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

# Bethesda Outlook

September 2011

## Sunday September 11<sup>th</sup>

**Welcome Back and Remembrance Sunday  
& Potluck Fellowship**  
Following worship

*September is often a conflicted month in the life of the church. On one hand it is the continuation of the lengthy time after Pentecost. On the other hand it is the season for Labor Day, Rally Day, Welcome back or Homecoming Sunday, the beginning of the school year for many, harvest festivals and stewardship drives.*

*How will we balance these competing forces? The prescribed text (as part of a 3 year cycle we call the lectionary) for Sunday September 11<sup>th</sup> is Matt 18:21-35 and I believe a gift of the Holy Spirit. As we come to church on this day, maybe with our own troubled and conflicted hearts about Sunday September 11, 2011, we can be open to receive this gift of the Holy Spirit in the Gospel lesson for this day. A Gospel message which is really about the extravagance of forgiveness can be so on this the 10<sup>th</sup> Anniversary of one of the most horrific world events that happened on American soil.*

### Matthew 18:

<sup>21</sup> Then Peter came to Jesus and asked, "Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?"

<sup>22</sup> Jesus answered, "I tell you, not seven times, but seventy-seven times. <sup>32</sup> "Then the master called the servant in. 'You wicked servant,' he said, 'I canceled all that debt of yours because you begged me to. <sup>33</sup> Shouldn't you have had mercy on your fellow servant just as I had on you?' <sup>34</sup> In anger his master handed him over to the jailers to be tortured, until he should pay back all he owed. <sup>35</sup> "This is how my heavenly Father will treat each of you unless you forgive your brother or sister from your heart."

*It may seem that this passage in scripture*

*doesn't fit so well maybe for rally Sunday and yet this text is about what happens in our daily lives and is especially pertinent for this Sunday. Part of this making connections between scripture and daily life can be found later in this newsletter called the **Faith Five** (see information on page 2).*

The Rev. Mark S. Hanson, Presiding Bishop of the ELCA (Evangelical Lutheran Church in America), writes these words for us to consider on this day:

*My prayer is that we dedicate ourselves to a common mission of reconciliation and restoration, focusing on the larger issues of peace, justice and interfaith encounter. Our local communities can be places of healing. Let us show the world that dialogue is possible and that there is room for voices that represent faith without rushing to judgment and closing off discussion. Thanks be to God that through our baptismal vocation we are freed in Christ to do God's work with our hands.*

*We might even call September 11<sup>th</sup> 2011,  
Reconciliation Rally Sunday*

### The Prayer of Saint Francis

"O Lord, make me an instrument of Thy Peace!  
Where there is hatred, let me sow love;  
Where there is injury, pardon;  
Where there is discord, harmony;  
Where there is doubt, faith;  
Where there is despair, hope;  
Where there is darkness, light, and  
Where there is sorrow, joy.  
Oh Divine Master,  
grant that I may not  
so much seek to be consoled as to console;  
to be understood as to understand; to be loved  
as to love; for it is in giving that we receive;  
It is in pardoning that we are pardoned;  
and it is in dying that we are born to Eternal Life."

**See you in church**

*God's love, grace and peace be  
with you and your family and*



**Turn off the TV, Put down the newspaper and magazines,  
Set the cell phone on silence, and invest 5 minutes in your  
Family with these 5 simple steps**

1. **SHARE** highs & lows of the day
2. **READ** and highlight a verse of Scripture in your Bible
3. **TALK** about how the verse relates to your highs & lows
4. **PRAY** for your highs & lows, for your family, and for the world
5. **BLESS** one another

#### **The FAITH 5 (Faith Acts In the Home)**

Care to have some fun, keep your family communicating every night, and grow in your understanding of yourself and God? Try this simple five-step process for the next eight weeks and see if it doesn't help!

Here's how you do it: Whoever is going to bed first in your home calls "FAITH 5" or "Huddle Up!" Everyone must drop what they're doing, turn off the television, put down the newspaper or their homework, set the cell phone on silence and gather in a room of the convener's choice. Then take turns going through these five simple steps.

## *Community Outreach Food Ministry* of *Bethesda Lutheran Church*

For a very long time now **Janice Bowen and Steven Farrington** have been faithfully following God on God's mission to bless and heal our broken world as they have moved around often thousands of pounds of food each week, on behalf of all of us at Bethesda in God's name to make sure that no one goes hungry.

Their love and faith in God has moved them to take on this vocation to glean, gather and to care for all who are in need, often with more than just food. I, along with many us here at Bethesda, have received their gifts of love in so many ways. Thank You!

As many of you know, Janice was the founding coordinator of our Free Community Meals, and because of her health last summer had to step back from that ministry and has focused her work for the last year coordinating the many places this food is picked up from and sent to.

I think that the best way for all of us to become aware of this ministry is for you to see the Dinner Menu and Informational Brochure from the May 12<sup>th</sup>, NW Washington Synod Councils preassembly

**Dinner Meeting** (see page 3).

Please take note of all of the people who are partners with us in this work of God using so many hands and feet, vehicles and gas, and who also have a passion to reach out to others in this way, coordinated and managed by Janice and Steven.

Janice and Steven we thank you for all that you have given and sacrificed, and are grateful that you have such a vision and the desire to go far beyond yourselves and your own needs for the needs of others in the name of God as a ministry of Bethesda Lutheran Church. May you have continued blessings on this ministry so that you can continue to be a blessing to others!

With Love and Gratitude,

Pr Malcolm and your Bethesda Family

## From the Northwest Washington Synod Pre-Assembly Council Dinner Meeting May 12, 2011

*Mark 6:56—And wherever he went—into villages, towns or countryside—they placed the sick in the marketplaces. They begged him to let them touch even the edge of his cloak, and all who touched him were healed.*

As the grains of wheat once scattered on the hill were gathered into one to become our bread,  
So may all your people from all the ends of earth be gathered into one in you.  
Let this be a foretaste of all that is to come when all creation shares this feast with you.

### The Grains of Wheat...

Bacon Wrapped Shrimp	Seafood Chowder	Fresh Baked Bread	Cookies
Spicy Cheese Pastry	Oxtail Soup	Baked Papaya w/Coconut Milk	Coffee & Tea
Cheese & Prosciutto Pastry	Cream of Tomato Soup	Rhubarb Strawberry Crisp	
Spinach Dip w/Bread	Tortellini with Pesto	Flan	

### ...All Your People

Pastor Malcolm Brown	Rodel Baldoz	The Traymakers Catering
Janice Bowen	Stephanie McArdle	Royal Ranger
Steven Farrington	Tangiloto Moutouliki	Fallen Brothers
Pat Thrasher	Katherine Lynn	Town & Country Foods
Lynn Norton	The John Dentry Family	Bethesda Community Dinners
Sid & Hilda Andrews	Amanda Schafer	Edmonds Open Bible Church
Vicky Anderson	Julie Chatfield	Terrace View Presbyterian
Dave & Cassandra Baines	Bethesda Lutheran Church	Rotary Community Homework Center
Heather Myers	Operation Night Watch	Edmonds Lutheran/Annie's Kitchen
Allan & Debbie Raymaker	Tent City	Aglow International
	Chad & Vicky's Espresso	... and all the volunteers that helped
	Starbucks	make this dinner possible

The people who have been touched by "The Grains of Wheat" are from Fort Lewis to Bellingham and from Bremerton to Kennewick and are too numerous to count or list.

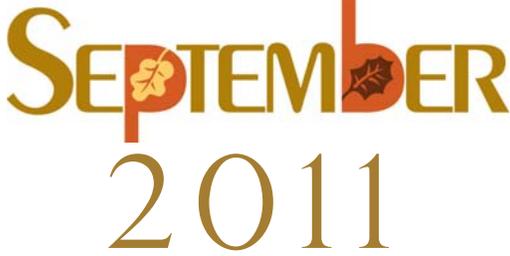
The food that makes its way through our hands can and will bless many - food from Town & Country Foods will reach Bethesda for the Community Dinner then may travel to fix a meal for Operation Night Watch with leftovers going to Tent City. The Traymakers Catering will share foods with Bethesda, Tent City, or Operation Night Watch. The Royal Rangers will share leftovers with Operation Night Watch and then Tent City. The leftovers from this evenings meal will be traveling to bless those at Tent City.

### A Temple Talk to the People of Bethesda

Ladies and Gentlemen, members and visitors and our precious children; I stand before you today to declare that you are in the midst and part of a miracle—one that has been going on for nearly three years now—Bethesda Free Community Dinner.

You may not know this but, each and every one of you in some way share in the success of our God-sent outreach. The early outcomes are as small as children setting tables, cutting vegetables with butter knives and as large as freely feeding the masses. We provide a safe environment for a divorced Dad to have dinner with his teenage daughter—a family-like environment for those of all walks of life to entertain the thought and live out the dream of actually belonging somewhere—Bethesda Community Dinner. The things I have seen, the joy and dedication of volunteers, the unexplainable thankfulness that just falls as tears. Bethesda, you are doing something wonderful. You are encouraging us all to practice good stewardship of this wonderful place we call earth. All of the food we cook, serve, or give away would go into the garbage. But a new awareness and consideration allows the business we collect from NOT to do the most convenient thing. God bless those who take the time, extra effort and pay employees to save what used to be discarded, to wait for us. Hundreds of hours each week are spent without financial compensation by volunteers moving food from donator to destination, so that a place like ours can follow through with what God has asked us to do—FEED THE HUNGRY. Do not be selfish. Give everything away. God's rewards are promised to be great. No amount of time, labor or effort in any manner can compare with the gifts God has allowed us. Bethesda Community Dinner is truly blessed, not by what we do, but by the privilege we have in serving our brothers and sisters. Thank you for your care and continued support.

*Janice Bowen*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b> Brownies 6:30pm	<b>2</b> Mtlk. Terr. Sr's. lunch - Noon AA Mtg. 6:00pm	<b>3</b> Hospitality Comm. Mtg. 10:00am
<b>4</b> Worship - 10:15am All Nations Harvest Church - 1:00pm Comm. Dinner prep. 3:00pm	<b>5</b>  Community Dinner 5:30pm WAM Comm. Mtg. 5:30pm Facilities Committee 6:30pm @ J. Minnis'	<b>6</b> Brownies 6:30pm	<b>7</b> Mtlk. Terr. Sr's. lunch - Noon Al-Anon Mtg. 7:00pm Choir Rehearsal 7:00pm Jammers Rehearsal 8:30pm	<b>8</b> Life Group 6:00pm Brownies 6:30pm	<b>9</b> Mtlk. Terr. Sr's. lunch - Noon AA Mtg. 6:00pm	<b>10</b>
<b>11 RALLY DAY</b> Worship - 10:15am BBQ - 11:30am All Nations Harvest Church - 1:00pm Comm. Dinner prep. 3:00pm	<b>12</b> More Than Membership 10:00 am Ruth/Miriam Circle 2:00pm @ church office Community Dinner 5:30pm Finance Committee 7:00pm	<b>13</b>  <a href="#"><u>NEWSLETTER DEADLINE</u></a>	<b>14</b> Mtlk. Terr. Sr's. lunch - Noon Al-Anon Mtg. 7:00pm Choir Rehearsal 7:00pm Jammers Rehearsal 8:30pm	<b>15</b> Brownies 6:30pm	<b>16</b> Mtlk. Terr. Sr's. lunch - Noon AA Mtg. 6:00pm	<b>17</b> Girl Scouts 9am-1pm Family Movie Night 5:30pm
<b>taking photos for new directory 9-14 through 9-17</b>						
<b>18</b> Worship - 10:15am All Nations Harvest Church - 1:00pm Comm. Dinner prep. 3:00pm	<b>19</b> Sue's Bible Study 2:00pm Community Dinner 5:30pm Council Meeting 7:00pm	<b>20</b> Brownies 6:30pm	<b>21</b> Mtlk. Terr. Sr's. lunch - Noon Al-Anon Mtg. 7:00pm Choir Rehearsal 7:00pm Jammers Rehearsal 8:30pm	<b>22</b> Life Group 6:00pm Brownies 6:30pm	<b>23</b> Mtlk. Terr. Sr's. lunch - Noon AA Mtg. 6:00pm	<b>24</b> Men's Fellowship 8:00am  Garage Sale & Auction
<b>25</b> Worship - 10:15am All Nations Harvest Church - 1:00pm Comm. Dinner prep. 3:00pm	<b>26</b> Community Dinner 5:30pm	<b>27</b> Twins Club 5:00pm	<b>28</b> Mtlk. Terr. Sr's. lunch - Noon Al-Anon Mtg. 7:00pm Choir Rehearsal 7:00pm Jammers Rehearsal 8:30pm	<b>29</b> Brownies 6:30pm	<b>30</b> Mtlk. Terr. Sr's. lunch - Noon AA Mtg. 6:00pm	



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

# THANK YOU!

Thanks to all of you who saved aluminum cans for us. I took a truck load of cans to Lynnwood Recycle. We received \$84.00 for the Youth/Sunday School fund. Thanks for keeping the aluminum cans and cat food cans separate. It is most helpful. You can bring the cans to church or to my house. We will continue this fund raiser. We helped a student go to Camp Lutherwood this summer with part of the money.

God bless you!  
Joan Minnis for Bethesda Youth/Sunday School

To the Bethesda Lutheran Congregation:

*When I'm counting  
All my blessings  
There's one thing I always do—  
I stop and say  
A "Thank You, Lord!"  
For very special you,  
For you're someone who'll forever be  
A dear and precious part  
Of the warm  
And treasured memories  
I hold within my heart.*

I had a great time at camp. Thanks so much for sending me. I love you all.

*Alix DeGraff*



We will be creating a new pictorial directory of our church members, attendees and friends. You do not need to be a member. The dates the photographers will be at our church are September 14, 15, 16 and 17<sup>th</sup>. All who are photographed will receive a free 8 x 10 photo and a new updated directory.

There is no obligation to buy anything. If you wish, you may order photographs and will have them before Christmas. Also, you may order greeting cards with a picture.

We want everyone to be in this directory. We will also be updating your address, phone number and e-mail address.

More information will be coming soon. If you have questions, please call Joan Minnis – 425-778-0309 or Cliff Pearson – 425- 275- 3590 and other members who will be working on this project.

## GARAGE SALE, BBQ, LIVE MUSIC AND AUCTION

SATURDAY, SEPTEMBER 24TH

(starting time to be announced)

Garage sale items needed (all in good condition):

Books

Music

Videos

Infant & Baby clothing

Crafts

Plants

Tools

To help with this event, contact Kathie:

Phone: 425-905-5239

Email: [IrishJazz2020@yahoo.com](mailto:IrishJazz2020@yahoo.com).

## Thoughts For The Month

by *Jeanne Krahn*

Mother Teresa has said “The fruit of silence is prayer, the fruit of prayer is faith, the fruit of faith is love, the fruit of love is service, and the fruit of service is peace.” But haven’t you had those peaceful days, be raining or sunny, when just about everything at home, with family or friends seems to be a bit too much, quite overwhelming. We’re trying to achieve some order out of chaos here in the house and yard before my 66th class reunion at our home—10 days to go and nothing wants to cooperate—roofer has not appeared for a couple weeks so plaster inside can’t be fixed either, weather goes up and down, memorials for loss of two friends, fluorescent light fixture in kitchen went kaput, too much work getting it to work again (thank you again handy son-in-law, Dennis), knees on both of us screaming “we’re almost 85 years old, what do you expect?”, and on an on. Am I whining or grumbling or forgetting truly how blessed we are? Remember not only the days but life itself lengthens in the summer. Let’s spread our arms and gather more of it while we can. My friends from school days aren’t going to worry about my stack of books, papers, plants, etc., or whether the windows were washed, etc., we’re able still to gather after so many years of sharing. In our lives of ups and downs, and roads full of twists, “passing through valleys and climbing mountains”, God has journeyed with us, blessing us even knowing too well our hypocrisy and deceptions.

‘nuf heavy, heavy! Daughter Jeannie and new son-in-law, Rod, have been here, clouds or sun, for days painting and planting so it’s beginning to look a bit like civilization here instead of “urban renewal” as my brother refers to it—love those two hard workers muchly!

Summer and strawberry shortcake—always the waiting for our local juicy, tasty berries—my special treat at least twice for myself. Whoa! Comes a devastating shocker about the villain of strawberry fields, methyl iodide. It’s rather like those horror movies, “a poisonous, cancer causing chemical has made its way into our nations agricultural fields—escaping from there into the water and air of nearby communities.” No headline zombie but a quiet villain stalking among us causing thyroid disease, brain damage, long term miscarriages, etc., long after exposure to it. Scientists consider methyl iodide one of the most toxic chemicals on earth. Whoa! How come now we’re hearing this? Most fumigants can trace their lineage back to nerve gas during World War II. Despite all previous concerns, in 2007 the Bush administration approved wide spread use of methyl iodide injected into the ground prior to planting high-value crops such as strawberries, tomatoes, peppers and grapes. Last year, Earth Justice petitioned the EPA to repeal its hasty approval of such a toxic chemical. There are a few states requiring separate review of new pesticide used on crops within their borders. New York and our Washington states both have serious concerns about its safety and said, “no way”. Unfortunately, California succumbed to intense

lobbying pressure by Arysta and approved the chemical—and think of how many things we eat that come from California, particularly their 38,000 acres of strawberry fields that make up 90% of our nation’s strawberry supply. California’s decision aroused their citizens resulting in at least 50,000 comments opposing the decision. Workers particularly suffer most of the problem, and coming into direct contact with it can burn the skin, inhaling even tiny quantities causes terrible damage to internal organs and it’s so carcinogenic that scientists have used methyl iodide in the laboratory to induce cancer cells. Earth Justice recently sued California for illegally approving methyl iodide for use—a possible hearing this fall. Earth Justice also petitioned the Environmental Protection Agency to cancel its 2007 registration approval. There are alternatives. Methyl iodide is too dangerous for all of us. They have fantastic strawberries in Europe and Europeans do not use fumigants at all.

What poked me to write all that? Because for so many years of my life, I’ve cared what we are doing to God’s creations, earth and people—too often much unbeknown to very many and what we live on and with is all there is. Hey, here’s 10 foods actually good for us, believe it or not. Avocadoes, spaghetti and meatballs, bananas, peanut butter, burritos, chicken thighs, eggs, potatoes, corn, and yep, coffee. Not enough room to explain words for why, just take the Food Network Kitchen’s words for them.

Now for some helpful hints—why pay for drain cleaners? Clear clogged drains with three simple, safe ingredients. Pour 1/2 cup baking soda down the drain, followed by a cup of hot vinegar. Let the two bubble and break apart. After a few minutes, flush the drain with a quart of water. Stop bug bites with baking soda. Treat bee stings with a credit card to scrape off. Bursitis pain—tea tree oil is great for calming inflammatory process. Dab a bit of the oil with a cotton ball directly on the pain. For dizziness or nausea ginger in any form can calm things down. I’ve used ginger tea quite often for my dizziness so I don’t look or act like the “town drunk”. Ear infection—bake an onion 350° until soft, wrap in a towel and hold over your ear. Try putting yogurt on canker sores. Tread lightly—reduce your time in the shower by five minutes and save 25 gallons of water a day. Loading dirty dishes without rinsing saves up to 20 gallons per dishwasher load. (Not in this house as no dishwasher ever—except now Stanley at times?) Add native plants to your garden. They need less water and fertilizer.

Each day is a gift, and as long as my eyes open I’ll focus on the new day and all the happy memories I’ve stored away just for this time in my life—because old age is like a bank account—you withdraw what you’ve put in, so deposit a lot of happiness. Enjoy autumn’s colors!

## STEWARDSHIP MINISTRY 2011-2012

Judy Rasmussen is passing the hat as Stewardship Chair at Bethesda. Dena Lee and Ron Olson are co-leading this ministry for the coming year. It will be a **3-fold ministry** beginning with a **FALL GIVING AWARENESS** ministry. Many kudos to Judy for being a stalwart stewardship leader these many years!

**WINTER QUARTER** 2012 will focus on our **SPIRITUAL GIFTS**. We will inventory our assets, our time and talents, the gifts that God has given us.

**SPRING** 2012's focus will focus on our **CARE OF CREATION**. It is Dena's plan to have a Plant Sale sometime in April in conjunction with Earth Day. In order for this to be a successful fundraiser, we are asking all gardeners and interested parties to begin...

...**NOW! GARDENER'S**: As you clean your beds and divide your plants, think about this sale

and pot things up to be ready for next spring! In the winter, we will ask you all to please start seedlings for vegetables and annuals. Bethesda has so many wonderful and talented gardeners; this plant sale has the possibility to be a very successful event!

Questions? Talk to Dena, Ron or a Council member!

If you would like to volunteer your time in the planning of this Plant Sale, let us know. There are many details that could be easily delegated without too much being asked of you. It is a good way to give back to God what he has given us!

Bring forward your hidden treasures so that we may all be able to purchase the Pearl of Grace!

Blessings!

*Bethesda's Stewardship Ministry Team*

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## FROM OUR COUNCIL PRESIDENT

Greetings in Christ,

It was a busy summer and sincerest gratitude to everyone who worked so hard on the many activities which took place. You folks really put your "Faith in Action".

Our Rally Sunday BBQ will kick off our fall schedule, then a huge fund raiser on Sept. 24<sup>th</sup> with part of the proceeds going to the Bethesda Community Services receiving \$300.00 matching funds from Thrivent Financial for Lutherans and the remainder going to the General Fund. Kathie and Chelsea have teamed up and hope to include the participation of our entire community. **There's much more information to come.**

On the recommendation of the Executive Committee, the Council has approved the following changes due to the need to reduce church expenses.

1. Janitorial services will no longer be a salaried position as of Oct. 1<sup>st</sup>. \*This is only a temporary measure and the issue will be re-visited at a later date. A chart will be available listing various

chores and you are invited to sign up to help keep our facilities clean and tidy.

2. The paper product vendor services will be terminated. The costs have gone sky high. We are asking the Congregation to donate paper towels and toilet paper. (Another cost saving measure).

Big thanks to the guests who attend our monthly Council meetings and share their ideas and concerns. We have an open door and are here for you.

An **Informational Congregational meeting** will be held September 25<sup>th</sup> immediately following Sunday service. All are encouraged to attend. The moderator will go into more detail regarding the above decisions.

**Come, let's talk about where we are and where the Spirit is leading us in the Ministry of our Church.**

Blessings with Peace and Love,  
Mickey Schwald  
Council Pres.

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**Bethesda  
Lutheran Church**

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Church of the Beloved: Ryan Marsh—Deployed

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## **UPCOMING EVENTS**

***Blessing of the Pets***  
**Sunday October 9<sup>th</sup>**

***Annual Candle Lighting Service for Mental Illness***  
**Sunday October 16<sup>th</sup>**

***Bethany of the NW Sunday***  
**Sunday October 23<sup>rd</sup>**

***All Saints Sunday***

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