



BETHEL

LUTHERAN CHURCH

17529 15th Ave NE
Shoreline, WA 98155

206.362.4334
BETHEL4ALL.ORG

Bethel Lutheran Church

March 2020



Dear beloveds,

I have a special guest coming to see and to stay with me. My mother came in the middle of February to celebrate my sister's birthday and to visit her friends throughout the United States.

She gave stories after stories about Indonesia, about our families, friends, and about our Lutheran Church in West Jakarta, the HKBP Petojo. Although the conversation often lasted late in the evening, I had so much joy to hear how everyone I know are keeping their faith despite the massive flooding in Jakarta and the fear of COVID-19. These stories are God's story, deeply embedded in our communities.

As you read this, we are starting our Lenten journey with God and some of had shared with me how you'd journey, what you'd give up. Those are good a meaningful and we are also invited to reflect this question, "What will you take on in hope for our future?"

There are so many things happening around us, good and bad, and in this Lenten season we are to participate with our hearts and minds toward Christ by act justly, to love mercy and to walk humbly with our God. We are God's hands for God's work in this world that God so loved.

Through our Lenten discipline we'll see clearer God's stories amongst us, inviting us in and to be part of God's mission in our communities, in our families.

So, go forth into the world to serve God with gladness;
be of good courage;
hold fast to that which is good;
render to no one evil for evil;
strengthen the fainthearted; support the weak;
help the afflicted; honor all people;
love and serve God, rejoicing in the power of the Holy Spirit.

Blessings to all of you.

Bethel News



Bethel's Lenten Services

We have officially entered the church season of Lent. Lent takes place in the weeks leading up to Easter when we will observe the death and resurrection of Jesus Christ. At Bethel you are invited to consider “What will you take on in hope for our future?” during this Lenten season.

We also have several Lenten services and other opportunities to gather in community with one another:

Daytime Lenten Service– Wednesday 11:00 am

Soup Supper: Wednesday 6:00 pm

Evening Lent Compline Service: Wednesday 7:00 pm

Sunday Morning Worship Service—Sunday 9:30 am

March Movies:

March 5— *Gone with the Wind* part 1

March 12—No film this week

March 19—*Gone with the Wind* part 2

March 26—TBD



Bethel News Continued

Spring Cleaning



Every year Bethel plans a Spring Cleaning before Easter to make sure our building is clean and organized! This year we hope to organize many storage spaces, clean the sanctuary, and tidy community spaces. Our Spring Cleaning will be **Saturday April 4**. We hope you will join us!

From Bethel's Outreach committee:

During the months of March and April Outreach will have a box out in the gathering space for you to donate men and women's socks for Compass Alliance for Veterans. If you have any questions please ask Carol Hovick, Outreach Chair.



Three Teachers Recognized as Heroes in the Classroom



Renee Iverson
Parkwood Elementary



Carla Salmon
Parkwood Elementary



Mariko Lane
Einstein Middle School

Photos courtesy of Seattle Seahawks and Symetra

Three Shoreline teachers, Renee Iverson, Carla Salmon and Mariko Lane, were honored by the Seahawks and Symetra as "Heroes in the Classroom" for supporting student success. Each were honored at a Seahawks game and received classroom grants.

Congrats to Carla Salmon who was recently recognized as a Hero in the Classroom!

Update from Tom & Mary Holman

February 20, 2020

Baba Doka Yerima of the Waja translation team in Nigeria sends you greetings and thanks for your prayers! His surgery was successful, and he's recovering well. There is no news of any follow-up procedures necessary. I'm currently working on Exodus with the Waja team by Skype. The internet connections have been good! Tom will soon be doing the same with the Lala team. Keep praying!

We would also appreciate your prayers for our upcoming trip to Washington and Oregon. We will be in Longview on Thursday, March 19 to Monday, March 23. Pastor Dave has asked us to speak at Emmanuel on March 22. We hope to see many of you while we're there!



Mary

Mary and Tom Holman

SAVE THE DATE

Tom and Mary Holman will be in Washington and they plan to visit Bethel on Sunday, March 15, to talk about their work! They will also be joining us on Thursday March 12, for our community Lunch in the Gathering Space. All are Welcome.

Contact us:

Mailing Address: 7611 36th Ave. North #215, New Hope, MN 55427

Phones: Mary: 763-218-0506; Tom: 651-726-4581

E-mail addresses: Tom_Holman@wycliffe.org

Mary_Holman@wycliffe.org

*Members of Wycliffe Bible Translators, Box 628200, Orlando, FL 32862, 1-800-Wycliffe. Visit our Wycliffe Page: Wycliffe.org/partner/Holmans

Associate Members of Lutheran Bible Translators, PO Box 789, Concordia, MO 64020, 1-800-532-4253. Visit our LBT Page: <http://us.lbt.org/project/tom-mary-holman>

To give by check, please include a separate note stating: "Preference for the Wycliffe/LBT ministry of Tom and Mary Holman"

The Spirit

March 2020

It's time to be honest

Spirit Article -
March 2020

Wouldn't it be nice if people could talk about their anti-anxiety medication or depression medication as easily as their cholesterol medication? Unfortunately, even though we have come a long way in society, there is still some shame when talking about illnesses in our brains – whether it is anxiety or depression or addiction or bipolar disorder or ADHD or a traumatic brain injury (TBI) or other mental health challenges.

Sadly, there seems to be an added stigma when one is a deacon or a pastor. I am not sure why. Perhaps it is because rostered ministers are supposed to have everything in order. Perhaps it is because rostered ministers are supposed to be the helpers rather than the ones who need help. I don't know. But the stigma is present.

The truth is, in the United States nearly one in five adults experience some form of mental illness. It is very common. And, in most cases, it is treatable with therapy and medication. With the right treatment plan, most are able to lead a full and happy life.

I encourage us all to be compassionate and to be truthful with one another. We all need to get to a point where we can be honest regarding our mental health, whether we are a rostered



minister or a layperson. This is for the sake of the church, the person involved and their family.

When I was a young adult, I learned that my great-grandmother suffered from schizophrenia. I had never met her and thought she had died years before I was born. The reality was that she died only a few years before I heard about her. You see, she had been institutionalized for years and no one in the family spoke of her. I am saddened that I never had a chance to meet her. And I am saddened for the shame my family held close. My family and I are less than what we could have been together.

While I am thankful that things are different than when my great-grandmother was confined to an “asylum” (as it was called back in the day), we still have a long way to go. I encourage all of you to be honest if you are experiencing symptoms. I ask all of you to listen and see and empathize with those who are struggling. And encourage those around you to get help as needed.

Truly, we do not want you to struggle alone. In addition to your primary care provider, here are some resources:

Lutheran Counseling Network -
www.lutherancounseling.net/
Lutheran Community Services Northwest -
www.lcsnw.org/
Suicide Prevention Hotline: 800-273-8255
For Rostered Ministers: Consultation to
Clergy - www.consultationtoclergy.org/
For Portico Plan Members, check out the
online *Learn to Live* and *Being* programs:
www.porticobenefits.com

Let us trust in one another.

Bishops Letter continued:

Truly, let us trust in God - that God is with us, carrying our burdens, and giving us rest.

Blessings,
Bishop Shelley Bryan Wee

P.S. Here are two additional stories that might be of interest:

https://livingchurch.org/2019/11/18/facing-an-invisible-storm-mood-disorders-in-church-workers/www.indianapolisrecorder.com/religion/article_3a80369a-2bda-11ea-98ee-5722a8bd15b1.html?utm_medium=social&fbclid=IwAR3JhB2MSEdH7Vz47rp2vaHtuCDOUMpuUzGO5tarK7P6NQ0gn1cBYIQW3qE



A ONE Day Synod Assembly

Saturday, June 6, 2020

Grace Lutheran Church in Des Moines

We are excited that Grace Lutheran is able to host our assembly.

It will be a delight to be in the southern area of our synod!

We will cover business items and do a bit of learning and celebrating*.

Registration will open in March

Bethel Lutheran Church Council

President: Lynlee Ritchie

Vice President: Carol Hovick

Treasurer: Marlys Pickrell

At Large: Elia Smith,, Judy Goulet,
David Salmon and Phyllis Moll

The Bethel Lutheran Church council meets on the 2nd Thursday of the month at 7:00pm in the gathering space. Unless noted, all meetings are open for members to attend. After r the meeting, the meeting's minutes and other related documents or materials are posted on the bulletin board for members to peruse.

Those Who Serve - March 2020

	March 1	March 8	March 15	March 22	March 29
Altar Guild	Judy & Carol	Sue & Gwen	Marlys Lillian	Judy & Carol	Sue Gwen
Worship Asst.	Craig Fjarlie	Judy Goulet		Judy Goulet	Chuck Vollbrecht
Communion					
Bread	Elia Smith		Carol Hovick		
Wine	Dorothy Brown	Lillian R.			Dorothy Brown
Glasses	Nancy Phillips		Nancy Phillips		

If you are interested in helping serve there are sign up sheets on the Bethel bulletin board located in the gathering space. You can also inquire about other ways to get involved by emailing info@bethel4all.org or by calling our office at (206) 362-4334.

Remember in Prayer



March

19—Ken Lysen

19—Anna Sjong

Those Coping with Health Problems

Don Brown

Walt Himple

Michael Klingensmith

Theresa Linvog-Wood

Tom Logen

Kelly Moll

Joan Martinell

Shirley Pishaw

Karen Schoeld

11. Lorna Neumann

12. Nancy Phillips

13. Marlys Pickrell

14. Shirley Pishaw

15. Dan Ritchie

16. Lynlee Ritchie

17. Olivia Robbins

18. Lillian Routledge

19. Beth Rudnick

20. Rick Rudnick

21. Jane Rudnick

22. Carla Salmon

23. David Salmon

24. Bethel Lutheran Church

25. The Seattle Covenant Church

26. Iglesia Evangelical

27. Ethiopian Evangelical Church of Seattle

28. Aaron's Place

29. Co-op Preschool

30. Lutheran Counseling Network

31. Recovery Meetings at Bethel

Those in Assisted Living or Nursing Homes

Vera Anderson

Lila Geisler

Dick Hinea

Shirley Pishaw

Dick Scansen

Donna Sjoquist

Daily Prayer List

1. Caryl Klingensmith

2. Michael Klingensmith

3. Delores Linvog

4. Theresa Linvog-Wood

5. Gwen Loeffler

6. Sue Logen

7. Cary Magill

8. Phyllis Moll

9. Linda Mears

10. Evie Nanninga

We also keep the families of Virgil Baarstad and Ron Hovick (Brother of Carol) in our prayers at the time of their passing.

March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Bethel Worship 9:30 am Bethel Break- fast 10:30 am	2 Office Closed	3 Retired Pastors Luncheon	4 Morning Lent Service 11 am Soup Supper 6 pm Evening Lent Service 7 pm	5 Community Lunch 12 pm Thursday Movie 1 pm	6	7 La Conner visit (Shoreline parks and recreation)
8 Bethel Worship 9:30 am	9 Office Closed	10	11 Morning Lent Service 11 am Soup Supper 6 pm Evening Lent Service 7 pm	12 Community Lunch 12 pm w/ Tom and Mary Holman Council Meeting 7pm	13	14
15 Bethel Worship 9:30 am Tom & Mary Holman visit	16 Office Closed	17	18 Morning Lent Service 11 am Soup Supper 6 pm Evening Lent Service 7 pm	19 Community Lunch 12 pm Thursday Movie 1 pm	20	21
22 Bethel Worship 9:30 am	23 Office Closed	24	25 Morning Lent Service 11 am Soup Supper 6 pm Evening Lent Service 7 pm	26 Community Lunch 12 pm Thursday Movie 1 pm	27	28
29 Bethel Worship 9:30 am	30 Office Closed	31				

*Council Meetings are the second Thursday of the month and they are open meetings meaning anyone can attend. If you cannot attend you can always read the minutes on the Bethel bulletin board in the gathering space.

For other events and updates be sure to follow the Bethel Lutheran Church facebook page at [Facebook.com/BethelShoreline/](https://www.facebook.com/BethelShoreline/) or visit our website at Bethel4all.org



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Website: bethel4all.org

Facebook: facebook.com/bethelshoreline

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Pastor

Diakonda Gurning

Office Hours

Tuesday-Thursday

9:00 am - 4:00 pm

Friday

9:00 AM to Noon

Worship Service

Sunday

9:30 AM

Lenten Services

Wednesday 11:00 AM & 7:00 PM

Community Lunch

Thursday 12:00– 1:00 PM

Communion

Every Sunday

Congregation of the



**Evangelical Lutheran
Church in America**

God's work. Our hands.