

THE BETHESDA STAR

SEPTEMBER 2024

VOLUME 24

NUMBER 9



FROM THE PASTOR

*Lord, let my heart be good soil,
open to the seed of your Word.*

*Lord, let my heart be good soil,
where love can grow and peace is understood.*

*When my heart is hard,
break the stone away.*

*When my heart is cold,
warm it with the day.*

*When my heart is lost,
lead me on your way.*

*Lord, let my heart,
Lord, let my heart,
Lord, let my heart be good soil.*

ELW Hymn 512

September brings the change in seasons. The summer heat begins to dissipate, ushering in cooler autumn air. Our kids go from swimming in the lake and tubing behind the boat to doing homework and hauling backpacks onto the school bus. Harvest begins in the fields, the beet trucks start rolling, the plume of steam puffs up in North Moorhead at American Crystal. The life of the church picks up a bit, too, with faith formation for kids and adults in full swing, the confirmation class preparing for their Affirmation of Baptism, service projects abounding, and the celebration of the Season of Creation in our worship services. So, we pray the prayer that is ELW Hymn 512, shown above. May our hearts be good soil for the seed of God's word that is sown in us, and that grows into a fruitful harvest!

We pray that Jesus find us full-grown, ready for mission and work, ready to feed our neighbors with the care, love, and mercy that God shows us. It's an exciting time of year! And it's an exciting time for us here at Bethesda! Here are some of the things that I would lift up for you to take notice of in this season of change and harvest.

Karen Henschke officially began serving the congregation as Administrative Assistant at the end of August. Karen brings years of administrative experience, a knack for efficiency and organization, and a spirit

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401 - 40TH AVENUE SOUTH
MOORHEAD MN 56560

(218) 236-1420

www.bethesdamhd.org



Evangelical Lutheran Church in America

God's work. Our hands.

FROM THE PASTOR *(continued)*

of joy and collaboration to her work. Her email address is karenh@bethesdamhd.org and the church office phone number is the same - (218) 236-1420. I encourage you to reach out to her and welcome her.

Starting on Tuesday, September 3, church office hours will be: Monday - Thursday, 10a.m. - 3 p.m. The office will remain closed on Fridays. Karen be available during these hours, and Pr. Grant will typically be in at those times as well.

A reminder - Bethesda All Stars Childcare uses a good portion of the church building, so the building is locked down during their program hours: Monday through Friday from 7 a.m. - 6 p.m. This is for the safety and care of the children who are part of this ministry of our congregation.

Kari Penas, BAS Director, the church council, Karen, and I are committed to working to communicate about the use of the shared spaces in the building. The exception to this is when we have church sponsored events happening in the building, such as the weekly Monday Morning Lectionary Bible Study at 10 a.m.,

Bethesda Quilters on Tuesday's (NEW DAY/TIME at 1p.m., the third Tuesday at 9:30a.m. Women's Gather Bible Study at 9:30 a.m., or a funeral.

The East Door #1 will be unlocked for participants to enter 30 minutes prior to and 30 minutes after the start of any church sponsored events.

Generations in Faith Together (GiFT) begins this month as well. This is our new version of what we used to call Sunday School which was only for children. GiFT is faith formation - conversation, fellowship, sharing, caring, praying, and blessing for ALL AGES in our congregation. I invite you to wholeheartedly engage in this new "holy experiment." It will be different. It will be scary, perhaps. It will shatter the old idiom "the way we've always done it." And that's all ok.

There will be a guide on each table to help get you going each week with the Faith5 (Share - Read - Talk - Pray - Bless), as well as a bookmark you can take home and put in your Bible or devotional book that encourages you to do the Faith5 in your home as well.

On October 6th we will welcome New Members into our family of faith here at Bethesda!

I invite any and all who wish to join us to reach out to me (pastorgrant@bethesdamhd.org or 218-849-0907) for more information.

Like I said: it's an exciting time of year, and it's an exciting time to be Bethesda Lutheran Church! Please hold in prayer the ministries of our congregation, our staff members, our BAS teachers and leaders, our fellows Bethesda family of faith, and for our whole community of Moorhead as the seasons change.

Peace be yours, beloved,



Pr. Grant Vanderford

The Bethesda Star is an informative monthly newsletter made available to members and friends. It is composed at Bethesda Lutheran Church, 401 - 40th Ave S., Moorhead MN.

Deadline for inclusion in the October 2024 issue is September 20, 2024.



Pictorial Directory 2024

Parish Life is preparing to create a new Pictorial Directory. We have a lot of planning to do and are asking for anyone with experience, anyone wanting to get experience or just anyone that wants to help to contact Sharon Olson at 701-799-6428. Keep your eyes open for a notice that we will be starting to take pictures. These will be pictures similar to the pictures Bethesda has done in the past. After some editing, you will be given the photos and able to use for family Christmas photos, etc.

Introduction to "Life-enriching Communication" Offered

"Life-enriching Communication" is a way of connecting with your self and others with true empathy, effectiveness and satisfaction. Come to a 1.5 hour introduction to find out more and consider being part of a group that will learn and practice "Life-enriching Communication."

Introductory sessions (1.5 hours) will be offered on Tuesday, September 24, 7:00–8:30 pm; OR, Wednesday, September 25, 7:00 - 8:30 pm. Both options will be at Bethesda Lutheran Church in the Fellowship Room. This session is FREE.

A bi-weekly gathering will begin Tuesday, October 8. There is no cost for these sessions, except for the purchase of a book. The Introductory session is not required to participate - you may already know something about Nonviolent Communication; or you find you are just ready to dive in. "Life-enriching Communication" is based on insights and ideas of "Nonviolent Communication," which was developed by Marshall Rosenberg. All sessions will be facilitated by Joel Westby (he, him, his). Joel has 14 years of experience with Nonviolent Communication and has facilitated workshops in both a faith context and public context. Joel is a retired ELCA pastor who spent the last 13 years of his career as an Intentional Interim Pastor. Joel will be available after worship at Bethesda on Sunday, September 8 & 22, if you'd like to meet him and get a response to questions you may have.

The Introductory session and the bi-weekly sessions are open to people of Bethesda, other churches and the community at-large. You are welcome to invite a friend or group of people.

If you know you are coming to one of the Introductory sessions, please contact the church office with your name and which session you plan to attend. But please come even if you haven't contacted the church office.

LIFE-ENRICHING COMMUNICATION

INTRODUCTORY SESSION:

TUESDAY, SEPT. 24 | 7-8:30 P.M. **OR**
WEDNESDAY, SEPT. 25 | 7-8:30 P.M.

BI-WEEKLY GATHERINGS BEGIN OCT. 8

FACILITATOR:

JOEL WESTBY, RETIRED ELCA PASTOR WITH 14+ YEARS OF EXPERIENCE WITH NON-VIOLENT COMMUNICATION

PLEASE SEND AN E-MAIL TO
CONTACT@BETHESDAMHD.ORG
IF YOU PLAN TO ATTEND

*...a way to connect
with yourself &
others by using
true empathy,
effectiveness &
satisfaction*



HEALTH MINISTRY

I am excited to highlight what will be offered during our coffee hour/intergenerational Sunday School in September:

September 15 we welcome Karen Nitzkowski, Coordinator for Suicide Prevention, Clay County Public Health. Her topic, "Rethinking Mental Health", will include a general overview of mental health challenges.

September 22 you are invited to join the Bethesda team in the Out of the Darkness Walk at Scheels Arena, Fargo, hosted by the American Foundation for Suicide Prevention.

September 29 you will hear from Bethesda's Soul Shop team to learn more about why we value this training and tips on how to be a supportive member of the community when someone is struggling with mental health challenges and suicidal desperation. Thank you in advance for your willingness to participate and learn about this important topic.

Tammy Costin, Parish Nurse



Out of the Darkness

Community Walk

HOSTED BY THE AMERICAN FOUNDATION
FOR SUICIDE PREVENTION

SUNDAY, SEPTEMBER 22 | 2 P.M.
SCHEELS ARENA

JOIN THE BETHESDA TEAM - CONTACT MARY WENAAS
(701-320-2007 OR MSANDNESS007@HOTMAIL.COM)

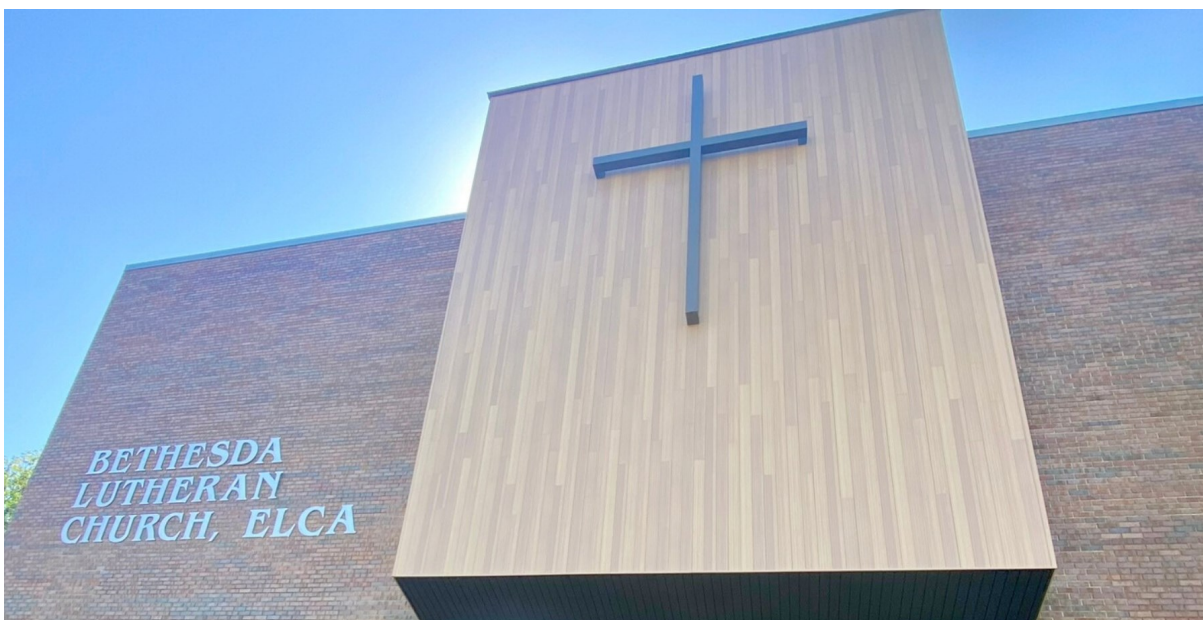
Bethesda Evangelical Lutheran Church

2024 Bethesda Budget

JUNE 2024

(Church only)

	MTD			YTD		
	Actual	Budget	over Budget	Actual	Budget	over Budget
Total Income	\$18,450	\$23,860	(\$5,410)	\$181,961	\$155,550	\$26,411
Total Expenses	\$21,944	\$24,023	(\$2,079)	\$185,500	\$146,308	\$39,192
Net Income	(\$3,494)	(\$163)	(\$3,331)	(\$3,539)	\$9,242	(\$12,781)



Building on Faith Update August 2024

Thank you to the entire congregation for supporting our Building on Faith Capital Campaign and making the roofing project happen. It's been a very busy summer, and you can see the updates happening at the church.

Construction Activities

Northland Glass completed the replacement of the upper clearstory windows above the chancel in mid-July. Fargo Roofing and Siding began work on the shingling on August 1, and it was a loud and exciting few days as they completed the majority of the shingle replacement. Workers were onsite from early morning until late evening. Most of the shingling has been completed, and the finishing work will be completed after the siding project. A few days later Lemke Home Improvements joined the action and the siding installation began. This is the most visible part of the project and is 80% complete as of August 19, 2024. The rubber roof membrane replacement will be the last part of the project, once siding and shingling are complete. John Larson has been our project point person and has been working with YHR Architects and the contractors to assure quality work and to address any issues that arise during the construction project. Although we did have a roof leaking problem when there was heavy rain during some of the construction, we have not run into any major construction oversites or change orders yet. Thank you, John!

Finances

We are so blessed with a congregation that fully supports the Building on Faith capital campaign and continues to step up with financial support. 2024 Building on Faith contributions are \$115,000 through July. We have \$278,000 of cash ready to pay to the contractors; we've tithed \$15,000 to Table of Mercy and MSUM Crossroads Lutheran Campus Ministry; and we'll receive the balance of our insurance claim once construction is complete. After all the roofing construction is complete and paid for the next construction projects will be reviewed by our Property Committee.

Respectfully,
John Larson
Nancy Lund





Women of the ELCA

FALL LUNCHEON

Conference 5

Saturday, October 12
Bethesda Lutheran Church
401 40th St S, Moorhead

9:30 A.M. COFFEE & REGISTRATION
 10 A.M. MEETING & PROGRAM

FEATURED SPEAKER: ANNA SATHER,
 EXECUTIVE DIRECTOR OF FARM IN THE DELL
 OF THE RED RIVER VALLEY

LUNCH TO FOLLOW

SIGN UP IN YOUR CHURCH OFFICE BY OCTOBER 8
 COST: \$15 PER PERSON





Sign up
 for this
 event is
 in the
 Church
 Office!

If interested, in being a
 Vendor, please contact
 Karen in the Church
 Office. 218.236.1420
 or Email at
 karenh@bethesdamhd.org
 Donation items
 are needed!

HOLIDAY CRAFT SHOW



**includes
 raffle!**
 food & beverage
 available for
 purchase

Saturday, November 2
10 a.m. to 3 p.m.

Bethesda Lutheran Church
401 40th Ave. S, Moorhead



A Note From Karen

Hello from the Church Office.

I am still getting settled here in my new role as Pastor Grant’s Office Assistant. The days have gone fast and I have learned so much in the short time I have been here. Following in Roxanne’s footsteps is not an easy task I tell you! She made it look very easy. For those of you who I have yet to meet I will give you a little bio.

My name is Karen Henschke, I am a member here at BLC and my two boys and I have been apart of the Church community for years. I have been apart of the Craft and Vendor shows here to raise money for various projects and I am looking forward to putting on the one come November 2nd.

Connor, who just graduated this last May from Moorhead High and is awaiting his orders from the Air National Guard. I am sure have seen his face around BAS as he was an Aide for 4 years as well as on the BLC board for 2. He also helps out Terrie Jo from time to time.

Quinn is a Junior at Moorhead High and is active in Football this fall. He is busy with AP and Honors classes and plays basketball and baseball to round out the year of sports. He keeps us busy with all of his activities!

I am in school full time online through MState as well working here and working at Evereve at the mall. We enjoy the lake as much as we can with my Mom. Traveling when we can for family activities and sports. We are delighted to be getting back to our Church family and a routine here at Bethesda! Stop by and say hello, I love to be able to put a face with your names.

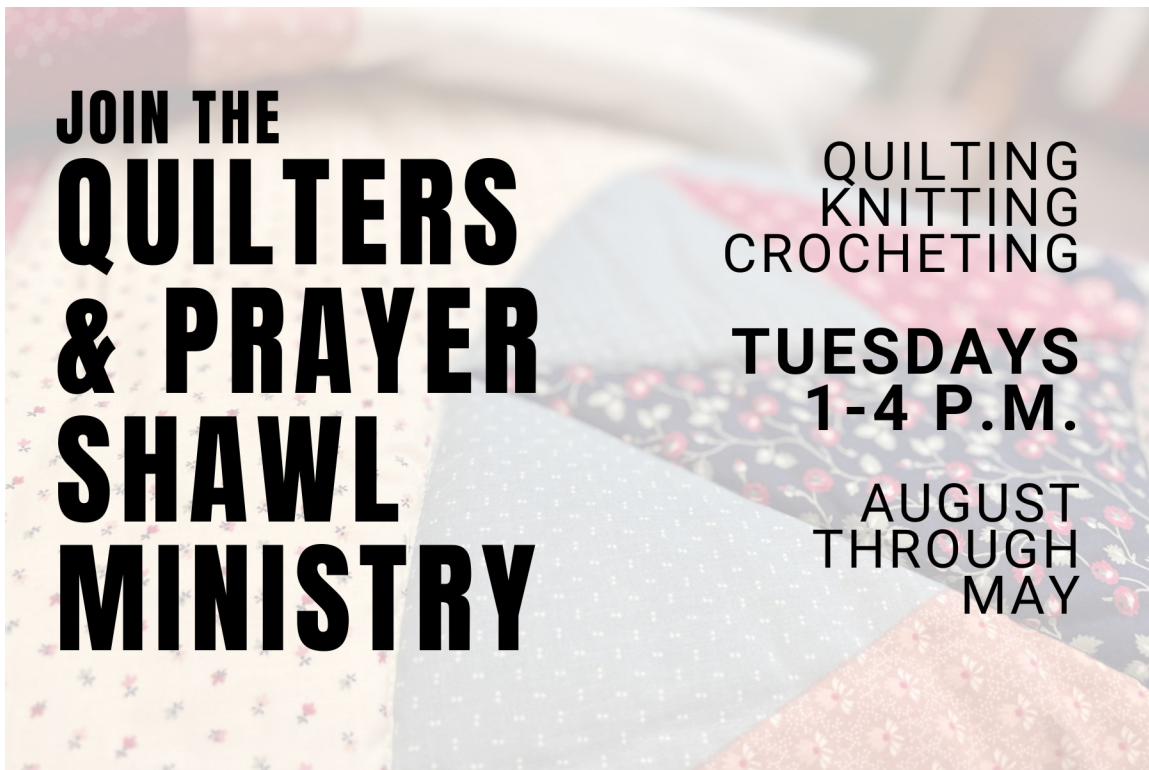
Karen

OFFICE HOURS

MONDAY	10AM to 3PM
TUESDAY	10AM to 3PM
WEDNESDAY	10AM to 3PM
THURSDAY	10AM to 3PM
FRIDAY	CLOSED

www.BETHESDAMHD.org

Now on Tuesday's! Come join us!



**JOIN THE
QUILTERS
& PRAYER
SHAWL
MINISTRY**

QUILTING
KNITTING
CROCHETING

**TUESDAYS
1-4 P.M.**

AUGUST
THROUGH
MAY

~ *A Mission Opportunity* ~

LITTLE DRESSES FOR AFRICA

Africa is in need of dresses for little girls. *"Little Dresses for Africa"* is a ministry that makes dresses out of pillowcases and sends them to countries in need. I am calling all people that want to help (no skill needed). We need people to design these dresses, cut them out and pack them in a kit for someone to take home and sew. All skills are needed. If you are at a thrift store and see pillowcases or embellishments (ribbon or elastic), pick them up and donate to this project. I would like to see this new ministry meet in the evening so that all people can attend. Most of the work is done in your own home.



Next Meeting: September 17th at 6 p.m.

In the Lounge

Sharon Olson, Coordinator





Fall Preschool Openings!

4 Star Parent Aware Rated

- EXPERIENCED TEACHERS
- SMALL CLASS SIZE
- WEEKLY MUSIC PROGRAM
- EXPANSIVE OUTDOOR PLAYSPACE
- FULL DAY OR MORNING SCHOOL YEAR OPTIONS

Call today!



CONTACT US:

Bethesda Lutheran Church
401 40th Ave. South, Moorhead

Phone: 701-212-6637

Email:

kari.penas@bethesdaallstars.com



REQUIREMENTS:

- Must be 3 years old
- Must be potty trained

OFFICERS

- Marty Ohren President
 Aaron Wenaas Vice President
 Sharon Bungum Olson Secretary
 Nancy Lund Treasurer



CHURCH STAFF

- Pr. Grant Vanderford Pastor
 Karen Henschke Admin. Assistant
 Tyler Pyle Pianist
 Sam Sadlowsky Choir Director
 Tammy Costin Health Ministry
 Billi Jo Townsend Financials