

*We invite you, your family, friends and neighbors to Bethesda's 3rd **Shrove Tuesday Pancake Supper**. Please come with an appetite for pancakes, sausage and much more. A free will offering will be taken to cover the costs but there is **no** charge for the supper.*

Ash Wednesday Worship ~ February 17th – 7pm

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."

Wednesdays of Lent! February 24th, March 3rd, 10th, 17th, 24th & 31st

During the season of Lent, we will be holding a special mid-week worship service as part of our Lenten journey together. This year it will again be preceded by a simple soup and bread supper at 6pm then followed by a ½ Hour simple sung Evening Prayer Service of meditation with a short Lenten message

6pm Soup Supper - Please sign up in Fellowship Hall
7pm - Evening Prayer Service with a short Lenten message.

Brothers and Sisters in Christ - **Thank You,**

Thank you for who you are and for your generous gift and your generosity of spirit. Your generosity blesses me and humbles me and for that I am very grateful. Thank You

It is a both pleasure and a blessing to lead worship, and to worship our loving and grace filled Creator with you and as your pastor - Thank You

It is a time of grace and pure blessing to walk with you in your lives, to get to know you and to love all of you as your pastor – Thank You

It is a pleasure to serve with you in our mission field and to wonder with God how we are called to serve our world and community– Thank You.

With gratefulness and love,

Pastor Malcolm and Charlie Brown

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 ESL - 9:00am Ruth/Miriam 2:00pm Community Dinner 5:30pm Girl Scouts 6:45pm Intern Comm. mtg. 7:00pm	2 Brownies 6:30pm Education Comm. mtg. - 7:00pm Jammers rehearsal 7:15pm	3 ESL - 9:00am Mtlk. Terr. Sr's. lunch - Noon Confirmation Class 7:00pm AI-Anon mtg. 7:00pm	4 Brownies 7:00pm	5 Mtlk. Terr. Sr's. lunch - Noon AA Mtg. - 6:00pm WAM Comm. mtg. 6:30pm	6 Talent Show rehearsal - 5:30pm
7 Worship - 10:15am Community Dinner prep. - 3:00pm High School Youth 7:00pm	8 MTM mtg. 10:00am Sue's Bible Study 2:00pm Community Dinner 5:30pm Finance Comm. mtg. - 7:00pm	9 Outreach Comm. mtg. - 7:00pm Jammers rehearsal 7:15pm	10 ESL - 9:00am Mtlk. Terr. Sr's. lunch - Noon Confirmation Class 7:00pm AI-Anon Mtg. 7:00pm	11 Brownies 7:00pm	12 Mtlk. Terr. Sr's. lunch - Noon AA Mtg. - 6:00pm	13 Hospitality Comm. mtg. - 10:00am Exec. Comm. mtg. Noon Talent Show rehearsal - 5:30pm
14 Worship - 10:15am Community Dinner prep. - 3:00pm High School Youth 7:00pm	15 ESL - 9:00am Work Party 9:30am Community Dinner 5:30pm Council Mtg. 7:00pm	16 <u>SHROVE TUESDAY</u> Pancake Supper 6:00pm Jammers rehearsal 7:15pm <u>NEWSLETTER DEADLINE</u>	17 <u>ASH WEDNESDAY</u> ESL - 9:00am Mtlk. Terr. Sr's. lunch - Noon Confirmation Class 7:00pm Ash Wednesday Svc. - 7:00pm AI-Anon Mtg. 7:00pm	18 Brownies 7:00pm	19 Mtlk. Terr. Sr's. lunch - Noon AA Mtg. - 6:00pm	20 Family Movie Night 5:00pm Talent Show rehearsal - 5:30pm
21 Worship - 10:15am Community Dinner prep. - 3:00pm High School Youth 7:00pm	22 ESL - 9:00am Sue's Bible Study 2:00pm Community Dinner 5:30pm	23 Twins Club 5:00pm Jammers rehearsal 7:15pm	24 ESL - 9:00am Mtlk. Terr. Sr's. lunch - Noon Soup/Bread - 6pm Lenten Svc. - 7pm Confirmation Class 7:00pm AI-Anon mtg. 7:00pm	25 Brownies 7:00pm	26 Mtlk. Terr. Sr's. lunch - Noon AA Mtg. - 6:00pm	27 Mountlake Terrace Senior's Group Talent Show 7:00pm
28 Worship - 10:15am <i>Bishop Boerger guest preacher</i> Community Dinner prep. - 3:00pm High School Youth 7:00pm	<h1>FEBRUARY 2010</h1>					

DATE		COMMUNION ORGANIZER	USHERS	LAY READER	FLOWERS	READINGS
Feb. 7	Fifth Sunday After Epiphany	Judy Rasmussen Ruby Englestad	Mike Brenot	Larry Fischer	Sam Harpst	Isaiah 6:1-8 [9-13] Psalm 138 1 Corinthians 15:1-11 Luke 5:1-11
Feb. 14	Transfiguration of Our Lord	Judy Rasmussen Ruby Englestad	Ed & Julia Chatfield	Larry Fischer	Stan & Jeanne Krahn	Exodus 34:29-35 Psalm 99 2 Corinthians 3:12-4:2 Luke 9:28-36 [37-43a]
Feb. 17	Ash Wednesday	Judy Rasmussen Ruby Englestad				Joel 2:1-2, 12-17 Psalm 51:1-17 2 Corinthians 5:20b-6:10 Matthew 6:1-6, 16-21
Feb. 21	First Sunday in Lent	Judy Rasmussen Machelle Hoffman		Larry Fischer		Deuteronomy 26:1-11 Psalm 91:1-2, 9-16 Romans 10:8b-13 Luke 4:1-13
Feb. 28	Second Sunday in Lent	Judy Rasmussen Machelle Hoffman	Mike Brenot	Larry Fischer	Dena Lee-Cumming	Genesis 15:1-12, 17-18 Psalm 27 Philippians 3:17-4:1 Luke 13:31-35



FEBRUARY

- | | |
|-----------------------------|-------------------------|
| 1 - Erik Olson | 9 - Tangikina Tonga |
| 2 - Dick Anstice | 14 - Tangiloto Motuliki |
| 3 - Bill Rasmussen | 15 - Hilary Anstice |
| 7 - Sam Harpst
Ron Olson | 16 - Jeanne Krahn |
| 8 - Teresa Bueing | 26 - Nina Wyzinski |
| Betty Teichgrab | 27 - Melissa Anstice |

Mountlake Terrace Super Seniors & Friends

Proudly Presents

Shooting For the Stars

(A Sensational Talent Show)

Saturday, Feb. 27, 2010

7:00 PM - 9:00 PM

Bethesda Lutheran Church

23406 56th Ave. W.

Mountlake Terrace, WA

Tickets: \$7.50

Under 6 years Free

We need your help with the BCSC Fundraiser

We are scheduled to **be attendants** at the Northbound Smokey Point Rest Stop on **Monday, February 22 to Wednesday, February 24**, with 4 hour shifts starting Monday at 2:00 pm to Wednesday 2:00 pm. We will furnish coffee, hot water, tea bags and cookies. We will have a container for people to give donations. **We also need to clean up the area bringing our own cleaning equipment.**

We need cookies for each 4 hour shift. We are guessing approximately 80 dozen. We can have **baked cookies**. We do not need to buy the cookies at the store but we can. Please bring your favorite cookies. It's alright to bake them early and put them in the Church freezer. **Please sign up for a shift. We need two people to a shift.**

Join Us to Lift Every Voice on
Interfaith Advocacy Day

Tuesday, February 16, 2010
8:30 a.m. to 3:00 p.m.

At the State Capitol in Olympia

Begin the day at United Churches in Olympia.

Move to the State Capitol for lunch
and legislative meetings.

Meet your legislators and voice your concerns.

Interested? Contact Intern Pastor Jacquie Berlien (jberlien@comcast.net or 425-248-1117) by Sunday, February 7th, and we can register as a group to attend this special day (we will carpool!) to share our voices in the world. Cost is \$25.00 per person and may be paid to Pr. Jacquie on the day of the event.

Bethesda Lutheran And Friends of Bethesda Lutheran Pool Party

Friday February 12, 2010 6-7pm

Potluck after swim at Bethesda Lutheran Church 7-8 pm

Bring a Friend – We have rented the WHOLE pool!!!

Mountlake Terrace Recreation Pavilion
5303 228th St SW

Pool amenities include: Handicapped Access Ramp & water wheelchair for easy access • Exceptionally warm water • Spa • Sauna • Lazy River with moving current • Shallow-water Leisure Pool with beach-like entry and padded floor • Bright, modern lighting • Plumbed-in spray toys • Lifejackets available for on-site use • Water Basketball hoops • A variety of floats and water toys.

Pool Rules: Children 4 and under **must** be accompanied into the pool by an adult; adult supervision is highly recommended for **all** young children. Swim diapers **and** protective vinyl diaper covers **required** for infants and toddlers. Swim diapers and protective vinyl diaper covers are available for purchase in the lobby. Pool questions – MLT Pavilion 425-776-9173.

Report from More Than Membership Committee

On January 11, 2010 the MTM Committee met in the church office. Present were: Joan Minnis, Mickey Schwald, Cynthia Wesley, Joy DeGraff, Pat Olson, Sharon Boyd, and Debbie Luce.

We discussed the process of gathering updated contact information for all church goers / members. We will then update our volunteer "Urgent Prayer Concerns" contact list (Formerly called Telephone Prayer Chain), using the names of those that choose to volunteer to be part of this important process. We will also be assembling a "Communication Tree" that will be utilized as needed, to contact each person on the list. Our purpose is to serve others in the church body, through prayers, visits, cards, and calls, to provide support.

Our next meeting is Monday February 8th at 10am in the church office, all are welcome to come and join us.

Debbie

Dear members of Bethesda Lutheran Church.

On behalf of me and my troops, I would like to thank you all for your prayers and cookies sent to us during our recent deployment to Afghanistan.

The cookies kept our spirits high and the prayers helped keep us safe.

Please continue to keep our other deployed military members in your thoughts and prayers, as they strive to keep peace throughout the world.

Respectfully,

Roderick Schwald, SMSgt, USAF

Thoughts For The Month

by Jeanne Krahn

We have entered a new year. W. H. Auden in his after-Christmas homily wrote *"Well, so that is that!"* reminding us that isn't it time to inventory our habits—bad ones as well as good ones—"new" possibilities, hopes and dreams. A Greek philosopher has written *"Moral excellence comes about as a result of habit. We become just by doing just acts. We become temperate by doing temperate acts. We become brave by doing brave acts."* Auden continues—*"the time being to redeem from insignificance"* - isn't it often very difficult to not become immune to the suffering in our world—saturated with tragedy in '09 wars seemingly is almost every country, starvation, homelessness, etc. And now the Haitian earthquake watching the news during dinner (yes, too often we're guilty of watching TV during dinner) of the Haitian tragedy, seeing my plate of food before me, listening and seeing the terrible losses there, guilt was creeping upon me. So much of it—what can we, how can we help? Tomorrow comes and our lives become absorbed in our own "important" events. Read some of the verses from Lamentations where he is lamenting the conditions of his world and yet there is hope—renewal of God's compassion each morning, the faithfulness of God,

Again with Auden, *"vaguely aware of Lent and Good Friday...which cannot, after all, be very far off"* - all of our ups and downs of '09 now become rather relative in the perspective of Easter, the fulfillment of Christmas. No, don't mumble "who's got time to stop, ponder, change something in our lives. I don't have time to think about those things—too far away". C'mon, that's a statement of your time, daily, on weekly and is a value judgment of our priorities. We can usually find time for what we really want to do. *"Time was, 'tis past. Thou canst not it recall. Time is, thou hast employ the portion small. Time future is not, may never be. Time present is the only for thee."* (anon). Never say you don't have enough time! You have exactly the same number of hours per day that were given to Helen Keller, Pasteur, Michelangelo, Mother Theresa, Leonardo da Vinci, Thomas Jefferson and Albert Einstein. *"God has given each of us the ability to do certain things well"* (Romans 12:6). *"Be sure to use the abilities God has given to you... Put these abilities to work: throw yourself into your tasks..."* (1 Timothy 4:14-15). Colossians 3:23-25 tell us to work cheerfully in all we do.

Nuf heavy, heavy! Find your own quiet center of life and begin wherever you are. But at least once a day, stop and notice how the air feels, where the sun is (right now brightly outside) the wind's direction, the terrain, vegetation, critters, birds and their songs, to change your awareness and begin changes in your life.

Our modern living involves high levels of sensory input, too much of it meaningless and even offensive so we shut down—our senses into a standby mode. But we need our senses to tell us "what's life?" A friend's "hello", a family's love and laughter to get us going. Emotions link our minds with our bodies, thoughts with experience. *"Life is a great big canvas. Throw all the paint you can on it"* Each new day is an opportunity to create something special in what might be called just another day." Remember Fat Albert's dad on the Cosby show, *"If at first you don't succeed, you're about average."* Eleanor Roosevelt said, *"I could not at any age, be content to take my place by the fireside and simply look on. Life was not meant to be lived and curiosity kept alive."* Go for it!

Whoops! How come I wrote about all that love stuff in January when February is the big, big St. Valentine's Day to remember how and why St. Constantine started it all. Think I was still musing about the holidays, particularly the wonderful Epiphany—Twelfth Night surprise of Dean and wife, Shirree, coming up from Texas for our family gatherings of food, lots of love, laughter and togetherness. Families are forever, love doesn't melt. Mother Teresa said, *"Love is a fruit in season at all times—love is the golden thread that ties our souls together."* How blessed we are with such a gang of his, hers and ours.

I'll send you on your Happy Valentines Day with a few "this and that's". How long a minute is depends on what side of the bathroom door you're on. Exercise daily—walk with God. Long standing problems? Get down on your knees. Why didn't Noah swat those two mosquitoes? Forbidden fruits make many jams. If you want the rainbow, you've got to put up with the rain. Having truth decay? Brush up on your Bible. Stop whining about your church. If it were perfect, you couldn't belong. Living on earth is expensive but it does include a free trip around the sun every year. Don't give up. Moses was once a basket case. If you're headed in the wrong direction, God allows u-turns. There are no amendments to the 10 commandments. God mends broken hearts but you have to give him the pieces! 75 years ago they were cutting ice from Molson Lake (where our cabin is) for Valentines Day and 3# MJB Coffee, \$1.09; 31/2# Pillsbury Pancake Flour package, 35¢; 100# Netted Gem Potatoes, \$1.35; three medium cans Van Camps Pork & Beans, 20¢; 4# bananas, 25¢; two heads of lettuce, 15¢; fresh bunch carrots 3 for 25¢; and a dozen lemons, 35¢. But what were the wages? Life is all relative, isn't it? Enjoy it! Live it!

**Bethesda
Lutheran Church**

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Mountlake Terrace, WA 98043

Phone: 425-778-6390

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

Change Service Requested

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U.S. POSTAGE

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Mountlake Terrace, WA

PERMIT #10

We're on the Web!

bethesdalcm.com



SHROVE TUESDAY

Pancake Supper
February 16th ~ 6:00-7:00pm



Worship ~ February 17th – 7pm



February 24th, March 3rd, 10th, 17th, 24th & 31st

Soup Supper - 6pm

Evening Prayer Service
with a short Lenten message
7pm