

THE BEACON

BETHLEHEM LUTHERAN CHURCH

VOL. 67 NUMBER 3 MARCH, 2011

Lent 2011— Pilgrim People

The people who encounter Jesus on his journey to the cross aren't sure what to make of him. Often we feel the same. We think we know how life should be, but expectations and reality rarely meet. We are wanderers in the wilderness of this world. Still, we're not without hope. We don't walk the road alone. God invites us to follow Jesus, to travel with him. We are pilgrim people.

March 13—Healing the Blind Man

March 20—Jesus as the Gate

March 27—The Good Shepherd

April 3—Raising Lazarus

April 10—Mary Anoints Jesus

Mid-Week Lenten Worship — Spiritual Practices

Wednesdays, 12:00 & 7:00 pm

Lunch at 1:00 pm; Dinner at 5:45 pm

We admire people of deep faith who have a strong connection with God. We long for that same kind of faith; we want to know God. For centuries people have incorporated certain spiritual practices into their faith journey with the hope of knowing God more. These ancient practices are healthy habits, drawing us closer to God, keeping us centered on Christ. Join us on Wednesdays during Lent beginning with Ash Wednesday on March 9.

Readings and Prayers for Lent



Devotion materials to help you engage in spiritual practices are available for you and your family beginning on Ash Wednesday. For the younger set, we've prepared a resource to help you say prayers together each day through a simple candle-lighting ritual. We've also collected reflections from folks around Bethlehem and assembled them in a booklet of daily readings. Look for these helpful resources at worship on March 9.

Meet with other Pilgrim People during Lent—Join a Group!

Lent is an excellent time to be part of a group, to grow in your faith, and to try out different spiritual disciplines together. Resources you may want to use in your group are the devotion booklet we will be handing out during Lent, the Sunday Takeout discussion guide, and/or Richard Foster's book *Celebration of Discipline*. Email Pastor Beth, bwarpmaeker@bethlehem-church.org or register on the "Connect in a Group" Bethlehem webpage if you would like to lead or be a part of a group that meets during Lent.

Family Blessing Service at 5:45 pm on Ash Wednesday, March 9. See Pg. 6

Pastor's Word

There is much to write about this month as we move into March. First, let me comment on our worship lives. This year, Lent begins just about as late as it ever can, pushing Easter all the way back to the end of April. The sermon series for Lent is called "Pilgrim People," and our focus will be on the journey we travel through our lives. As Dr. David Lose pointed out at the Bethlehem Speaker Series, our Sunday mornings, at their best, prepare us to live out our weeks in the places God has put us. What does it mean to be a "pilgrim?" Are you equipped to see God at work in your world as you travel through your week? We will continue our journey through John's Gospel as we have this important conversation.

Then, on Wednesdays during Lent, at 12:00 and 7:00 pm, we will explore Spiritual Practices that you can use on your journey each and every day. Wednesday evenings will also premiere a beautiful new worship setting that we are excited about, as well as some wonderful music from Bethlehem and guest choirs.

A word about parking...It is, as we all know, a challenge at Bethlehem, particularly with the



abundant snowfall we have had this winter. I know some of our older members simply stop coming during

Pastor's Word continued on page 2...

the winter months because they know that they are unlikely to find a space and if they do, it will be further than they can easily walk. I have also learned that people of all ages—members and guests—will circle our lots, then the blocks around us and finally give up. Those of you who know and love our community come back, maybe earlier, the next week. But those attempting to worship the first time are more than likely to never return, and to say bad things about their experience, too!

We are called to share our community with others. "By the power of the Holy Spirit, Bethlehem will connect people with Jesus Christ and his church family..." is how our mission statement begins. It is very difficult for us to live that out if people can't get here...

So here are some possibilities to consider:

- Try another service time. 10:15 am is our largest and most crowded service, both in the sanctuary and the parking lot. But 9:00 am is identical to 10:15 am, and while comfortably full, there is ample room. There is more parking both in the lot, and on the street.
- If you are able, use "Fitness Parking..." There is room in the lot at the Barton School. I park there every week; it's a five minute (or less) walk to Bethlehem. Or park several blocks away—there is room on Bryant Avenue, Garfield Avenue and on 42nd and 40th streets. Walking is a healthy thing; doing so frees up space for our guests, seniors and families with young children.

Thanks, once again, for your partnership, and your willingness to share the Good News!

Pastor Christopher Nelson

Needs and Wants

by Nic Johnson, Stewardship Ministry Team

Tax season is upon us. During this time of year many families take time to review the past year's expenses and refine the next year's budget. Whenever I think about our budget I'm reminded of one of my father-in-law's sayings: "As long as you have enough for all of your needs and a few of your wants, you're doing alright."

Our family has been blessed. God has provided us with enough for all of our needs and a few of our wants. When I think about our giving, I'm not sure how to categorize it, a need or a want. I do know, however, the church needs all that we can give. Just like you and me, the church needs our gifts to keep the lights on, the place heated, our wonderful church staff paid, etc. Bethlehem also wants more from us as well: to reach 20,000 people by 2020, to reach out through peace, to have an impact locally as well as globally.

So as you prepare your taxes, think about last year's expenses, or refine your budget for this year, take a good look at your needs and wants, and figure out how you might better help Bethlehem carry out God's mission. Your giving makes a difference.



Council Highlights

At the January meeting, Council accepted the proposed 2011 budget and heard an update on year-end giving. Giving in 2010, including income, envelope and cash giving, special gifts and our special Haiti and Miracle Sunday offerings, was up 8% over last year. Remarkable!

Special thanks to outgoing Council President Sara Ausman. We are excited to have her taking on the new role of Past President during the upcoming year where her duties will include orientation of new council members, assisting with leadership development, and helping to ensure continuity in council leadership.

Council information is available on the Bethlehem website. Minutes of the meetings are available at the mailboxes across from the office; and there are Council members, wearing nametags, available for your questions in the Gallery the last Sunday of each month. You can also email us at council@bethlehem-church.org. Let us know your thoughts.

Spiritual Practice: Meditation

~ the busy train station and the flickering light of God's presence ~
by Chris Thompson

Jazz musician Thelonious Monk once said that "trying to explain music is like trying to dance architecture." Writing about meditation presents a similar dilemma. Before I even sat and mindfully focused on my breath I had read rivers of ink on meditation. While the books were helpful they were filled with the same koan-like quality of Mr. Monk's statement about music. Words and phrases like being present, mindfulness, and "practice of the self being the self" left me a bit puzzled. It wasn't until I sat on a cushion and followed my breath that it began to slowly come to me. Meditation is experiential.

I first tried a simple breath meditation in 2004 after getting sober and embarking on a renewed spiritual path. I had an expectation that meditation would be a magic balm that would instantly smooth out my impatience, frustration, and fear. My first meditation was anything but serene. I sat comfortably upright with my hands on my knees. After a couple of deep inhale/exhales I let my breath settle into its natural rhythm. Now came the easy part. Count ten breaths. Gently notice them. Let them be exactly as they are in the moment. My mind raced with distraction. I lost count of my breath many, many times in the course of twenty minutes. I felt like a failure.

Discouraged, I called a good friend in recovery who had meditation experience. He said, "You are right where you ought to be. The mind is like a train station. Many trains come through, and you don't need to jump on every one. Just watch them pass." I brought that image to my next meditation and watched the trains race through my mind's station. I began to observe that my mind was a very busy and scattered place. As I gently followed my breath I also observed that the dim flickering light of stillness was struggling to stay lit.

Meditation helped me to gently cup my hands around that dim little light of mine, be still, and know that God was very present. By meditating I could see that there were two separate things going on inside of me. The busy train station of my will-driven mind and the flickering light of God's presence. Meditation helps me take care of that little light. When I don't have the luxury of twenty minutes to meditate, I take three mindful breaths and say silently on each "God's here now." I then step into God's abundant present moment and let my little light shine.

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Bethlehem Lutheran Church

4100 Lyndale Ave South
Minneapolis, MN 55409

Phone: 612.312.3400

Fax: 612.312.3399

Email: church@bethlehem-church.org

bethlehem-church.org

Service Times:

Sundays— 8:00, 9:00, 10:15,
11:30, 7:00 pm

Wednesdays during Lent
beginning March 9 at Noon
and 7:00 pm

Nursery available at 9:00,
10:15 & 11:30 am and
the 7:00 pm Wednesday
Lent Worship

*Connecting people
with God, each other
and their mission in
the world.*

Next Beacon Deadline:

March 10, 2011

pdunn@bethlehem-church.org

@ Beacon now online

Mental Illness - Hope for Recovery

April 2, 9:00-3:00 pm

Spend a Saturday obtaining information, hope and practical strategies for dealing with the complexities of mental illness. Participants learn about mental illnesses, treatments, coping strategies, the mental health system and local resources. Designed for family members of those struggling with mental illness, this class is led by NAMI (National Alliance on Mental Illness) and will be held at Bethlehem. To learn more, visit: www.NAMI.org.

Stewards of Pain, Stewards of Hope

Saturday, March 26, 11:00 am

Those who have suffered grief know sadness in abundance. Is it possible to share that bounty in a way that shares in hope and healing? The Lutheran belief of God at work in suffering says 'yes.' Please come to learn more!

Anna Madsen is a "freelance theologian" and author through her new venture OMG: Center for Theological Conversation with two "tangible Easters" in her children, Karl (9) and Else (7) and an additional blessing as of May through her new husband, Reynold Nesiba. Come listen to her speak about the journey of loss, Saturday March 26 at 11:00 am. A lunch will be served immediately following the talk with a suggested donation of \$5. Please RSVP to Katy at 612.312.3413/kajer@bethlehem-church.org by March 23.

Calming Your Life with Dr. Henry Emmons

Wednesday, March 2, 6:30-8:00 pm



Well known author and professor, Dr. Henry Emmons will be speaking at Bethlehem on his book "The Chemistry of Calm" which provides "a powerful, drug-free plan to quiet your fears and overcome your anxiety." Join us on Wednesday, March 2, 6:30-8:00 pm and learn to live a healthier, happier life. Henry Emmons integrates mind-body and natural therapies, mindfulness, compassion and insight into his clinical work. Henry developed the Resilience

Training Program, which is currently offered at the Penny George Institute for Health and Healing. He has also written two books, "The Chemistry of Joy" and "The Chemistry of Calm."

His career has been animated by the desire to develop more integrative approaches to the treatment of depression and anxiety. Henry is a sought after presenter and a respected consultant on such topics as integrating natural and mindfulness therapies in psychiatry, building personal resilience, and personal and professional renewal. In addition to Resilience Training, Henry has developed "A Year of Living Mindfully" and "The Inner Life of Healers: Programs of Renewal for Health Professionals" offered through the University of Minnesota's Center for Spirituality and Healing. He is also a founding board member of the International Network for Integrative Mental Health.

As a follow up session to this talk we will be having a "Morning of Mindfulness" on Saturday, March 12. See Page 5 for more details!

New Member Sessions for Spring

Thinking about becoming a member of Bethlehem? Wondering how the step to membership would enrich your Bethlehem and faith experience? Here's what one recent new member has to say:

New member sessions at Bethlehem offered David and me a chance to reflect on our spiritual interests and our desire to become a part of the Bethlehem community. We had been coming to Bethlehem for several years, participating in the life of the church, and we felt it was time to bring our family officially onboard. The new member process was very easygoing, flexible and friendly. It was great to share the experience with other new members and have time with the pastors to learn about what it means to be a part of this great church. Now that we are members, I feel closer to my fellow congregants, and an increased dedication to the important work we have committed to as a worship community. Every time I come to Bethlehem it feels more and more like 'home'. Kate Mortenson

This spring we are offering a new streamlined session schedule; same great experience! Choose either the March or May sessions:

Saturday, March 19, Discover Bethlehem 8:30-12:30 pm
Sunday, March 27, New Member Sunday

Saturday, May 14, Discover Bethlehem 8:30-12:30 pm
Sunday, May 22, New Member Sunday

Register online or contact Pam Paulson, 612.312.3415 or ppaulson@bethlehem-church.org.



Demystifying Meditation and Mindfulness

By: Jeannine Myrvik

Meditation and mindfulness are words often used but do you find yourself thinking...

"What is mindfulness anyway?"

"Meditation sounds good, but can I sit still for that long?"

"Do I have time for that?"

"How does it help to just sit still and be quiet?"

What is mindfulness? "Mindfulness means paying attention, in a particular way, on purpose, in the present moment, nonjudgmentally." Often we move through life without being totally present. We risk falling into patterns of thinking and behaving that aren't helpful and missing out on the joy and beauty that can be found when we are truly present in the moment. Meditation is one way to practice mindfulness and training our mind to come back to the present moment.

It sounds good, but can I really sit still that long? There are many ways to meditate including sitting meditation, but also yoga, Tai Chi and walking meditation.

What are the benefits of meditating? Research has shown that there are benefits from meditating for as little as 10 minutes a day 5-7 days/week. Here are five important benefits:

- Improves mood and decreases anxiety
- Increases resilience and improves ability to cope with stress
- Helps to manage physical and emotional pain
- Increases self awareness
- In Asian languages the word for mind and heart are the same - so you can think of mindfulness and heartfulness as interchangeable. Meditating can help us to expand our capacity to love others and ourselves.

If this sounds interesting to you please join us for a morning of mindfulness at Bethlehem on **Sat. March 12, 9:00 am-12:00 pm**. The morning will be part class and part retreat where we will learn and practice simple ways to be more present and aware in our lives. Taught by Jeannine Myrvik, a



psychotherapist who has been teaching mindfulness for the past 10 years. **For more information or to register for this great event please go to www.bethlehem-church.org or contact Katy at 612.312.3413/ kajer@bethlehem-church.org.**

It All Adds Up by Gretchen Porter

Kids on the run? Here are a few steps to help keep them on a healthy track.

- 10** Kids between 5-12 years need 10-11 hours of sleep
- 5** Eat 5 or more servings of fruits and vegetables.
- 2** Limit screen time to 2 hours or less (TV and computer)
- 1** Do 1 hour or more of physical activity
- 0** Don't drink soda or sugar sweetened drinks; Limit 100% fruit juice to half cup or less

ZEPHRAH HOLTBY



Community News

Deaths

Brent Buffie, 1-23-11
Marion Hallgren, 1-24-11
Curtis E. Hansen, 1-31-11

Births/Adoptions

Grant Richard Krause, 1-23-11
Parents: Paul and Monaya Krause
Big Sisters: Annika and Ellis

John Andrew Huybrecht, 1-3-11
Parents: Jeff and Jennifer Huybrecht
Big Brother: William

Peter James Swanson, 1-28-11
Parents: Brian and Emily Swanson
Big Brother: Owen

Baptisms

January 23, 2011

Aidan Christopher Shian, 9-4-10
Parents: Christopher and Lindsey Shian

Sophie Ann Jones, 4-2-10
Parents: Douglas and Kristin Jones

February 6, 2011

Isaak Levi Wilson, 11-15-10
Parents: Erik and Heidi Wilson

Alaina Kaye Groppoli, 11-16-10
Parents: Mark and Laura Groppoli

February 13, 2011

Elena Evangeline Liv Myhrom, 10-7-10
Parents: Siri and Michael Myhrom

Foot Clinic

Available 10-2pm by appointment:
March 4
April 1

Healing Touch

Available every Monday and Thursday by appointment

Gathering

2nd and 4th Thursday of the month.
Can be a volunteer or participant

Call Katy to reserve your spot for any of these things!
612.312.3413

Reading for the Journey? Daily Devotional Materials for Families during Lent



Each family is invited to pick up a daily devotional reading guide and materials for the days of Lent. Available in the Sunday School areas.

Helping other travelers! Lent Service Project for Kids

Help restock the food shelves at the Simpson Food Shelf during Lent by bringing in your favorite soup and snack. There are many varieties which may include canned meat, vegetable or bean soup, soup mixes, creamy soups, dried beans, mac-n-cheese, spaghetti-o's, along with your favorite snack cracker that goes well with soup.

Future Destinations to Plan Vacation Bible School

Monday-Friday, June 20-24
9:00am - Noon

Afternoon Day Camp

Monday-Thursday, June 20-23
Noon - 4:30pm
Completed 1st-5th grades

Andy's Gang at Shores of St. Andrew

Sunday-Friday, July 31 - August 5
Completed 2nd-5th Grades
gllm.org



Lenten Journeys

Heather Roth Johnson, Director of Children's Ministry

Have you started planning your summer vacation? For us, the first thing we do is pull out the calendar and zoom in on an exact date that works for everyone and a place we can get excited about. Once we have a starting point, we look over the details about the possible destinations that our family can go together. It is a process that we enjoy doing and gets us excited about the journey that is to come.

At church we are about to embark on a different kind of journey, a pilgrimage as God's people weaving our way through the season of Lent. Bethlehem wants to help you on your Lenten journey as a family by providing opportunities and tools to engage your children over the next 40 days. This journey is all-inclusive.

Any questions? Just ask Heather Roth Johnson, 612.312.3420 or hrothjohnson@bethlehem-church.org

Here is your trip planner.



Where to begin?

Ash Wednesday Family Blessing

Wednesday, March 9, 5:45 pm

We invite you to start your journey with the Ash Wednesday Family Blessing, which marks the first of 40 days leading up to Easter. This family friendly service is geared for kids of all ages and helps us prepare our hearts and minds for the journey. Dinner is served from 5:15 to 6:45 pm in Iverson Hall.

Destinations to Consider?

Holy Communion Training for your child

Would you like to have your child begin communing this spring? Then please pick up a First Communion packet in the Sunday School areas and register for these events:

Day Away 9:30 am-Noon, Saturday, April 9 or Saturday, April 30

First Communion Maundy Thursday, April 21, 7:00 pm
or Sunday, May 1, any service.

Journey to the Cross

Good Friday, April 22, 9:30 am in the Lower Level

Explaining the events of Holy Week can be especially confusing for young children. Journey to the Cross is designed for children age 2 through second grade to walk through the stories from Palm Sunday to Easter. You will be amazed by what you see and do as we journey together following in Christ's footsteps! Siblings are welcome, friends are encouraged.

Bethlehem looks forward to praying, assisting and walking with you during this Lenten Journey!

Cling to the Cross: Bible Camp 2011

By Mandy Licklider Baseman, Student Ministries

One of my favorite childhood memories is wrapped around a summer tradition - CAMP! Growing up in central Minnesota, my church sent oodles and oodles of kids to Green Lake Bible Camp. In early Spring, I remember Mom and Dad showing me the Camp Brochure alongside the Family Calendar. Together, we found the week that worked best and into the mail that registration form went! Some summers, I brought along a friend and other years, I ventured off alone. I can still remember the name of every one of my counselors. Camp was the highlight of my summers, and now looking back, a highlight of my childhood.

Like my congregation growing up, Bethlehem sends oodles and oodles of kids to camp every summer. And Bethlehem's week at camp is so much more than a requirement for Confirmation (each junior high student is asked to attend a week of camp at least once between 6th-8th grades - scholarships are available; contact Mandy, 612.312.3406). For 6th graders transitioning into Junior High, it is a chance to get to know Bethlehem's Youth Ministries Staff, begin to build relationships with those already in confirmation and get excited about your two-year Confirmation journey. For 7th and 8th graders, it is a week dedicated to all things fun and friends! Renew your confirmation friendships and dig deeper into your faith! For many, camp becomes one of their Confirmation highlights. And who knows, you just might want to go back summer after summer, creating a tradition that will never be forgotten.

Bethlehem's week at camp is July 31 - August 5. Registration is made directly with camp and can be done online, www.gllm.org. *Be sure to indicate "Bethlehem Lutheran - Minneapolis" while registering. Early bird discounts are offered through March 15.* If you prefer to register by mail, contact Gena, 612.312.3364 for a camp brochure.



Reprinted from the February-March 2011 issue of "Global Health" (newsletter of Global Health Ministries)

The Bethlehem Lutheran Church (Minneapolis) Youth group has returned from an amazing trip to India. The group delivered a total of 84 baby blankets and hats to the Danish Mission Hospital (DMH), along with eye care kits, on a very, very hot day in August. It was a highlight of the trip for the Bethlehem students.

The blankets and quilts that they brought to India in their many extra suitcases have all been distributed, and it sounds like many were taken up into the Kalrayan Hills where Dr. Franklin and his colleague Dr. Sachin have been working to revitalize a small clinic that serves the indigenous populations in that area.

Dr. Sachin said that "giving out the quilts had helped spread the word about the mobile medical campus in the Kalrayan Hills." As a result, they now have increased numbers of patients at the various sites.



Reform (Confirmation) During Lent

Beginning on **Ash Wednesday, March 9**, Small Groups will meet at 6:30 pm in their normal rooms for a brief "check in" before attending 7:00 pm worship together. This pattern will be repeated each Wednesday during Lent (through April 13). Be sure to have lots of "Sermon Notes" handy!



30 Hour Famine is coming up!

Friday, March 4, 7:00 pm to Saturday, March-5, 7:00 pm
7th-12th grades

This international, hunger-fighting program sponsored by World Vision empowers students to raise funds to help fight world hunger and poverty. Before the famine, students raise money through donors and sponsors. During the Famine, 7th-12th graders go 30 hours without food (consuming only juice) while learning about hunger through resources, games and activities. Also, they perform service projects around the neighborhood.



Choose Love!

Set aside 24 hours beginning Friday, April 29 at 8:00 pm. You'll be home in time on Saturday to tuck the kids in bed or to go to a movie!



What: A Marriage Enrichment Retreat

Facilitators: Pastor Mary and her husband Tom

Where: Heartwood Retreat Center, Trego, Wisconsin



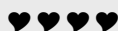
A perfect destination for discovering the natural beauty of northwestern Wisconsin while enjoying the inviting accommodations of our wilderness paradise.

heartwoodconferencecenter.com

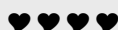
Cost: \$115.00 (thanks to a Thrivent Grant the cost has been reduced by 50%!)
Limited Space: Register Now!

Questions:

mpechauer@bethlehem-church.org



A wonderful get away! Come spend quality time together in a world that pulls us apart.



Waffle Breakfast Fundraiser Saturday, March 12, at 7500 York Ave. S.



The Friends of Ebenezer invite you to the annual Waffle Breakfast on Saturday, March 12, 9:00 am-1:00 pm in the dining room at 7500 York Ave. S., Edina. Tickets are \$6.50 per plate for all you can eat. There will be sausage, juice and coffee as well. Funds raised are used to help sponsor fun activities adding joy to the lives of our Ebenezer - Minneapolis Campus residents. For more information about this event and/or advanced ticket sales, contact Sallie Duncan at 612.869.1308 or glensalduncan@aol.com.

Ladies' Afternoon Tea May 7, 2:00 pm



We are pleased to announce the upcoming "Ladies' Afternoon Tea" at Bethlehem on Saturday, May 7 beginning at 2 pm. To be modeled after an English tea, we will lunch on delicate sandwiches, scones with jam and clotted cream, and a variety of pastries and teas. We will also enjoy music and lively conversation! Our afternoon tea is sponsored by the ladies of BLCW, LOCA and Moms' Ministry with all proceeds donated to charity. We will provide additional details and ticket sales as the date draws nearer. In the meantime, we hope you will plan to attend and please invite friends to join in a grand English tradition.

Staff News

Joannie Schwalen's Retirement

In February, we said farewell to Joannie Schwalen, our Director of Infant and Toddler Ministry. For the past four years, Joannie oversaw the nursery, as well as welcomed young families to Bethlehem through baptism classes and special events geared for them. Most recently, she led 2-year old Sunday School, as well. Prior to being on staff, Joannie served in the nursery as a volunteer for many years, helping young children feel welcome and loved. Joannie's presence has been a blessing to many Bethlehem families over the years and she will be missed. We give thanks for Joannie's ministry, and we wish her well in retirement.

We welcome Jess Wood as Interim Director of Infant and Toddler Ministry. You can reach Jess at 612.312.3401.

“A Peace of My Mind” Art Exhibit Beginning in Late March



Two years ago, photographer John Noltner began interviewing people about their thoughts on peace. The goal was to interview people from a variety of backgrounds and experiences and create a collection of thoughts on peace that might foster a wider public discussion on the subject. Portraits and

personal stories of 52 different people were collected, 12-15 of which will be on display at Bethlehem from late March through April. An opportunity to meet the artist will occur on Sunday, April 10, 9:00 and 10:15 am. Learn more about this stunning project at apeaceofmymind.net.

Seder at Temple Israel Sunday, March 27, 1:00-4:00 pm

Each spring, Temple Israel sponsors an Interfaith Seder and invites people of other faith traditions to join them for an introduction to the Jewish Seder. Several people from Bethlehem have participated over the years. It's an opportunity to sample Passover foods, experience the Seder in a Jewish setting, and come to a deeper understanding of our shared religious traditions. Register online at bethlehem-church.org, or call Gena at 612.312.3364. Space is limited. Deadline to register is March 4. For questions about the event, contact Pastor Kris Tostengard Michel, 612.312.3410.

A Journey Into Egypt: Past and Present Realities Sunday, April 3, 10:15 am and 2:00 pm Trip to Museum

Dr. Basma Ibrahim DeVries, Associate Professor of Communication Studies at Concordia University in Minnesota, Bethlehem member and author of Cultural Detective: EGYPT, will speak about past and present realities in Egypt at 10:15 am on Sunday, April 3 in Langemo Lounge. Basma, an Egyptian-American, conducts intercultural training with educational, community, and corporate groups and leads annual student travel and service-learning groups to Egypt and Mexico. She will guide our conversation about the current situation in Egypt and introduce us to what we will see at the Tutankhamun: The Golden King and the Great Pharaohs exhibit at the Science Museum.



At 2:00 pm meet in the south parking lot of Bethlehem and take a bus to the Science Museum. We will return around 5:30 pm. Cost is as follows: Children (4-12) - \$18; Adults - \$30; Seniors (60+) - \$29
Science Museum Members - \$18 for adults; \$14 for children and seniors.
Register online or contact Gena, 612.312.3364.

Bethlehem Music Series Presents...

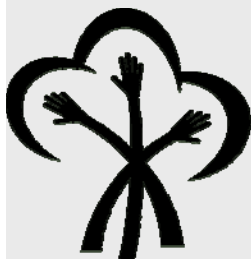
ANCIA Saxophone Quartet



**Sunday, March 20
4:00 pm**

Celebrated for its artistry, virtuosity, and exquisitely blended sound, the ANCIA Saxophone Quartet has delighted audiences throughout North America, Europe, and Asia for almost two decades. The group's innovative and diverse repertoire stretches traditional boundaries of genre and style, juxtaposing traditional classical repertoire with contemporary works and jazz. The Quartet recently returned from a concert tour of Korea. The ANCIA saxophonists are all active solo performers and hold music degrees from the Eastman School of Music, Northwestern University, the New England Conservatory of Music, St. Olaf and Ithaca Colleges. You will experience an elegant and thoughtfully rendered performance with superb technique and musicianship. This is one concert you will not want to miss! Bring your friends and family to this world class performance.

Caring for Creation



The Caring for Creation team is making plans to make our church and community more "green." Our mission:

"To lead our community in taking responsibility to actively care for God's creation."

Our goals:

- To honor, celebrate, give thanks and confess sins against God's creation in worship throughout the year.
- To increase our members' awareness of their social and spiritual responsibility for the earth through education, community events, and Bible study.
- To decrease the carbon footprint of our building, grounds and operations at Bethlehem, including waste reduction.
- To encourage congregation members to care for creation by living sustainably in personal lifestyles, in homes and at work, knowing that habits and practices can contribute significantly to the health of our earth.
- To promote ecological justice by advocating for public policy that protects the environment.

Upcoming meetings are March 3, 17 and 31, all at 7:00 pm in Room 201. Anyone is welcome to join at anytime to share green ideas, help with events and projects, or just to learn what we're doing. Contact Amy Rimington, 612.922.6492, rimdawg71@hotmail.com.

7th Annual Women's Day of Service a Success

60 Bethlehem women gathered in Iverson Hall recently for the 7th Annual Day of Service. **151** health kits were assembled and delivered to the Lutheran World Relief warehouse in Minneapolis. **109** mid-wife kits and **65** hospice kits were delivered to the Global Health warehouse in Fridley. Next month there will also be a group of 7500 York volunteers converting the leftover strips of white sheets into rolls of bandages for Global Health. Thanks to everyone for their generous contributions of money and donations that made this effort possible.

In addition to the assembly lines, Bethlehem quilters were busy tying quilts which are given to Lutheran World Relief or Lutheran Social Service. They also recently provided quilts for the refugee family. At present they have about 45 ready for distribution. Knitters also joined the event with their special projects, knitting caps, scarves, and prayer shawls for distribution to the needy and elderly.

This year we were again grateful to Thrivent and Gwenn Branstad for providing lunch for all. During our lunch hour, we heard Tim Iverson, Director of Global Health Ministries, give a very informative presentation on their projects providing people, equipment, and funds to enhance the health care programs of Lutheran Churches in other countries. He encouraged anyone who is able to join their local volunteers at the warehouse or provide individual expertise for short-term overseas assignments.

*Two requests from the Quilters:
More women to help on quilting days (no special training required) and donations of lightweight blankets or mattress pads that can be used for fillers.*

Serve a Meal at Our Saviour's on March 27

Help prepare a meal to serve the guests at Our Saviour's Housing Shelter on March 27. Meet at Bethlehem at 4:00 pm to prepare the meal. We will transport the food to the shelter and dine with the shelter guests, returning to Bethlehem by 8:30 pm. We ask each person to make a small contribution to help offset the cost of the meal. Contact Mary Tinkham, 612.827.7216, for more details or register on-line at bethlehem-church.org.

Be a Pen Pal With a Student in Slovakia

Bill and Kathy Fredell, Bethlehem members currently teaching school in Slovakia, are looking for people willing to create pen pal relationships with some of their students in Slovakia. They will be doing this via email or Facebook. The students are 9th and 10th graders who are interested in what life is like in the U.S. This will give them a chance to ask questions and practice their English and is a great way to create some international relationships in a very casual way. If you are interested contact Wendy 612.312.3363 wosman@bethlehem-church.org.

Welcome to Minnesota!

*"And how is it that we hear, each of us, in our own native language?
...Cretans and Arabs—in our own languages we hear them
speaking about God's deeds of power." — Acts 2: 8, 11*

Late in the evening of January 19, seven Karen people landed in Minnesota to meet subzero temperatures and midwinter Lutherans. Ki Ki, Ma Yi, and their five children completed their Thailand-to-America journey at a warm St. Paul apartment which was, thanks to Bethlehem members and friends, entirely furnished.



It was a humbling opportunity to establish the family's first home in the United States, just as it is a blessing to now watch them make it their own. Since January 19, with laughs and feverish gestures, we have witnessed the ways God breaks through language barriers. While neither party—family or volunteers—understands both English and Karen, we revel in God's unceasing power to unify brothers and sisters from all ends of the earth.

Please join us in this continued ministry of welcome. We invite you to help in transporting family members to appointments, tutoring the children, and—most importantly—enjoying social time with the family. If you are interested, contact Christine Hallenbeck, christine.hallenbeck@gmail.com.

March is MN Food Share Month



Donations for Community Emergency Services (CES) are welcome anytime and in March we hope you give generously. Food is desperately needed as so many people count on food shelves to meet their nutrition needs.

Particularly needed at this time: baby food, baby formula (Enfamil with iron), canned fish such as salmon or tuna, chili, beef stew, Tuna and Hamburger Helpers, and low-sugar canned fruits.

Also needed: diapers, laundry soap, hand soap, and toilet paper. Place your donations in the grocery carts located in the Gallery and church hallway at any time. A cash donation is a very good way to increase the value of your gift as CES is able to bulk purchase \$10 of food for every dollar you give. Place a check marked "Food Shelf" in the offering plate. We are always grateful for what you can share with those who don't have enough. Watch for information about a volunteer event to be held at CES near the end of March. We hope you will join us!

2011 Mission Trips

Ethiopia in May 2011

Holistic Ministry to Children of the Horn of Africa works with the Yerar people SW of Addis Ababa. This exciting ministry focuses on spiritual formation and education. The Yerar area is extremely poor, lacking clean water, electricity, and medical care. You're invited to join us to work and get to know the people and ministry as well as this beautiful country. An optional tour will take you to some of the earliest Christian churches in the world, and to the place many Ethiopians believe holds the Ark of the Covenant.

Dates: May 13-June 3, 2011 includes optional tours

Cost: \$910+airfare+tours

Contact: Roy Lafayette, 612.825.0670

roy@lafayetteandco.com

Mission/Outreach Donations for March

Every month, money is designated to go to three of our mission partners. This month's mission partners are: Community Emergency Services, ZOOM House and HMCHA (Holistic Ministry to the Children of the Horn of Africa)

March 6 —Transfiguration
Light of the World **John 8:12-20**

March 13—Pilgrim People
Healing the Blind Man **John 9:1-41**

March 20—Pilgrim People
Jesus as the Gate **John 10:1-10**

March 27—Pilgrim People
The Good Shepherd **John 10:11-18**

Service times: Sundays – 8:00, 9:00, 10:15, 11:30, 7:00 pm
Wednesdays at 12:00 and 7:00 pm during Lent

Nursery available at 9:00, 10:15 & 11:30 am Sundays and
7:00 pm Wednesday services during Lent



Bethlehem
Lutheran Church
Visit us at www.bethlehem-church.org or
Email at church@bethlehem-church.org
Telephone 612.312.3400 Fax 612.312.3399

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DATED MATERIAL

Reading the Bible in 2011



Sunday morning worship has us reading the Book of John this spring. We invite you to read the Gospel on your own, too. Here's a reading plan that will help you anticipate the texts for the following Sunday. A few other texts are suggested, as well, to add to your perspective. (Many of these readings

are included in the Lent Devotion Booklet that will be available at church during Lent.) Blessings on your quiet time with God!

Week of February 28

- John 7:1-24
- John 7:25-31
- John 7:32-36
- John 7:37-52
- John 8:1-11
- John 8:12-20

Week of March 7

- John 8:21-30
- John 8:31-38
- John 8:39-59
- John 9:1-17
- John 9:13-34
- John 9:35-41

Week of March 14

- John 10:1-10
- Psalm 23
- Isaiah 43:1
- Psalm 95:6-7
- Psalm 121

Week of March 21

- John 10:11-21
- Isaiah 40:11
- Jeremiah 23:1-4
- Ezekiel 34:11-16
- John 10:22-42

Week of March 28

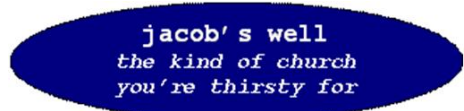
- John 11:1-16
- John 11:17-27
- John 11:28-37
- John 11:38-44
- John 11:45-57
- Romans 6:4-5

PEP Club Event

Saturday, March 12

6:30 pm in Iverson Hall

Jacob's Well: Four Years Old and Growing Up



Jacob's Well was a natural extension of the mission-mindedness of Bethlehem. It was back in February of 2006 that Pastor Greg Meyer first shared the vision and offered an invitation for us to start a 'new church.' Jacob's Well is now a fully functioning congregation of the ELCA, meeting in two locations, made up of 100's of people who share our DNA of being a church that connects people with God, each other, and the world. Pastor Greg Meyer will share the Jacob's Well story and try to answer your questions.