



# BETHEL

## LUTHERAN CHURCH

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BETHEL4ALL.ORG

Bethel Lutheran Church

September 2020



Dear Siblings in Christ,

Grace and peace to you from God our Creator!

I noticed that I'm getting more and more emails, asking me for some money to support political campaigns. I think we are entering the silly season where everything can easily be politicized even as we are living together in this pandemic and freedom can manifest into carelessness of each other.

Couple weeks ago, I said goodbye to Helen, my mother in law via Zoom a day before she passed away on August 15. I know what saying goodbye means, I left Indonesia, leaving behind the so many memories, and friends, and families. I made that choice because it was the best choice for the people I loved, for the making of peace.

Everyday people are making choices whether to run errands or to simply survive and sometimes our choices aren't congruent to other people's choices. I wanted to be in the room with Helen. I wanted to hold her hand, to pray for her, to tell her that I love her but I couldn't and it felt as if other people making choices for me not to be the room with her.

I said that we are now in the silly season because in this season voting is placed in the center of our society and the temptation to think what's best for "me" is so much higher and when hundreds of million voter thinking the same way, frictions are inevitable and peace making is crucial.

Jesus said, if a neighbor – after several attempts of peace making – refuses to listen, "Let such a one be to you as a Gentile and a tax collector."

So, in this political season I don't see any other choice to resolve conflicts but to be like Jesus, to treat the people who disagree with us as Gentile and a tax collector. He maintains relationship with them, even eating with them.

I choose to embrace Helen closely in a place where distances don't exist. She is in my heart, always until the day when we can meet again and God our Creator is holding all of us as we are choosing to love our neighbors as ourselves.

Blessings to you.

# Bethel News

While we hope we will soon be able to gather together and worship at Bethel with one another, we are still unsure of when we will be able to do so. In the meantime we will continue with our remote worship services which can be found on our Facebook page. <https://www.facebook.com/BethelShoreline/>

**Morning Common Prayer Tuesday–Friday at 10:00 am**

**Afternoon Common Prayer Tuesday–Thursday at 3:00 pm**

**Sunday Worship service–Sundays at 9:30 am**



## **Stationery Donations**

As many of you know Nancy Phillips, who is part of the membership committee, regularly sends cards to members for birthdays, anniversaries, celebrations, and challenges.

She is need of blank cards. If you have cards or other stationery items that you'd be willing to donate contact the office to arrange a time or come by on a Tuesday between 9:00am and 4:00pm.

## **COVID-19 Relief**

If you, or someone you know, is in need of assistance because of hardships caused by the Pandemic, we encourage you to reach out to the office or Pastor Diakonda directly. The council has discussed setting up some emergency relief funds for those who need it. Bethel also works with a variety of organizations throughout the year and we are happy to share other community resources that may be able to help!

If you would like to donate you can ask that funds be designated to emergency relief.

## **Zoom!**

Bethel is preparing to offer Bible study via zoom! Zoom is a video conferencing service that will allow us to gather together even we are physically distanced. Pastor Diakonda will be arranging times to install and teach folks how to use zoom shortly. Be on the lookout for dates and times shortly!

# Bethel in Quarantine

## Bethel in Quarantine!

What have you been up to during these last several weeks of Quarantine? I'd love for us to share about our different experiences while staying home. Did you accomplish a project? Try something new? Where have you seen God working? What has given you hope?

Feel free to send in pictures, stories, prayers, etc. by calling or emailing the office and they will be featured in next months Beam.

-Siobhan

## Blessing Bethel's Food Pantry

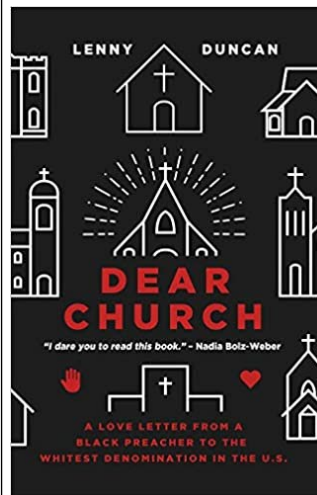
Our food pantry is officially operational! Donations can be brought to the office on Tuesdays or you can put donations directly in the food pantry!

We will have a service to bless the pantry on Tuesday September 15 time TBD. The service will take place in the upper parking lot with social distancing measures in place. There will be room for 12 people and the service will be first come first served.



## Racial Justice Reading

It's hard to miss the anxiety and frustration surrounding issues of race and privilege in our country currently. How do we as followers of Christ better understand and navigate these complex issues. I have a book to recommend: *Dear Church* by Lenny Duncan.



Lenny Duncan is the unlikeliest of pastors. Formerly incarcerated, he is now a black preacher in the whitest denomination in the United States: the Evangelical Lutheran Church in America (ELCA). Shifting demographics and shrinking congregations make all the headlines, but Duncan sees something else at work--drawing a direct line between the church's lack of diversity and the church's lack of vitality. The problems the ELCA faces are theological, not

sociological. But so are the answers.

Part manifesto, part confession, and all love letter, *Dear Church* offers a bold new vision for the future of Duncan's denomination and the broader mainline Christian community of faith. *Dear Church* rejects the narrative of church decline and calls everyone--leaders and laity alike--to the front lines of the church's renewal through racial equality and justice.

If you'd be interested in reading this book as part of a group email or the call office and let Siobhan know!

# Update from Tom & Mary Holman

August 19, 2020

Tom and I had an opportunity to spend five days at Mt. Carmel Ministries in Alexandra, MN, last week. Sleeping, reading, eating, short walks, and prayer and Bible study led by the new director provided spiritual and physical refreshing.



Thank you for your prayers. May God continue to bless you in your worship and service to Him.

Peace in Christ,

*Mary*

Mary and Tom Holman

**Contact us:**

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

**E-mail addresses:** [Tom\\_Holman@wycliffe.org](mailto:Tom_Holman@wycliffe.org) [Mary\\_Holman@wycliffe.org](mailto: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](http://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

September 2020

Dear Beloveds,

Well, I have to be honest, when I first started writing and talking about COVID-19, I did not expect that COVID-19 would still be a “thing” in September.



And yet ... here we are ... So ... is anyone else weary?

In this time of great anxiety, worry, the unknown, and the threat of COVID for ourselves and our loved ones, I am finding that prayer is ever more important. I would like to commend to you one prayer practice that I have found helpful. This practice comes from Ignatius Loyola.

Ignatius Loyola writes in his book, *Spiritual Exercises*, about the daily prayer he practiced called *The Examen* (or *The Examination* in English). He also encouraged his fellow Jesuits to do the same. (You might remember that Ignatius Loyola was the founder of the Jesuits during the 16th century). I encourage you to do this practice with others – perhaps with your family at a set time each day or with your congregation sitting outside in a circle (physically distanced!) or on Zoom. Of course, you are welcome to do this by yourself, too.

The Examen is a prayer of review - a short reflection back over the day, recalling events and taking note of your feelings. The purpose is to become more aware of the ways in which God has been present to you, the times when the Holy Spirit was drawing you towards life.

Before beginning the five steps, prepare yourself by breathing slowly and consciously. Continue to consciously breathe throughout this practice.

**Step One: Pray to understand and appreciate the past day.** Look back on the last 24 hours. Make a list in your head and heart of all that happened in your life. You are welcome to write these experiences down.

**Step Two: Review the day with gratitude.** What brought you joy? As you look at the work you did, the people you interacted with, what did you receive? What did you give? Where are you thankful to God? Pay attention to small things—the food you ate, the sights you saw, and other seemingly small pleasures.

**Step Three: Pay attention to your emotions.** When did you feel most grateful? Least grateful? When did you love? When were you loved? What drained the life from you? When did things feel out of place or off? When did you experience the fruits of the Spirit? When did it feel like a time of God’s absence?

**Step Four: Choose one of your feelings or encounters (positive or negative) and pray from here.** You might have a vivid moment of pleasure or peace. There might be something that at first seems rather insignificant. You might have great pain. Look at what you have chosen. Examine it. Pray about it. Allow the prayer to arise spontaneously from your heart— whether intercession, praise, repentance, or gratitude.

**Step Five: Look toward tomorrow.** Ask God for guidance in facing tomorrow’s challenges. Pay attention to the feelings that surface as you look forward. Are you doubtful? Cheerful?

Continued...



# News from our Synod

Apprehensive? Full of delighted anticipation? Allow these feelings to turn into prayer. Seek God's guidance. Ask God's Spirit for help and understanding. Ask for wisdom and protection. Pray for hope. Do all of this in the spirit of gratitude.

You are invited to pray the Lord's Prayer as you end the Examen.

I pray for all of you, my beloveds in Christ. May you feel God's love and grace with you in these times.

If you would like other resources or ways to pray, I also commend to you two smart phone apps: Centering Prayer and Pray As You Go.

We are in these strange and difficult times for awhile. But we are not in this alone. We are community. We are church. We are God's beloved children. May you feel God's Holy Spirit with you as we walk in Christ together.

In Christ's Love,

Bishop Shelley Bryan Wee

## Synod News & Events

### **"GOD'S WORK. OUR HANDS." SUNDAY – SERVICE IN THE TIME OF COVID-19**

**Sunday, September 13**

Join other ELCA congregations in observing "God's work. Our hands." Sunday. This year acts of service will need to happen a little differently - get ready here: [ELCA.org/DayOfService](https://www.elca.org/DayOfService).

### **HUNGER IN THE TIME OF COVID-19: Life for Today and Hope for Tomorrow**

**Thursday, September 24, 5pm via Zoom**

Rick Steves, guidebook author and travel TV host, ELCA Presiding Bishop Elizabeth Eaton, and Bishop Shelley Bryan Wee invite you to a virtual benefit – the first of its kind – for ELCA World Hunger. Our goal is to raise \$250,000 to confront hunger in the time of COVID-19. We are in a historic moment – a once-in-a-century pandemic, facing a global change in hunger that is unlike anything we have seen in our lifetimes. Domestically and internationally, hunger is increasing at alarming rates. At this event, you will learn about the unique ways ELCA World Hunger is responding. Our hosts will also discuss the ongoing root causes of hunger and poverty addressed in Rick Steves' recent special "Hunger and Hope: Lessons From Ethiopia and Guatemala." And, you will hear from ELCA World Hunger partners on the front lines of the current hunger crisis, who will tell you first-hand how your gifts make a difference. We are called by God to share hope in this time of hopelessness. Join us to face this global hunger crisis head-on, and continue to move toward a just world where all are fed.

### **FALL BISHOP'S CONVOCATION**

**Tuesday, October 13, 9am-3pm - online**

For more information visit: <https://www.lutheransnw.org/weekly-update>

# Remember in Prayer



## August

- 5—Don Brown
- 5—Donna Johns
- 5—Lorna Neumann
- 7—John Johns
- 9—Church Vollbrecht
- 10—Donna Sjoquist

## Those in Assisted Living or Nursing Homes

- Vera Anderson
- Lila Geisler
- Shirley Pishaw
- Donna Sjoquist

## Those Coping with Health Problems

- Joanne Brock
- Don Brown
- Walt Himple
- Michael Klingensmith
- Tom Logen
- Kelly Moll
- Joan Martinell
- Shirley Pishaw
- Karen Schoeld

## Daily Prayer List

1. Students returning to school
2. Teachers and staff working with students in person and remotely
3. Darlene Hilling
4. Roger Hilling
5. Mary Himple
6. Walt Himple
7. Joe Himple
8. Carol Hovick
9. Donna Johns
10. John Johns

11. The Kim family
12. Caryl Klingensmith
13. Michael Klingensmith
14. Roy Langer
15. Susan Langer-Steger
16. Theresa Linvog-Wood
17. Gwen Loeffler
18. Sue Logen
19. Cary Magill
20. Linda Mears
21. Phyllis Moll
22. Evie Nanninga
23. Firefighters
24. Advocates for justice
25. Recovery groups
26. The Co-op Preschool
27. Aaron's Place
28. The Lutheran Counseling Network
29. Our North City Neighborhood
30. The city of Shoreline



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**Worship Service (Online)**

Sunday

9:30 AM

**Community Lunch (currently postponed)**

Thursday 12:00– 1:00 PM

**Pastor**

Diakonda Gurning

**Office Hours**

Tuesday-Thursday

9:00 am - 4:00 pm

Friday

9:00 AM to Noon

Congregation of the



**Evangelical Lutheran  
Church in America**

God's work. Our hands.