



***Your Care Ministries Team is here for you.
The following is a list of resources
available to you and your loved ones.***

Bethlehem Sermon Phone Line

Did you know you can call to hear the latest Sunday and Wednesday Sermon recordings? Call the Bethlehem Sermon Phone Line @ 612-312-3363.

Bethlehem Pastor On Call

If you have a pastoral emergency, call 612-312-3400, follow the prompts to option 9. A pastor is on call 24 hours a day.

Mental Health Connect

Living with mental health concerns can be tough. Finding help can be even tougher. Mental Health Connect can assist you in making the right connections. Call 612-312-3377. Email navigator@mhconnect.org.

COPE

If you or someone you love is experiencing a mental health crisis COPE can help. Call **CRISIS (274747) from anywhere in the State of Minnesota to reach the local County crisis team.

Prayer Requests

If you are hurting or in need of prayer (or know someone who is), please submit a prayer request by emailing prayers@bethlehem-church.org or calling 612-312-3400.

Senior LinkAge Line

Link to a Local Aging Expert
1-800-333-2433

<https://mn.gov/senior-linkage-line/resources/print-materials/>

The Senior LinkAge Line assists older Minnesotans and caregivers, by connecting them to local services, finding answers and getting the help they need.

Starfish

Starfish helps people in temporary crises. If you are experiencing a financial crisis, cannot afford food, gas, rent etc., call the Starfish Appointment Line at 952-686-4124.

Local Food Shelves

Community Emergency Service (CES)

1900 11th Avenue, Minneapolis, MN 55404
612-870-1125
ces@cesmn.org
www.cesmn.org

ICA

11588 K-Tel Drive Minnetonka, MN 55343
952-938-0729
ica@icafoodshelf.org
www.icafoodshelf.org

Your Care Ministries team is here for you. Please let us know how we can be present with you, how we can pray with you, how we can share in your journey. To be in touch, please contact us.

Careministries@bethlehem-church.org
BLCTC Main Office 612-312-3400

With Hope and Care,

Diane Waarvik, *Director of Care Ministries*
dwaarvik@bethlehem-church.org
612-312-3375

Heidi Peterson, *Faith Community Nurse*
hpeterson@bethlehem-church.org
952-935-3419





YOU'RE INVITED

6 WEEK PRAYERFUL WALKING CHALLENGE

“Teach me Your way, O LORD, that I may walk in Your truth.” Psalm 86:11

Your Care Ministry Team is inviting you to join in a 6 week prayerful walking challenge during Lent. If you haven't been walking or exercising already, no worries. We are going to start easy for beginners and gradually increase how long we walk every week. Of course, seek your doctor's permission first if necessary and remember to drink plenty of water.

We'll start with 5 minutes of walking every day of week one, beginning on Ash Wednesday, then increase by 5 minutes of walking each week. And while we walk, we are also going to pray for specific themes that coordinate with Bethlehem's weekly themes.

If you're already a walker, or want to increase the challenge with longer time periods, that's great. We're just happy to have you join us as we pray intentionally together as we walk.

Why walk? Here are some of the benefits of walking as listed by Mayo Clinic:

- Maintain a healthy weight
- Prevent or manage various conditions, including heart disease, high blood pressure and type 2 diabetes
- Strengthen your bones and muscles
- Improve your mood
- Improve your balance and coordination

Bonus... you can walk anywhere! And it's free! Be cautious if you choose to walk outside. Otherwise, walking inside your home is fun and easy if you use a video or YouTube walking program such as Leslie Sansone's or a myriad of other options. Search for "walking programs" or "Leslie Sansone" on YouTube.com. Mall walking and apartment hallways are also options, or just turn on your favorite music and walk in place or around your home.

SCHEDULE FOR PRAYERFUL WALKING

Begin Ash Wednesday (or whatever works best for you). Walk and pray for the allotted time and theme listed for each week below:

Week 1 - 5 minute walk - pray for yourself and your loved ones

Week 2 - 10 minute walk - pray for creation

Week 3 - 15 minute walk - pray for all the saints and those who grieve for them

Week 4 - 20 minute walk - pray for your neighbors

Week 5 - 25 minute walk - pray for those on the margins

Week 6 - 30 minute walk - pray for the world

May you be blessed as you walk and pray,

Your Care Ministry Team