



Bethesda Lutheran Church

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

Bethesda Outlook

February 2011

Greetings Brothers and Sisters in Christ,

On Sunday February 20th we will begin our 6th year together as the people of God listening to God and engaging with what God is already doing here and calling us into at this mission outpost we call Bethesda Lutheran Church in Mountlake Terrace in the 98043 Zip Code

We have spent a lot of time wondering with God who we have been called to be and what we are called to do here in this new millennium for others and for the sake of our world. We still listen and wondering what God is up to here at this place. We appreciate all who have gone before those of us who are still new in the history of this mission center. We appreciate the stewardship of the grounds and buildings as a place to us and our community that is both a lighthouse (a beacon of the light of Christ), and a shade tree (a place to come and rest, renew and be healed). We are grateful as we now seek to learn what God is calling us into in 2011 as we follow Him into the our neighborhoods and surrounding community to bless and heal a world that is broken and in need of grace, love, hope and the healing power in their lives of mercy and forgiveness.

We are struggling with the notion that what today brings in the way of needs and the call to ministry, looks very different than it did yesterday. But as people of faith in the midst of so much that is so different and so messy, that God is faithful and among us as the Word made Flesh, and gives us all that we need to do his work as our lives are examples of God's love and grace. We are to be his hands and feet, God's listening ears and compassionate heart with mouths that give freely and generously love and grace and not judgment and condemnation. We are people who give generously through our lives, our space, our time, our gifts and our acts of both listening and speaking.

I am thankful for the past but more than that I am grateful that even as we struggle in the messiness today, God continues to be faithful, and gives us everything we need to remind us that we have been gifted, and called; claimed and gathered so that we can be renewed as a community to hear God's calling as we are sent into the world for the sake of the world. God's arms continued to be wrapped around us, giving us not only what we need, but also the courage to pursue the unknown and messiness which God has called us into.

We are trying to faithfully claim a life in ministry of abundance rather in a fear of scarcity. We worship a creative God of abundance who keeps showing and giving us an abundance of grace and blessings and yet in our current time with so many without work and more and more living on the edge of their daily existence, we struggle not to be pulled into a media and culturally driven demonic stance of fear and anxiety that there will not be enough, that so often tries to shut us down as disciples and apostles of Jesus the Christ. We are people of hope and we continually pray for courage to pursue what God has called us into being and into doing.

I would now like to offer you, as I did when I began in 2006, just a few of the words that Loraine Monroe spoke on a warm day in July of 1996 before 4000 youth in Anaheim, California. On that day because of her words and the words and music of many others, I began my journey into God's service to serve his world as an ordained minister. It was from

(continued on page 2)

this beginning that in 2006 we began our journey as I had just turned back a call from another church in our synod because it became clear that God had something else in mind for me. So we began and continue to spend our time together as disciples, (*life long learners*) and as apostles, (*sent ones*), of Jesus Christ, through our lens of being Lutheran, proclaiming the Gospel for the sake of our world here in the 98043 Zip Code and beyond.

These words I offer to all who read them that they open and touch the eyes of your heart and through them you understand that you to have a calling and been given the gifts to use them as a person of GOD, to be a witness of God's love, grace, mercy and forgiveness for the sake of those who are far off from God and need God's grace and hope.

If you can say "I was sent to do this work," or even if you can say: "I wonder if I was sent to do this work",

PURSUE IT!

You do what ever comes into your hands and life if it furthers the work of God! It's about being sent. Being sent to do this work! So the charge that I leave you is to find the work, it is there, and pursue that work with passion and courage!

Pursue it when others tell you:

- #1- You're crazy!*
- #2 -There is no prestige in it!*
- #3- There is no money in it!*
- #4 Others have tried and failed!*
- #5- The people you want to help don't want to be helped,
they will never change!*
- #6- They are not like us, why do you want to help them!*

YOU PURSUE IT!

- Nobody in our family ever...*
- What will the family say if they find out you are doing that!*
- And that's why you're going to college, to do that Kind of work!*
- What can one person do?*

I SAY PURSUE

I SAY BE COURAGEOUS

I say that there is a dream in every part of this room, in this whole building that is God's! And you don't have to tell anyone what it is because sometimes it is so corny you don't even believe it!

But you pursue that!

*Because the world is better for the dreamers,
Is better for the believers, better for the doers,
Better for you young people here.
For the older people here and their wisdom
For those here who can not only wiggle and dance around,
For those who can think around, and can work around,
And can gather others around to do the work*

The mission of your life is to be that interruption in the lives of others who suffer poverty & degradation, to be that interruption in the lives of others who are hurting and broken.

May God be with us, bless us and pour upon us abundant courage and grace,

Pastor Malcolm

Thoughts For The Month

by *Jeanne Krahn*

It changed! Our family gathering for Epiphany, the celebration of Twelfth Night, rambled from January 6th to January 16th tells us life is not always the same but changes. As seniors, we wonder how many more seasonal changes shall we witness? It's written often that we may resist change, but the human mind has a natural facility for change. Philosopher Seneca also wrote: "*Heavenly things are by nature always in motion. Look at the planets which light up the world—not one is at rest....How silly then to imagine that the human mind....objects to movement and change of abode, while the divine nature finds delight and even self-preservation in continual and very rapid change.*" Seneca continues with thoughts we should learn to find "delight and self-preservation in a world of continued change". Christians look, instead, at the Bible's book of Hebrews for what does not change. Chapter 13 verse 8: "*Jesus Christ is the same yesterday, today, and forever*". True words but our holiday season was one of too many ups and downs.

Am I whining? Probably, why? Sharing with blessed family, welcoming with open arms and many hugs, a grandson from Afghanistan (but he had to return to Guam—then?), prayers and daily thoughts for a grandson in Iraq, sharing the hope of a soon to be new baby (#17 great grandchild) - the talking, sharing, laughing, eating, etc., etc., of an extended family together, how could one not enjoy? Madeline L'Engle writes "*Sitting around your dinner table as we did, able to laugh, argue, share bread and wine and companionship, care about what someone else was saying, even if we disagreed passionately, heaven, we're told, is not unlike this, the banquet celestial, eternal convivium. So the praegustum terrestrium partaken for me, - at least—of sacrament, (whereas the devil, ever intent on competition, invented the cocktail party where one becomes unnamed, unmannered, depersonned.) Dare we then come together, vulnerable, open, free? Yes, around your table we knew the Holy Spirit, come to bless the food, the host, the hour, the welting guest.*" And there we were—young, older and oldest. So what has been bugging me? Think these last shootings in Arizona made me realize my thoughts haven't been just because of our own family's ups and downs but a "back-of-the-mind scary thought—have we given up on civility? Do you remember when we were a kinder, gentler nation instead of experiencing a kindness deficit? Recent writings note when kindness was a defining part of the American character, and it was a safer world—and I might add, a caring world. Performing acts of kindness is one of the cornerstones of being human. Showing concern or being thoughtful to one another isn't valued as it once was. How often does the news show one stopping to help someone lying in the street, etc? Or a fight? "No, I didn't want to get involved." But performing acts of kindness, helping can have a profound impact on the lives of people around us, and it helps us, our own mental, physical and spiritual growth. The Peace Corps has been one example of how we helped in many parts of the world by a one-to-one person. Today's world is a mess with too much envy, selfishness, arrogance and indifference. Many

acts of kindness and caring are needed, not for recognition but the genuine sharing of love, concern and inner self. It transcends all our differences. An action connects us with others, no matter our faith, culture or profession. Start with those nearest to us: family, friends, then neighbors and finally society. A world without kindness is a world we don't want to live in, do we?

Politics is a contact sport, but that doesn't mean we shouldn't value civility or that we should tolerate the blatantly boorish, offensive, or destructive behavior. Death threats finalized, rocks thrown through congressional district offices, racial and sexual slurs hurled their way by protesters, etc. Time for leaders in our society to push back. Anyone, parents, educators, clergy—who helps shape young minds, need to seek opportunities to teach and model civility, kindness and common courtesy as values. As a nation and as individuals, we need to ponder whether the values on display these days are really ours. Changes may be inevitable, but in the rush and complexity of our texting, tweeting, e-mail, Skype, etc., technology-driven lives, we've been pulling apart. Harshness and incivility increased. Don't get me started on "America, a Nation of Slobs". It seems that the richer this country gets, the more slovenly people have become.

'Nuf heavy, heavy for now. Different angle on our world—one of the actual praise worthy aspects of our current administration is its support for reducing poverty and ending hunger. Peace and justice groups and development agencies alike are urging the U.S. To take the next step with our aid less fragmented. If our military budget was cut by a minimum of 20% with some of those savings directed to reduce hunger abroad with humanitarian relief, common sense tells us that improving people's quality of life reduces the ability of terrorists to recruit, retain popular support, and move easily among the population. President Dwight Eisenhower said "*Every gun that is made, every warship launched, every rocket fired, signifies, in the final sense, a theft from those who hunger and are not fed, those who are cold and not clothed.*" Whoosh, 'nuf said!

If you are a senior you will understand this one, if you deal with seniors this should help you to understand them a little better, and if you are not a senior yet...God willing, someday you will be. The \$2.99 special:

We went to breakfast at a restaurant where the 'seniors' special was 2 eggs, bacon, hash browns and toast for \$2.99. "Sounds good", said my wife, "but I don't want the eggs". "Then, I'll have to charge you \$3.49 because you're ordering a la carte." "You mean I'd have to pay for not taking the eggs?", my wife asked incredulously. "Yes!", stated the waitress. "I'll take the special then.", my wife said. "How do you want your eggs?", the waitress asked. "Raw and in a cake." DON'T MESS WITH SENIORS!! We've been around the block more than once!

Valentines Day—When the power of love overcomes the love of power, the world will know peace. Hug your sweetie!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Brownies 6:30pm Jammers rehearsal 7:00pm	2 Mtlk. Terr. Sr's. lunch - Noon Al-Anon Mtg. 7:00pm	3 Brownies 6:30pm Choir rehearsal 7:00pm	4 Mtlk. Terr. Sr's. lunch - Noon AA Mtg. 6:00pm	5
6 Worship - 10:15am All Nations Harvest Church - 1:00pm Comm. Dinner prep. 3:00pm	7 Ruth/Miriam Circle 2:00pm @ J. Krahn's Community Dinner 5:30pm WAM Comm. Mtg. 5:30pm Facilities Committee 6:30pm @ J. Minnis' Girl Scouts - 6:45pm	8 Jammers rehearsal 7:00pm	9 Esther Circle 10:00am Mtlk. Terr. Sr's. lunch - Noon Al-Anon Mtg. 7:00pm	10 Life Group 6:00pm Brownies 6:30pm Choir rehearsal 7:00pm	11 Mtlk. Terr. Sr's. lunch - Noon AA Mtg. 6:00pm	12 Hospitality Comm. Mtg. 10:00am Exec. Comm. Mtg. Noon
13 Worship - 10:15am All Nations Harvest Church - 1:00pm Comm. Dinner prep. 3:00pm	14 More Than Membership 10:00 am Sue's Bible Study 2:00pm Community Dinner 5:30pm Finance Committee 7:00pm	15 Brownies 6:30pm Jammers rehearsal 7:00pm <u>NEWSLETTER DEADLINE</u>	16 Mtlk. Terr. Sr's. lunch - Noon Al-Anon Mtg. 7:00pm	17 Brownies 6:30pm Choir rehearsal 7:00pm	18 Mtlk. Terr. Sr's. lunch - Noon AA Mtg. 6:00pm	19 Family Movie Night - 5:00pm
20 Worship - 10:15am All Nations Harvest Church - 1:00pm Comm. Dinner prep. 3:00pm	 <i>(office closed)</i> Community Dinner 5:30pm	22 Twins Club 5:00pm Jammers rehearsal 7:00pm	23 Mtlk. Terr. Sr's. lunch - Noon Al-Anon Mtg. 7:00pm	24 Life Group 6:00pm Brownies 6:30pm Choir rehearsal 7:00pm	25 Mtlk. Terr. Sr's. lunch - Noon AA Mtg. 6:00pm	26 Men's Fellowship 8:00 am
27 Worship - 10:15am All Nations Harvest Church - 1:00pm Comm. Dinner prep. 3:00pm	28 Sue's Bible Study 2:00pm Community Dinner 5:30pm Council Meeting 7:00pm	FEBRUARY 2011				



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

From Your Council President

Food to Spare

Let us live as children of Light with the foods of goodness and truth. Let us submit to each other with the food of Christ and rejoice in his abundance to provide all the sustenance we can consume! Let us humble ourselves before God so that we might experience and taste our own food-filled plates. Let us share our plates and celebrate our own uniqueness of who we are. God gives us a heaping plateful of love. Let us burst with the fullness of God's provision. Let us share our food with those less fortunate because we can. Our generosity will be fruitful. Rejoice and celebrate the return of the light of fullness in our lives.

Do you know how much God loves you?

With Abundance to Share,

Dena Lee

UPCOMING EVENTS

March Madness Spaghetti Dinner!

Saturday, March 5th, 5:00 pm

Freewill offering

Fellowship Hall

Shrove Tuesday Pancake Supper

Tuesday, March 8th, 6:00 pm

Fellowship Hall

Ash Wednesday

Wednesday, March 9th, 7:00 pm

Sanctuary

Lenten Soup Suppers and Services

Wednesdays, March 16th, 23rd, & 30th, April 6th & 13th

Soup Supper: 6:00 pm, Fellowship Hall

Service: 7:00 pm, Sanctuary



The Spirit

Volume 29, Number 2

News for the congregations of the Northwest Washington Synod of the
Evangelical Lutheran Church in America

February 2011

How Healthy Is Your Pastor? by The Rev. Wm Chris Boerger, Bishop



How healthy is your pastor?

That may not be the first question you would ask, but it is one that needs to be asked.

This year, for the third straight year, the ELCA Board of Pensions is conducting a Health Risk Assessment for all of its members, rostered or members of

their families. This is a private screening that will result in money being placed in a Health Savings account.

The other fact is that if 65% of the plan members in this Synod complete the assessment by April 30, the congregations and institutions of the synod will see a 2% reduction in health premiums for the year.

In 2010 that would have seen approximately \$32,000 remain in synod congregations. We did not reach the 65% threshold in either of the past two years.

Now is the time for our leaders to take the assessment. I have taken mine. I will be encouraging my spouse to take the assessment. It is for both rostered leaders and for family members who are covered by the plan. When DeDe and I have both taken the assessment we will have \$150 each credited to our account. When 65% of the plan members of this synod take the assessment, then the cost of the premiums for this care will be reduced by 2%.

We have known for several years that the clergy of the ELCA have significant risk factors for poor health. It would be wonderful if all of our ros-

tered leaders and their families would use the resources of the plan to grow in their awareness of what would make them healthier. I know that I need to lose weight. I also know that I need to increase my physical exercise. The health risk assessment told me what I already knew. That is the point. I need that reminder and that encouragement.

It is very easy for us to dismiss the risk assessment. That is why there is a financial incentive for both the participants in the program and for their sponsoring congregations. In this time of financial uncertainty it is hoped that a financial incentive will motivate us to take that first step.

In the past two months, three of my colleague bishops have been hospitalized with cardiac symptoms. Fortunately all three had diagnoses that served as wake up calls for them and for the rest of us.

I would hope that I am smart enough to hear the call to take care of myself without the trip to the emergency room. Maybe the financial incentive to the synod treasurer might encourage me to take the appropriate steps, like taking the health risk assessment. Maybe having fellow believers asking about my health will keep me moving in the positive direction. So how is your health?

Editor's Note: The link to the ELCA Board of Pensions Healthy Risk Assessment can be found on the Synod's website's homepage: www.lutheransnw.org.

Faith and Everyday Life

Lutheran Counseling Network

Flexibility

The Space Needle can withstand earthquakes and strong winds because it can bend, and lubricants change shape constantly to do their job. Our bodies and even our attitudes work best when they are the supplest and have the greatest range of motion. Everything needs *some* flexibility.

We might as well stay flexible because there really is no such thing as “the right time” to do something! This is because we can’t evaluate the usefulness of any action until the consequences become clear later. We may have a *feeling* that an action is right or the timing is right, but, in truth, other minutes or actions might have produced an even better (or worse) result. We just can’t know.

This might seem like a cause for anxiety, but it might also just be a very *freeing* realization. Maybe there are more choices, chances and right ways to do things than I realized! Hallelujah!

All is in flux because God is constantly creating and doing new things in and around us. We need to stay flexible in our lives because we live in God’s changing world. Perhaps one of the mysteries of God is that God is both constant in love and flexible in creating.

This year we will use Ecclesiastes 3:2-8, “For Everything a Season” to explore the benefits of being and staying flexible, both in our relationships with God and with each other.

We will attempt to help you see that, like Grace, the benefits of flexibility are a free gift of God.

So just start dreaming about how much more flexible you will be at the end of our year.

Eccl 3:6

A Time to Seek

The book of Ecclesiastes says in 3:12-13, “I know that there is nothing better than for people to be happy and enjoy themselves as long as they live; also that it is God’s gift to people that everyone should eat and drink and take pleasure in their toil!”

So much for, “*All is Vanity.*” The book helps us see that either you can rigidly seek for pleasure in life, or you can seek for God and experience pleasure as a free gift from God.

Happiness and enjoyment of life creates flexible living. Because each moment is filled with the possibility of embracing God’s gift of life, we are freed up to see beyond our own fears and rigidity to experience many ways to be and do.

The Preacher himself had apparently sought for and amassed incredible wealth but that brought him no happiness. He got increasingly gloomy and cynical, rigid and closed. He had lost sight of *God’s* wish that he enjoy the many blessings he had!

Then, suddenly, he “got it!” He could choose to see that everything in life was a gift of God! His rigid attempts to work at creating joy by accumulating wealth were a thing of the past. He even became free to face his own death without despair or hopelessness.

There *is* a time for everything and there is enormous flexibility in the way we live our lives if we see those times as a gift of God.

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Lutheran Church**

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