



**B e t h e s d a
Lutheran Church**

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advisors**

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

Bethesda Outlook

June 2011

Dear Brothers and Sisters of Bethesda,

It is with mixed blessings that I step down as Council President for our Congregation. Prior to accepting the position as Council President in May 2009, I served on the Congregation Council as a member of Council and as Council Secretary. These past two years have been rewarding as well as challenging. Although I step down as an active Council leader, I will continue to walk beside each of you as we continue to listen to and for God's calling for all of us. It has been my honor to serve you as a disciple of Christ at Bethesda.

May the spirit of God's abundance continue to lead us forward. Good stewardship begins at home. Home is where our heart is. Let us recognize, receive and share the gifts that God gives each of us. May our relationships with each other; our Congregation, our community and God continue to strengthen us. With Jesus as our guide, let us to be transformed into whole beings of God. Let the light of the Lord be reflected between us as we are filled with the Peace of the Lord.

In Christ,
Dena A. Lee



Greetings in His Name,

It is an honor to be elected by my peers to serve as your Council President for the coming year.

Bring your concerns to the Council table and "Let's Talk". Please know we will listen.

By working together, this Bethesda Family can further our committed purpose, nurture the love and treasure the friendships according to God's plan for us.

Wishing you all a great summer...

God's Blessings upon everyone..

Mickey Schwald
Council President

**** (Anon. quote)... "You'll notice a turtle only makes progress when it sticks its' neck out!"**

BETHESDA COMMUNITY SERVICES COMMITTEE UPDATES

BCSC COMMUNITY CAR WASH - JUNE 18TH

BCSC will be holding a community car wash fundraiser at Roger's Market parking lot in Mountlake Terrace. The car wash will be held on June 18th from 9:30am – 3:00pm. We will accept any donation for putting a bright shine on your car! COME JOIN US! The donations will be used by our committee to support those in need of financial help in our congregation and community. Thank you all the support you continue to give us! God bless!

Also, in a few weeks, **July 4-6**, BCSC will again be asking for volunteers to help with our “**SMOKEY POINT REST STOP COFFEE DAYS**” at the rest stop up at Smokey Point, off I-5. We will be serving cookies, coffee/tea, lemonade and hot chocolate. We will need donations such as sugar, creamer, cookies, coffee, hot chocolate, lemonade, etc. This is to reach out and give some comfort to those spending time at the rest stop during those days. We held this project last year and found it to be very well accepted and appreciated. We operate 24 hours per day until the morning of July 6th in 4-hour shifts. We will also need volunteers. If you are interested in volunteering, or have questions, please talk with one of our committee members for more information: Mabelle Hoffman, Joan Minnis, Cliff Pearson, Joy Halladay, Larry Fischer, Sharon Boyd or Glen Engelstad. We thank you for ANY help/donations that you may be able to give us. God bless!

Faith and Everyday Life

Ecc 3:4 A Time to Laugh

There is a saying that goes, “Life is grim, but not necessarily serious.”

What if laughing was a key to flexibility? When Norman Cousins wrote his book, [Anatomy of an Illness](#), he was literally laughing himself out of heart disease. His approach consisted of mega doses of vitamin C, training himself to laugh and watching Marx Brothers' movies. Although most of us can't get that same dramatic result, we may be able to laugh ourselves

into flexibility.

Maybe we could do a belly laugh or find humor in situations that don't initially seem to be funny. After all, the times that call for laughing greatly overshadow the times that call for weeping.

Could it be possible that the person who laughs first sees more options than the person who scowls first? Scowling and frowning are physically and emotionally constricting activities. They narrow us and pull us into a vigilant protective mode. They make

Lutheran Counseling Network

us *less* aware rather than more aware. Instead of becoming lighter on our feet, we become planted and rooted.

No longer flexible like the palm tree, we snap like a dried branch and die, emotionally, if not physically. God is not a constricted God and did not create us for such a living death.

There is not only a time to laugh but it is essential that we do. Laughing keeps us alive and present to the changing world around us. Laughing keeps us flexible.

LET'S GET READY FOR THE 19TH SEAFAIR-SANCTIONED TOUR DE TERRACE!
JULY 29, 30 & 31
SAVE THE DATE!
MARK YOUR CALENDARS!

This year, Bethesda will be hosting a take-away crafts table for kids and a craft table with sale items that we will make!! This is an Outreach mission and we hope you will join us in making items to sell!

What might we make? Calendars, crosses, chickens, bath bombs, earrings, soup and cookie mixes and anything you might want to add to the mix!

Please join Dena, Joy and/or Mabelle as they lead several craft workshops. No experience necessary! Our goal is to have fellowship and fun!

Saturday, June 11, 9:30 am-12:30 pm: Fellowship Hall

Thursday, June 23, 6-9 pm: Church Office

Saturday, July 9, 9:30 am-12:30 pm: Church Office

Wednesday, July 20, 6-9 pm, Fellowship Hall

Saturday, July 23, 9:30 am-12:30 pm: TBA

Wednesday, July 27, 6-9 pm: Fellowship Hall

As in years past, we will be serving Hot Dogs & Hugs before the parade on Friday night, July 29th. Your stewardship of time will be most appreciated!

We will need volunteers to work our craft sale table as well as led children's take-away art projects. This event will be held at the Evergreen Playfield.

Feel free to ask Joy, Dena or Mabelle for more information!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<h1>June 2011</h1>			1 Mtlk. Terr. Sr's. lunch - Noon Al-Anon Mtg. 7:00pm	2 Life Group 6:00pm Brownies 6:30pm Jammers rehearsal 7:00pm	3 Mtlk. Terr. Sr's. lunch - Noon AA Mtg. 6:00pm	4 Hospitality Comm. Mtg. 10:00am
5 Worship - 10:15am All Nations Harvest Church - 1:00pm Comm. Dinner prep. 3:00pm	6 Ruth/Miriam Circle 2:00pm @ church office Community Dinner 5:30pm WAM Comm. Mtg. 5:30pm Facilities Committee 6:30pm @ J. Minnis'	7 Brownies 6:30pm	8 Mtlk. Terr. Sr's. lunch - Noon Al-Anon Mtg. 7:00pm	9 Brownies 6:30pm Jammers rehearsal 7:00pm	10 Mtlk. Terr. Sr's. lunch - Noon AA Mtg. 6:00pm	11 Girl Scouts 9am-1:30pm @ church office Art Fest Workshop 9:30am-12:30pm @ Fellowship Hall Bethany Concert 3:00 pm
12 Worship - 10:15am All Nations Harvest Church - 1:00pm Comm. Dinner prep. 3:00pm	13 More Than Membership 10:00 am Sue's Bible Study 2:00pm Community Dinner 5:30pm Finance Committee 7:00pm	14 NEWSLETTER DEADLINE	15 Mtlk. Terr. Sr's. lunch - Noon Al-Anon Mtg. 7:00pm	16 Life Group 6:00pm Brownies 6:30pm Jammers rehearsal 7:00pm	17 Mtlk. Terr. Sr's. lunch - Noon AA Mtg. 6:00pm	18 Family Movie Night - 5:00pm
19 Worship - 10:15am All Nations Harvest Church - 1:00pm Comm. Dinner prep. 3:00pm	20 Community Dinner 5:30pm Council Meeting 7:00pm	21 Brownies 6:30pm	22 Mtlk. Terr. Sr's. lunch - Noon Al-Anon Mtg. 7:00pm	23 Art Fest Workshop 6:00-9:00pm @ church office Brownies 6:30pm Jammers rehearsal 7:00pm	24 Mtlk. Terr. Sr's. lunch - Noon AA Mtg. 6:00pm	25 Men's Fellowship 8:00am Talent Show rehearsal
26 Worship - 10:15am All Nations Harvest Church - 1:00pm Comm. Dinner prep. 3:00pm	27 Sue's Bible Study 2:00pm Community Dinner 5:30pm	28	29 Mtlk. Terr. Sr's. lunch - Noon Al-Anon Mtg. 7:00pm	30 Life Group 6:00pm Brownies 6:30pm Jammers rehearsal 7:00pm		



- | | |
|---------------------|------------------------|
| 3 - Julia Chatfield | 14 - Cole Anstice |
| 5 - Jessica Rhoten | 20 - Jean Leavens |
| 6 - Matthew Boehm | 21 - Mike Klingensmith |
| Shane Klingensmith | 22 - Anna Molitor |
| Sage McArdle | 24 - Thea Henderson |
| 8 - Mary Massey | 28 - Dorthy Johannes |
| 12 - Marlene Helms | 30 - Jeff Molitor |
| 13 - Mark Kehres | |

Help Bethesda reduce its printing and mailing expense by receiving **Bethesda's newsletter via e-mail!!**

The newsletter is also available on our website. If you are interested in being removed from the mailing list, contact Jean Leavens:

Phone: 425-778-6390

E-mail: jean@bethesdalcmt.com



Our Bethesda Family,

We would like to thank you all for your out pouring of love in welcoming our new son Markus Gray into this world. We are blessed to be part of such a loving church family. We would also like to thank the organizers of the wonderful baby shower, we had a great time playing games and enjoying wonderful fellowship. Also, thank you to all of you who could come and those who wish they could have been there. The love and grace shared with us will never leave our hearts.

Blessings,

Kari and Markus Gray (and Chris)

From Girl Scouts...

"We wanted to thank you for allowing our team to meet here. It is greatly appreciated! It is getting very difficult to find places who are willing to share their space with Girl Scouts. We count on people like you to help us provide a great program to girls. Thank you!"

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 Thank you for all the love, help, cards, calls, etc., while I have been recuperating from surgery.

*Norma Elliott*

## Thoughts For The Month

by *Jeanne Krahn*

A Cosmo cartoon: “Cheer up Cosmo! You just have to keep pushing!” “But I’ve been doing that all my life only to discover that the world is a door marked “Pull”!” How often do we have those days of doors we’re pushing when we should be pulling? Perhaps because our life experience affects each of us according to each individual according to his innate psychological make up! Seemingly my biggest door is one of those days of colorful tulips or rhodies, anything bright, but needing some weeds pulled, plants rearranged or whatever. Can’t because of deadline for writing, doctor appointments (we’ve had a “cajillion” in the last couple of months), or a multitude of tasks keeping me inside instead of out in God’s world doing things! “The world needs dreamers and the world needs doers. But above all, the world needs dreamers who do.” - Sarah Breathnach. Unfortunately, seemingly we live in a culture, obsessed with product rather than process. Too often we are defined by what we do, not who we are. The Oriah Mountain Dreamer said “It doesn’t interest me where or what or with whom you have studied. I want to know what sustains you, from the inside, when all else falls away.” Someone’s mom once said, “Just be what you is, don’t be what you ain’t because if you ain’t what you is, you is what you ain’t.” “Life is like a grindstone. Whether it grinds you down or polishes you up depends on the stuff of which you are made. You are forced to re-examine those assumptions and myths you have stuffed into your head and allowed to lie there, undisturbed for too long.” Remember: either liberal nor conservative, neither right nor left—labels are for soup cans!

Whoosh! ’Nuf heavy, heavy! Summer is coming! It is too! Get your spring cleaning, gardening, etc., more or less accomplished. I read this truly wonderful pledge recently (when downed by bronchitis) and I am calling for a truce. I will definitely accept, if you will accept, the following terms: No one will clean my house when you are coming over, if no one will clean your house when I am coming over. Lay down the Lemon Pledge. Sign on the dotted line. End the senseless vacuuming! This will, of course, never happen because one of the parties to the proposed pact could never be trusted to uphold the bargain. (Right, Marie!) I’m talking about women. Men would have no problem with this deal. They don’t care if other men see their house in full sty. Women on the other hand would rather be seen dancing the funky chicken on “America’s Funniest Videos” than have another woman see her house in its normal condition. Women clean in direct proportion to how well they know the women who will be coming. Close friends call for gathering all dirty dishes and clearing of enough clutter (my paper clippings, letters and books) to allow single-file passage among the main rooms. Complete strangers, however, rate scrubbing the entire bathroom with a tooth brush. Truce? What truce? We’re hosting my 66th class reunion here end of August. Now what? Sun shines—we’re all outside but what if it rains? I always say “I write to discover what I think”! So let’s switch to some house thinking. Are your towels less absorbent? Does your washing detergent contain fabric softener which contain residues that cling to the individual fibers rendering towels less absorbent. Next wash, add a cup of distilled white vinegar to the rinse cycle. It will remove the residues, restoring towel’s soaking power. Avoid any detergents with fabric softeners when washing towels or just hand them outside in the sun and

breeze as I’ve done 95% of my lifetime. Too many housewives are convinced we need “Lemon-Freshened Static-Removing Spot-Begone” but do we? Too many conventional laundry products are not bio-degradable and, being made from non-renewable petroleum products and harsh chemicals, negatively affect local waterways. Unfortunately, these super soaps don’t really work any better than simpler, more natural products (cheaper too). Buy only one detergent. You can use it on stains. Avoid one with health warnings such as “may cause skin irritation or “harmful vapors”. Look for a biodegradable and plant-based product, not made from petroleum, and produced by a company with strong environmental ethics. A powdered or concentrated one is a bonus; it contains less water and, if you must have fragrance, be certain it’s from natural essential oils. Skip the dryer sheets, chlorine bleaches and chemical spot treatments—you have friendly substitutes in your pantry. Add baking soda to wash water as a softener/freshener, hydrogen peroxide as a spot remover or bleaching agent, and borax as a detergent booster. Sample them on a swatch before using them on fine fabrics. Reduce your packaging by buying largest container of detergent possible, and hopefully one refillable—and recyclable. When celery loses its crispness, place it in a pan of water with raw potato slices for a few hours—it will crisp up. If you like your spaghetti sauce a little sweeter, try adding 1 Tbsp. grape jam to sauce. Wrap your washed lettuce in paper towels when storing them in the refrigerator to prevent “rust”. Try spraying your beaters with non-stick cooking spray before mixing cake and cookie batters to prevent clumping. Keep cabbage odor down when cooking by putting a celery rib or several lemon wedges in the kettle. Don’t buy potatoes soft, have excessive cuts, cracks, bruises or discoloration. Avoid green potatoes—they’ve been exposed to light and are actually sunburned” which turns the flavor bitter. You can peel the green away but if it is more than half green, toss it out. Sprinkle water and baking soda inside your oven. Let sit overnight and scour with a plastic pad. Young people will probably never have the opportunity (or even caring) to use these terms in conversation. It will give them a better grasp of ancient history.

Playing: what kids did before soccer leagues and video games.

Free time: what kids used to do before soccer leagues and video games.

Chores: what kids used to do before soccer leagues and video games.

Cooking: what families used to do to produce meals. Not to be confused with “reheating”, “ordering take-out”, or “drive-thru windows”.

Walking: moving the legs to propel oneself in a forward direction. Once used by children as a way to get around (adults also).

A successful man is one whose children love him. But a father’s love warms the heart of his children forever. Give that one in your life a big hug always. Happy Father’s Day guys! (Are the kids mowing the lawn for you?)

*Mountlake Terrace Seniors  
And Friends present....*

*Guys & Dolls*

*Strut their Stuff*

*in Anything Clothes!*

*Date: July 9, 2011*

*Saturday*

*Time: 7:00pm*

*Tickets: \$7.50*

*(under 5 free)*

*a unique fashion show with  
entertainment & refreshments  
door prizes!*

*Bethesda Lutheran Church*

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Pastor: Malcolm Brown

Church of the Beloved: Ryan Marsh—Deployed

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