



Bethesda Lutheran Church

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**WE ARE HERE TO
SERVE YOU! CALL
US FOR ANYTHING!**

Bethesda Outlook

September, 2010

From Pastor Malcolm's Desk

Greetings in Christ!

I would like to invite you to practice God's hospitality and grace-filled welcome to all. For the months ahead as we move toward the holiday season I would like to encourage you to invite your neighbors into your home, not just who you already know and have as friends but especially those whom you don't know. Consider standing on your front porch and wonder who might come and then welcome them in. Remember what it is like when you feel like an outsider and let that help you to invite. Maybe even invite those into your home who attend church whom you don't know at all.

I'll add the voices of Saints Paul and Peter as coaches in this effort. If you want further coaching on how to host a simple neighborhood gathering that you might welcome strangers, as Christ has welcomed you, just let me know, I'll happily help out!

Love must be sincere. Hate what is evil; cling to what is good.

Be devoted to one another in love. Honor one another above yourselves.

Never be lacking in zeal, but keep your spiritual fervor, serving the Lord.

Be joyful in hope, patient in affliction, faithful in prayer. Share with the Lord's people who are in need.

Practice hospitality. Romans 12:9-13 (TNIV)

Above all, love each other deeply, because love covers over a multitude of sins.

Offer hospitality to one another without grumbling. 1 Peter 4:8-9 (TNIV)

There is an old Benedictine saying that is still said regarding hospitality.

"Treat everyone that comes into our midst as if they were Jesus Christ."

Do not forget to show hospitality to strangers,

for by so doing some people have shown hospitality to angels without knowing it. Hebrews 13:2 (TNIV)

Don't let what my friend Pr Will Sappington calls **Chaos** keep you from open your home as a household of faith, an extended family. **CHAOS = Can't Have Anyone**

Over Syndrome- Gather whether your yard is perfect or your house is spotless in order to learn about each other, to celebrate and commiserate in the midst of the highs and lows of life.

Here's to great gatherings in your home in the coming months as the mission field of our congregation is established in our very own neighborhoods. This work of practicing God's welcome is about the earliest call of Christ, sending Christians out in mission, with the Church arising from that mission.

Whatever you do, have fun with it! And...pray for Christ's guidance and blessing as you invite others into your household of faith. If God worked through such households of faith in the time of Paul to increase the body of Christ, then surely God will be at work through such gatherings today.

May you continue to seek, find and receive God's hope, love and grace this autumn in surprising ways and in unexpected gatherings in your homes! **See you in church!**

Pastor Malcolm



“Let your steadfast love, O Lord, be upon us, even as we hope in you.”

Psalm 33:22.

As we come to the close of the summer and head into autumn, life sometimes becomes filled with a long ‘to-do’ list. There are so many projects around the house and yard which we promised ourselves we would get done this summer; we promised our friends we would meet for lunch at our favorite restaurant by the waters of Puget Sound; we promised to spend more time playing with our children and grandchildren; we promised...oh the list goes on and on! Now the summer days are coming to an end, and we move into the life of autumn. For many, autumn marks a return to more orderly schedules at work, at school, and even in the life of our congregation.

In Psalm 33, the psalmist reminds us that life is not meant to be governed by our ‘to-do’ list. Instead, we are called to faithful hope in the steadfast love of our God who made us all. God makes our hearts glad, and in this gladness we are to live our lives in service to God and our neighbor. God daily gives us the strength and tools we need to do this, and for this we are called to give God praise and thanksgiving, living our lives in hopeful faith.

Today, I am giving praise and thanksgiving to God, and to each of you, for the special gift I have been given this year – the blessing of spending the first six months of my internship year at Bethesda Lutheran Church. You have filled my life with loving experiences as I have been given the opportunity to learn and grow in my pastoral skills. I have witnessed the faithful hope in God’s steadfast love in each of you as this community worships and serves God. You have graciously allowed me to enter into the life of Bethesda and into your lives as well, and my own life has been forever changed by this rich blessing. It is not easy to say goodbye to you, but I have faithful hope that the God will hold me, and all of us, in steadfast love as we move forward in this life of faith.

My prayers will be with you all as your journey of faithful hope continues, and I ask your continued prayers for me as I return to Pacific Lutheran Theological Seminary in California for my final year of seminary training. May the grace of the Lord Jesus Christ, the love of God, and the communion of the Holy Spirit be with you all. **Amen.**

Intern Pastor Jacquie Berlien

Synod Stewardship Event

“Ministry and Money” by Phillip and Janet Jamieson



The Council would like to encourage anyone in our congregation to join us for this stewardship training event on Saturday, September 25th at St. Luke’s Lutheran Church in Bellevue. Registration will begin at 8:30 am and the training will conclude by 2:30 pm. The cost is \$20 per person and includes lunch.

Learn how to see our mission and ministry on a solid financial footing.

In addition to stewardship, topics will include budgeting as an expression of God’s mission, financial transparency in the church, understanding financial reports and developing a theology of money.

If you are interested in joining Council for this event, please contact any Council member or Pastor!!

From Your Council President

It is a pleasure and an honor to be Bethesda's Council President. As with any family, Bethesda is not without its share of challenges and conflicts. I feel that we are moving forward in our understanding of the most appropriate way to handle these stumbling blocks. It feels good to sit at table together with open hearts and minds enabling us to speak freely and directly to each other about what is in our hearts. Airing the laundry, so to speak, is refreshing!

So, my sisters and brothers, practice good faith, trust in God and speak up when you are harboring resentment and anger. By speaking directly with the person or persons you have issues with, you relieve innocent people of your burden. Practice the art of forgiving and asking for forgiveness. You might be surprised at how light and joyous you feel when forgiveness is mindfully practiced! Let the flow of life move freely within you and around you. Bound flow is a festering sore. Who wants that?

"See to it that no one takes you captive through hollow and deceptive philosophy which depends on human tradition and the basic principles of this world rather than on Christ." *Colossians 2:8*

With loving grace,

Dena Lee

Cardboard Testimonies

Churches across America are starting a new trend in sharing faith stories. Christians are using cardboard signs to concisely but powerfully share how God has changed their lives.

In 2008, Hillside Christian Church in Amarillo, Texas, posted a video titled "Cardboard Testimonies" on YouTube. Since then, it's been viewed more than 2 million times.

In the video, people from all walks of life take turns announcing silently, via their signs, how God has transformed sin, brokenness and doubt into forgiveness, healing and faith. First, they hold up the side of their sign that tells what their life had been like. Then they turn it over to reveal how God has made a difference.

Cardboard testimonies are a mighty reminder that God restores lives. As Paul says in 2 Corinthians 5:17 (NRSV), "If anyone is in Christ, there is a new creation: everything old has passed away; see, everything has become new!"

Bethesda Youth and Interested Adults!!

It's NOT too early to be thinking
about our 3rd Annual Christmas
Pageant!

Rehearsals begin October 16th in the Sanctuary from 10-noon. We need actors, singers, musicians, dancers, drummers and backstage hands! Contact Dena if you want to be in *The Second Shepherd's Pageant* a Renaissance Christmas Play.

206-368-9446

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<h1>SEPTEMBER 2010</h1>			1 Mtlk. Terr. Sr's. lunch - Noon Al-Anon Mtg. 7:00pm	2 Life Group 6:00pm Brownies 6:30pm Choir rehearsal 7:00pm	3 Mtlk. Terr. Sr's. lunch - Noon WAM Comm. mtg. 5:30pm AA Mtg. 6:00pm	4 Keith & Doris Storm 60th Anniversary Reception 2-5pm Exec. Comm. Mtg. Noon
5 Worship 10:15am Comm. Dinner prep. 3:00pm Bethesda Terrace Youth - 7:00pm	6 LABOR DAY Community Dinner 5:30pm Facilities Committee 6:30pm @ J. Minnis' (office closed)	7 Brownies 6:30pm Education Comm. Mtg. 7:00pm Jammers rehearsal 7:00pm	8 Esther Circle 10:00am Mtlk. Terr. Sr's. lunch - Noon Al-Anon Mtg. 7:00pm	9 Brownies 6:30pm Choir rehearsal 7:00pm	10 Mtlk. Terr. Sr's. lunch - Noon AA Mtg. 6:00pm	11 Hospitality Comm. mtg. - 10:00am
12 RALLY SUNDAY Worship 10:15am <i>BBQ following worship service</i> Open Door Ministry mtg. - 2:00pm Comm. Dinner prep. 3:00pm Bethesda Terrace Youth - 7:00pm	13 MTM Mtg. 10:00am Sue's Bible Study 2:00pm Community Dinner 5:30pm	14 Outreach Comm. Mtg. 7:00pm Jammers rehearsal 7:00pm	15 Mtlk. Terr. Sr's. lunch - Noon Al-Anon Mtg. 7:00pm	16 Life Group 6:00pm Brownies 6:30pm Choir rehearsal 7:00pm	17 Mtlk. Terr. Sr's. lunch - Noon AA Mtg. 6:00pm	18 Fashion Show & Luncheon Family Movie Night 5:00pm
19 Worship 10:15am Comm. Dinner prep. 3:00pm Bethesda Terrace Youth - 7:00pm	20 Community Dinner 5:30pm Council Meeting 7:00pm	21 Brownies 6:30pm Jammers rehearsal 7:00pm	22 Mtlk. Terr. Sr's. lunch - Noon Al-Anon Mtg. 7:00pm	23 Brownies 6:30pm Choir rehearsal 7:00pm	24 Mtlk. Terr. Sr's. lunch - Noon AA Mtg. 6:00pm	25 Men's Fellowship 8:00am
26 Worship 10:15am Comm. Dinner prep. 3:00pm Bethesda Terrace Youth - 7:00pm	27 Sue's Bible Study 2:00pm Community Dinner 5:30pm	28 Red Onion Fund Raiser - 5:30pm Twins Club 5:00pm Jammers rehearsal 7:00pm	29 Mtlk. Terr. Sr's. lunch - Noon Al-Anon Mtg. 7:00pm	30 Life Group 6:00pm Brownies 6:30pm Choir rehearsal 7:00pm		

The Worship Lay Ministry Workshop was held on Saturday, August 14, 2010, led by Mickey Schwald and Sheri Fifield-Maahs. There were 11 participants, and the training covered Greeters, Ushers, and Acolyte duties. Training included discussion about the following:

1. Ushers are to do a head count of church attendance.
2. The group also went over the pre- and post-service checklists as a reminder of what steps need to be done both before and after the service - the checklist will be posted inside the Audio room door.
3. It was decided that new consolidated sign-up sheets will be posted soon.
4. A banner with Lay Ministry Assistant name tags will be hung on the wall of Narthex.

On another note, Joy DeGraff will train volunteers for Altar care and Sacristy duties.

Last, but not least, Sharon Boyd will stay downstairs during Sunday Service to assist/supervise any children needing to use the facilities, as well as remaining aware of any unauthorized people entering the kitchen or choir room during Services.



BETHESDA LUTHERAN CHURCH
AND
GOODWILL INDUSTRIES

PRESENTS

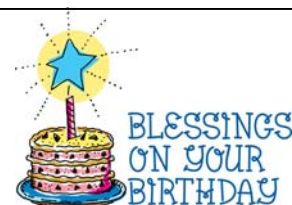
Brides Through The Years

September 18, 2010
Noon

\$12.00 donation

PROCEEDS GOING TO
Kitchen fund

BETHESDA LUTHERAN CHURCH
FELLOWSHIP HALL



SEPTEMBER

- 4 - Jeannie Larson (Krahn)
- 7 - Dan Engelstad
- 9 - Vivian Connell
- 11 - Linnea Boehm
- 15 - Keith Storm
- 18 - Kim Currier
Tim Minnis
Benjamin Van Deren
- 19 - Flash E. Scaff, Jr.
- 22 - Margaret Berghuis
Sean Forde
- 25 - Mark Swierenga
- 27 - Doris Porter
- 29 - Chris Gray
Signe Richter
Connor Zehrung



Thoughts For The Month

by *Jeanne Krahn*

Whoosh! Have you finished grumbling about the heat? Or saving it for our rainy gray days again? Seemingly, we, Washingtonians that is, are never satisfied about our weather, but, dear friends, count your blessings when you're aware of floods, fires, mudslides, tornadoes, hurricanes elsewhere. Hurrah for green Washington—and I'd better keep writing—this Monday's heat is supposed to break all records.

"Words are the pegs to hang ideas on." I'll share a few. Nicholas Carr in *Wired* asks "What kind of brain is the web giving us? Dozens of studies point to the same conclusion: When we go online, we enter an environment that promotes cursory reading, hurried and distracted thinking, and superficial learning. Skimming is becoming our dominant mode of thought—our preferred method of learning and analysis. What we're experiencing is, in a metaphorical sense, a reversal of the early trajectory of civilization: We are evolving from cultivators of personal knowledge into hunters and gathers in the electronic data forest." In his book "The Shallows: What the Internet is Doing to our Brains", being a technology writer, he was beginning to struggle when reading the kind of long, complex works he once enjoyed. Is the internet making us stupid? He pinned the blame on his daily internet habit. The human brain is astonishingly plastic and certain useful mental capacities atrophy when others get all the exercise. What are the consequences of allowing our capacity for focused, linear thinking to wither? "One key is our brain's shortage of so-called working memory". Everyday aren't we hit with waves of "stuff and the mechanism that sifts out the important stuff and stores it in long term memory that can only handle two to four items at a time. Jamming that system with pop-up windows and hyperlinks and other distractions leaves little of use getting put away for later cogitation. The more time we spend online, the more we become mindless consumers of data". Christopher Caldwell in the *Financial Times* said Carr's most disturbing insight may be that internet browsing satisfies primitive human instincts than long form literature ever could. This isn't simply Carr putting books on a pedestal. He's saying that because early humans developed a talent for rapid shifts in focus when survival depended on it, the emergence of the book as a communication technology allowed us to stretch our minds in ways we wouldn't have otherwise. He's saying it's possible in other works, that our half-millennium is a historical anomaly. The internet, which better serves our caveman impulses, threatens to sweep it all away. Oh no! Not our books! "Our world is a quilt: its people the fabric—all joined together by common threads, food, family, music, books and art", according to Art Smith, founder of Common Threads. How and why did I get off on all that stuff today? Guess the discussion with a friend at the church potluck yesterday about books and newspapers lingered with me. We're kindred souls—both avid book

and newspaper readers—the actual paper kind you can hold in your hands, read, return to time and again.

"Nuf of that brain jangling for now. Time for different thoughts on being good stewards of God's creation, protecting our earth. It's overwhelming often when we are aware of destruction by humans on nature's result. Now, that's a thought—is much of nature's destruction caused by us? #1; put on a sweater if your furnace burns fossil fuels when you turn up the heat in the wintertime. A sweater or nice warm robe keeps you even warmer. #2; put one foot in front of the other. It's not so easy as one ages but one hundred years ago, 99.9% of people got by without cars. They took the commuter train; they lived near their work places, and they walked. Using fuel-efficient cars is important, but we can save even more fuel by simply driving less. (And hopefully, not so many wars over ownership of other countries fuel.) #3; go for seconds. Recycling doesn't mean only separating cans and bottles but using things a second or a third time. Ah ha! Stan and I get A plus on that—often much to the dismay of family! #4; watch your waste. Items we throw away can contaminate the soil and water for thousands or millions of years. Think of that tremendous garbage circle floating for years in the oceans. Most communities probably have special disposal procedures for things like used oil and batteries. Ink cartridges can be collected for a return money project. Many new super-efficient light bulbs contain mercury so proper disposal is crucial. Our local Bartell's takes ours. #5; paper nor plastic. Bring your bags with you. Keep them in your car—always handy. You can cut down on the 350 bags the average American uses each year. Many stores are beginning to charge for plastic bags but many grocery stores pay 5¢ for every bag you bring for your things. #6; BYOB—no not a party! Last year Americans went through about 50 billion plastic water bottles. Fill up your usable water bottle at home and take it along. Buy a filter if you don't like your home water. Big portion of the bottled water sold today is filtered tap water.

"Nuf of that for now! "If you planted hope today in any hopeless heart, if someone's burden was lighter because you did your part, if you caused a laugh that chased a tear away, if tonight your name is mentioned when someone kneels to pray, then your day was well spent". Remember your little and big choices of each day affect your tomorrows. Try it. You'll like it.

Fall's coming and you know you live in a small town when you have to close your car windows and lock the doors to keep friends from filling it with zucchini! Didn't work? Make zucchini bread!



**Bethesda
Lutheran Church**

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Phone: 425-778-6390

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

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We're on the Web!
bethesdalcm.com

***Rally Sunday &
Potluck Fellowship***

Sunday September 12th
