

In gratitude, Bethel Lutheran Church amplifies God's grace, nourishes all creation, reaches out, and builds community.

- •We are a Reconciling in Christ Congregation.
- Bethel Children Youth & Family Ministry bridges generations to model, equip, and encourage a foundation of trust in God's story.

BETHEL HERALD

Volume 84 Number 12 December 2020



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Joy, Joy, Joy

I've got the joy, joy, joy, joy - Down in my heart (where?) Down in my heart (where?) - Down in my heart I've got the joy, joy, joy, joy - Down in my heart (where?) Down in my heart to stay.

Do you know this song?

I learned it when I was very small. Before Sunday School class we would stand around the piano and sing songs. This was one of my favorites. We would dance around for the whole song in celebration and happiness. It is definitely *a wiggle song*!

And a song that is a good reminder for us these days. These days that we not only continue to try to be safe, but also as we make the hard decisions about where we might spend our family holidays as the pandemic numbers soar all around us. God help us!

I woke up singing this song in my head this morning. It is a reminder of the ever-present love, joy, and peace of God in my heart and in my life as pure gift. Indeed, God loves us, each and everyone of us, more than we can imagine. So, just as we find ourselves in the midst of today's challenges and frustrations, we also find God right here and right now, in the midst of our lives too! Would you like to dance and celebrate with me as we sing?

I've got the love of Jesus, love of Jesus - Down in my heart (where?) Down in my heart (where?) - Down in my heart (where?) - Down in my heart (where?) Down in my heart to stay.

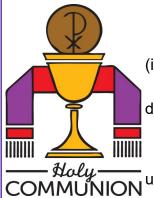
In case you do not know the tune ... here it is: https://youtu.be/imK7pAMf61E
It has changed a bit since I was a kid. I love it!

Friends, please know that just as God is here for you, so too is your faith community. Do not hesitate to call, email, or reach out in any way to me, Dr Jen, and/or one another. We need each other in this time of challenges and frustrations. We need to assure each other that God is with us. That we are not alone.

I've got the peace that passes understanding - Down in my heart (where?) Down in my heart (where?) - Down in my heart I've got the peace that passes understanding - Down in my heart (where?) Down in my heart to stay.

With you, for Jesus,

Pastor Brenda



Pr Brenda would love to visit you!

Pr Brenda is happy to come to your home for a visit and to offer Holy Communion (if you want it) in person. Simply call or email her to set up an appointment.

She will meet at your home, be masked, visit, and share communion, all at a safe distance!

651.270.4960. pastor@bethel-mpls.org

Please call. We have no way of knowing if you are taking or can have visitors unless you call. Thank you.

Little Free Pantry is Inside.

Winter has arrived and we have moved most of our **Little Free Pantry inside the building**. Items inside are things that could freeze and be ruined outside. Dry items that are stable will be outside in the drawers. They are in the drawers so the squirrels can't get to the food. The Little Free Pantry is still being used and is often in need of food. Please keep the donations coming. Personal/hygiene items are also needed.

Take what you need. Leave what you can!

Please only bring non-perishable items. Nothing that needs to be refrigerated or frozen.

All is available during business hours. M - Th 9AM - 3 PM and Friday 9 AM - 12 Noon



OUTREACH

HELLO! As a part of our **outreach ministries** at Bethel Lutheran Church, we would like to provide opportunity for friends, neighbors, members, and strangers alike to contribute to our work. If you find yourself in a place where *you are able to contribute some money to our efforts*, please check this out and be a part of **our match!** https://www.givemn.org/story/8f97ze

Also, if you are not computer minded, please feel free to send your gift directly to our office with "Outreach Ministries" in the memo line!

Either way this is shared, it is greatly appreciated!

Feeling a Little Blue for Christmas

Sure, there's lots to be joyful about as we approach Christmas. However, the shorter days and colder temperatures don't leave everyone full of good cheer. The current COVID pandemic with all the restrictions doesn't help. Add in a feeling of frenzy from the rush of the season, and it already begins to feel a little overwhelming. Add in even more, a job loss or change, the loss of a loved one, a change in health, a strained friendship, a move, and it can begin to feel like we are out of sync with the joy being expressed at every turn.

You are invited to rest awhile in silence, in quiet music, and in the glow of candlelight for a **Blue Christmas service on Dec. 20 at 7:00 PM online with Fellowship to follow!** Whether you need an opportunity to just sit still for a little bit, or you are looking for a way to acknowledge feelings of loss or depression, join with others for reflection and rest as we

way to acknowledge feelings of loss or depression, join with others for reflection and rest as we continue to find God's presence in the midst of wherever we are.





From the desk of Dr. Jen Kilps, Engagement Coordinator

Dear Bethel Friends,

A dear friend of mine is dealing with a truly traumatic experience that has left him feeling anxious, scared and depressed. Exasperated by the effects of COVID, he is really struggling. I asked him how he was. And he said, "OK." And then he said,

"horrible." And then he said that he really didn't know. I listened to him talk about the mess of emotions he is experiencing. Not being able to get a handle of how he felt stressed him out further.

Thinking about him, I can't help recall the words of Henri Nouwen, the humble priest and theologian who lived his life with people who were profoundly disabled. One of his main themes throughout his life was the subject of brokenness. He wrote,

"Our life is full of brokenness—broken relationships, broken promises, broken expectations. How can we live that brokenness without becoming bitter and resentful except by returning again and again to God's faithful presence in our lives. Without this "place" of return, our journey easily leads us to darkness and despair. But with this safe and solid home, we can keep renewing our faith, and keep trusting that the many setbacks of life move us forward to an always greater bond with the God of the covenant."

My friend is broken. He feels lost, uncertain and frightened. So are WE broken. We are not whole at any given time, yet as Christians we have faith that Christ has already restored us through his death and resurrection and we ARE whole. Again, that great paradox, we are broken and we are made whole simultaneously.

Advent and Christmas are fast approaching. I know that in my own life I am grieving the fact that I won't be seeing my mother this Christmas; she is too frail to have me visit without quarantine. But I don't know how I *could* safely visit. Christmas has always been a special time for us and I will miss her tremendously. My feelings are all over the place too. I imagine all (or most of us) are experiencing similar issues—missing friends, family, that feeling of singing 'O Come All Ye Faithful' loud and clear with our brothers and sisters on Christmas Day, or grieving the loss of traditions.

And one thing I have learned in life is that it is ok to have all sorts of feelings at the same time. It is natural and even healthy for my friend to be ok and be a mess simultaneously. It is to be expected that we are all over the place right now. Nouwen reminds us,

"Our emotional life is not the same as our spiritual life. Our spiritual life is the life of the Spirit of God within us. As we feel our emotions shift we must connect our spirits with the Spirit of God and remind ourselves that what we feel is not who we are. We are and remain, whatever our feelings, God's beloved children."

I pray for my friend who feels so broken. I pray that he will know God's comfort and the healing Spirit of God reminding him who he is, God's beloved child.

And I pray for us all. This is going to be a different Advent and Christmas for all of us and a difficult one for many. And that is ok. WE are ok.

Peace in Christ,

Jukin





Messiah

Handel's Messiah is a common work performed around Christmas. The Hallelujah Chorus is what the work is best known for and can be heard round the world during the Christmas season. This incredible masterpiece that took Handel just over three weeks to compose - Wow! - was never intended to be a Christmas sensation though. The text of this 140 minute masterpiece walks through Jesus' life starting with his birth in part one, the passion in part two and finishes with the resurrection in part three. Even though the Messiah is more suitable as a passion story for Easter it has gained a lot of popularity for its joyous Christmas appeal. The Hallelujah Chorus caps off the end of the passion and is the celebration of life over death.

Even though Handel's Messiah is not composed for Christmas, it shares the story of Christ in a joyous, engaging way. The many memorable choruses and recognizable tunes make it a joy to listen to – and to sing. While it was written for a small chamber orchestra, choir and soloists, the work has ballooned in some cases to large orchestras and massive choirs. While I was studying at the University of Michigan I had the opportunity to go to one of the performances of the Messiah in the school's large 3,500-person capacity Hill Auditorium. With full orchestra, 150+ person choir and soloists, there was barely enough room on stage for the dozens of large poinsettias lining the edge of the stage facing the audience. It certainly set the holiday spirit. Moments before the Hallelujah Chorus, the lights on the large auditorium organ would come on and the 8,000-pipe beast would roar to life. Like clockwork all 3,500 audience members were on their feet ready to sing along. To this day it still sends shivers down my back to remember that sound – a full orchestra with blaring organ to keep everyone in time. Professional singers and amateurs all together singing that most glorious chorus. This was only one performance of hundreds if not thousands that happened around the world that year.

This Christmas we all sing and proclaim the glorious birth of Jesus. As we sing alone at home let us remember that there are millions of people around the world singing along with us, sharing the love that Christ brought to earth through his birth. Celebrate as if you are with three and a half thousand people singing the Hallelujah Chorus and know that even virtually we will make a joyful noise. Soli Deo Gloria!

Christmas Stewardship

Reimagined Children's Gift Sale. PCYC Gift Sale this year will distribute gift cards to current PCYC families to be spent on gifts or food. You can participate. Donate by December 8 either online at pcyc.org or by check to Plymouth Christian Youth Center, 2210 Oliver Ave. N. Mpls..55411.



Mittens, hats, usable coat donations are being accepted and will be made available at the Little Free Pantry. Excess donations will be given to Refugee Services.

Are you looking for a Christmas gift idea? Go to the **ELCA Good Gifts** website (ELCA.org/goodgifts) and shop for animals, sending girls to school, a water filter. There are a variety of gift ideas that will benefit a person, a family or a village.



Time, Talents and Stuff

Here is a list of things to do or donate to help at Bethel Lutheran Church - as you look for some new things to do during this COVID-19 pandemic (I know, some of you have plenty to do, but some might be looking for something.):

Also, as we continue our ministry day to day, we have found some things we need. The "stuff" list includes things that will be helpful for us and for a lot of others. If you purchase things for us, please call us to drop them off.

Thank you!

Time and Talent	Stuff
Help with social media	New balls (call us)
Adopt one of our new trees	Books for Little Free Library
Organize Little Free Pantry	Stamps (forever and postcard)
Bind the bulletins for our archives	Food for Little Free Pantry (LFP)
Clean out ball collection	Scrimmage jerseys
Weed the rain garden	Coats, Hats, & Mittens to give away.
Prep newsletter for mailing	Diapers for Little Free Pantry
File music in the office	Blue tape
Wash, dry, fold rags/dishcloths	TP for Little Free Pantry
Redo Pr B's plants	Post It Notes
Make or buy baby blanket	Hygiene products for LFP
Sew and stitch Baptism cloth	Cloth masks for LFP



Decem

Sunday	Monday	Tuesday	Wedneso
		1 10:30 AM Virtual Staff Meeting 12:30 PM Virtual Text Study 6:30 PM Girl Scout Patrol Meeting 6:30 PM Virtual Mental Health Small Group https://us02web.zoom.us/j/89301705170 7:00 PM Pentecostal Casa Music Practice	2 11:00 AM Bible Study a https://us02web.zoom.us/j/ 12:00 PM Recording of V 6:30 PM Confirmation C
6 10:00 AM On Line Sunday School 10:30 AM Virtual Bethel Worship 11:30 AM Virtual Fellowship Time https://us02web.zoom.us/j/85032958485 1:00 PM Pentecostal Casa Worship 1:30 PM MN CASA Worship	7	8 10:30 AM Virtual Staff Meeting 12:30 PM Virtual Text Study 6:00 PM Girl Scout Troop Meeting 6:30 PM Virtual Mission Council 7:00 PM Pentecostal Casa Music Practice	9 11:00 AM Bible Study https://us02web.zoom.us/j/
13 10:00 AM On Line Sunday School 10:30 AM Virtual Bethel Worship 11:30 AM Virtual Fellowship Time https://us02web.zoom.us/j/85032958485 1:00 PM Pentecostal Casa Worship 1:30 PM MN CASA Worship 4:00 PM Zoom Christmas Caroling https://us02web.zoom.us/j/84050808336 5:00 PM Pentecostal Gathering	14	15 10:30 AM Virtual Staff Meeting 12:30 PM Virtual Text Study 6:45 PM Virtual Board of Administrators 7:00 PM Pentecostal Casa Music Practice	16 11:00 AM Bible Study a https://us02web.zoom.us/j) 12:00 PM HERALD DEA 6:30 PM Confirmation C Star of Hope: A celebration of C available on You through the Christre
20 10:00 AM On Line Sunday School 10:30 AM Virtual Bethel Worship 11:30 AM Virtual Fellowship Time https://us02web.zoom.us/j/85032958485 1:00 PM Pentecostal Casa Worship 1:30 PM MN CASA Worship 7:00 PM Virtual Blue Christmas Service Bethel Fellowship to follow https://us02web.zoom.us/j/87201433000	21 TBD Worship Taping	22 10:30 AM Virtual Staff Meeting 12:30 PM Virtual Text Study 7:00 PM Pentecostal Casa Music Practice	23 11:00 AM Bible Study a https://us02web.zoom.us/j/
27 10:00 AM On Line Sunday School 10:30 AM Virtual Bethel Worship 11:30 AM Virtual Fellowship Time https://us02web.zoom.us/j/85032958485 1:00 PM Zoom Christmas Caroling https://us02web.zoom.us/j/87656241427 1:00 PM Pentecostal Casa Worship 1:30 PM MN CASA Worship 5:00 PM Pentecostal Gathering	28	29 10:30 AM Virtual Staff Meeting 12:30 PM Virtual Text Study 7:00 PM Pentecostal Casa Music Practice	30 11:00 AM Bible Study a https://us02web.zoom.us/j/

day	Thursday	Friday	Saturday
& Lunch 85032958485 Worship lass	3 1:00 PM Worship Taping 3:00 PM Recording of Worship 6:00 PM MN CASA Service	1:00 PM Phone & Call Hours 1 to 3 PM 651-270-4960 6:00 PM Pentecostal Worship 7:00 PM Bethel Movie: In the White Man's Image https://us02web.zoom.us/j/81211415463	5
& Lunch 85032958485	10 1:00 PM Worship Taping 6:00 PM MN CASA Service	11 1:00 PM Phone & Call Hours 1 to 3 PM 651-270-4960 6:00 PM Pentecostal Worship	12
& Lunch 85032958485 DLINE lass musical Christmas Tube now nas season	17 1:00 PM Worship Taping 6:00 PM MN CASA Service	18 1:00 PM Phone & Call Hours 1 to 3 PM 651-270-4960 6:00 PM Pentecostal Worship 7:00 PM Bethel Movie: Last Holiday https://us02web.zoom.us/j/86859884320	19
& Lunch 85032958485	4:00 PM Zoom Fellowship https://us02web.zoom.us/j/85106518154 5:00 PM Virtual Christmas Eve Service 6:00 PM MN CASA Service	25 Office Closed 9:30 AM Virtual Christmas Service 10:30 AM Zoom Fellowship https://us02web.zoom.us/j/85804956730 6:00 PM Pentecostal Worship	26
& Lunch 85032958485	31 1:00 PM Worship Taping 6:00 PM MN CASA Service	HA	PPY NEW YEAR

Birthdays

5	
Cyenna Resendez	December 4
Mary Rosby	December 11
Senay Matewos	December 15
Chris Phillips	December 15
Samm Jones	December 18
Jim Cleary	December 19
Diane Jackson	December 19
Michael Hauge	December 21
Madalynn Bresina	December 22
Theodore Wahlstrom-Helgren	December 24
Teondre Martinez	December 25
Andrew Martinson	December 27
Gail Hanson	December 31



Anniversaries

Leanne & Ken Puckett December 18
Stan & Mary Rosby December 19
Gretchen & Daniel Mitcham December 27
Anne & Paul Kile December 30

If your birthday or anniversary is missing or incorrect please let the office know so we can update our records!

Thank you notes from scholarship recipients!

"Thank you very much for the scholarship for my schooling! I greatly, greatly appreciate it. I am so fortunate for everything Bethel continues to provide for me and am blessed to be a part of this community." Blessings, Megan Psick

"Thank you for the scholarship to help progress my education. I greatly appreciate the support from the congregation!" Henry Warwick

Spoon to Ladle Campaign

Thank you to the 34 people/families who have already turned in their Promise Cards for 2021. Each gift matters to our mission and ministry here at Bethel.

The information you provide is very helpful as we begin to budget for the year.

For those of you have not yet turned them in, please do so as soon as you are able. *Thank you!*





Tells the story of the attempt to assimilate American Indians into white culture by educating them at special schools such as the Carlisle School for Indians...



Founded by Richard Henry Pratt, this school and others like it attempted to wipe out all remnants of Indian culture, and, as a result, created a generation of Indians confused about their identities.

In the White Man's Image

December 4th, 7pm + Discussion After

ZOOM: https://us02web.zoom.us/j/81211415463





PRAYERS FOR OUR MEMBERS

Audrey Campbell Walker Family Judy Day Anna Olsen Simons/McDaniel Family Henry Warwick Laurel Jorgensen Sharon Rodi Mike Simons Dr. Jen's family Sue Dorumsgaard Avers Rosie Smith & Family Gloria Condon Pikkarainen Family Warwick Family Paige Best

Trudy (Gert) Carlson

Larissa Hoover

Shirley Elavsky Marjorie Hauge Hundt Family Marilyn Romsaas Tom Keating Sharon Warwick Sheila Nelson Bresina Family Elaine Vogel Teondre Martinez Crystal Vaughn Lynn Vaughn Jeff Fossum Mel Olson Joan Dahlman Puckett Family Andy Martinson Doris Christianson

MEMBERS, RELATIVES & FRIENDS IN THE SERVICE

Robert Hundt
Katrel Bishop (Pr Brenda's nephew)
Adam Froisland (Pr Brenda's nephew)
Dwana Froisland (Pr Brenda's niece)
Brian Hansen (Kaka Day's husband)
Aaron Larson (Rosie Smith's grandson)
Sean Young (Pr Brenda's godson)

OUR MISSION PARTNERS

- Bancroft Neighborhood Association
- Bread of Life Deaf Lutheran Church BOLD
 - Casa de Oracion MN
 - Casa de Oracion Pentecostal
 - Every Meal Mpls Area Synod
 - Nokomis Healthy Seniors
 - ReconcilingWorks

RELATIVES & FRIENDS

Bob (Sue Dorumsgaard Ayers' uncle) Ron (AnnE Keating's brother) Darlene (Jeff Albert's mom) Dennis Houde (Gloria Condon's friend) Carol & Pete (Jen's aunt & uncle) Susan (Mike Condon's sister) Steve (Pr B's brother) Anya (Candy Hickenbotham's granddaughter) Cherril (Candy Hickenbotham's friend) Kristian (Pr B's bestie) Susan & Dale (Wendy Ledesma's parents) Sue & Wayne (Karen Warwick's parents) Gretchen (Larissa Hoover's mom) Rhonda (Sheila Nelson's friends) Joni (Sheila Nelson's cousin) Rosy Fieker (Libby Krogh's sister) Rev. Ron Schuette (Dave's father) Steve Elavsky (Shirley Elavsky's son) Denann Karels (Jan & Mark Walker's friend) Joanne Wilberg (Marge Hauge's sister) Jean Phillips (Chris Phillips' mom) Pamela Christi (Sharon Phillips' sister) Gabe Ness (Julie Hundt's husband) John Hundt (Kathy Hundt's brother-in-law) Ann Baskett (Crystal Vaughn's grandmother) Andrea (Mona Falk's daughter)

MORE PEOPLE OF GOD

All of Us regarding COVID-19
Indigenous Lives
Black and Brown Lives
People of the Twin Cities
Medical Workers, Essential Workers
Government Leaders, Supply Drivers
Migrants & Asylum seekers
Victims and survivors of fires, floods,
hurricanes, and division

Board of Administrators

Here is what your Board of Administrators are working on:

We are watching our financial status closely. For a variety of reasons, our income is down this year. Good news is our expenses are down as well, but not enough to offset the income. We are doing OK for now and continue to monitor our financial well-being.

As you know, we recently had an audit completed. (see my last column.). We are working on items related to that in accounting practices, changing banks, etc.

A workgroup is being formed to start on the 2021 budget. We had a wonderful response from members for pledges next year. Thanks to all of you who have pledged. This means a great deal and helps us to set our budget for next year.

Our Scholarship committee and Endowment committee met recently and have approved distribution of money from their funds for various needs.

We are still waiting on the Minneapolis Synod to approve our constitution that we talked about at our annual meeting in February!

We are still working on Pastor Brenda's sabbatical. It will go forth when travel restrictions are lifted and it is safe.

Our pastoral and church staff continue to be very busy during this pandemic. You can read all of the things they are working on in the Herald and the Mission Council report.

I hope you are all healthy and safe. This pandemic is worse than ever. As a nurse, I see the effects first hand. Thanksgiving will be very different this year. And, I suspect our Christmas celebrations will be affected as well. We plan for the worst and hope for the best. Blessings to all of you. Ann Allison, chair

Mission Council

The Mission Council has a full schedule of movies planned in our Racial Justice Initiative Zoom movie and discussion nights to finish out 2020. We will be watching *In the White Man's Image* (a one-hour documentary about Indian boarding schools) on December 4, and for a lighter movie to take us into Christmas, *Last Holiday* on December 18. Please do join us for our movie series. You'll be able to find the Zoom link in the email from Pastor Brenda/Dr. Jen sent during the week of the movie or on the website.

New signs are going up along 42nd Street to send positive and encouraging messages regarding mental health and COVID. The signs we have displayed along this stretch in the past have garnered a good bit of positive response from folks in the neighborhood. It will be great to have these signs freshened up with new messages. Please take a closer look the next time you have occasion to drive or walk past the church along 42nd Street. There are also new banners being planned by our marketing group to advertise our online worship, among other things. Updated signage or wayfinding is an important part of our Loneliness Project.

I hope that everyone reading this is doing well and taking care. I'm thankful for each of you and for our community.

-Stephanie Johnson, Mission Council Chair

Bethel Lutheran Church

4120 17th Avenue South Minneapolis, MN 55407 www.bethel-mpls.org General e-mail: bethel@bethel-mpls.org Phone: (612) 724-3693 Fax: (612) 724-3694

Office Hours vary due to COVID-19

Pastor: Brenda Froisland pastor@bethel-mpls.org 651-270-4960

Engagement Coordinator: Dr. Jen Kilps engage@bethel-mpls.org 321-750-7862

Music:

Phil Radtke, Director organist@bethel-mpls.org Barb Saunders, Erin Gaines

Office Administrator: Susie George bethel@bethel-mpls.org

Finance Coordinator: Eleni Andre assttreas@bethel-mpls.org

Head Custodian: Katie Simons Assistant Custodians: Chris Hoover, Bill Shy

Board of Administrators:
Ann Allison, President
Dean Anderson, At-Large
Pat Gramentz, Treasurer
Laurie Hauge, Vice-President
Les Johnson, At-Large
Bryan Mann-Entzel, Secretary

Mission Council:
Janet Anderson
Larissa Hoover
Stephanie Johnson, Chair
Lizzy Kile
Jim Lair
Norma Lanning
Anna Olsen

Visitation Committee: Sharon Rodi, Coordinator

C Y & F Committee: Lisa Chovan-Spence Michael Hall Tom Keating Wendy Krogh Katie Simons Anna Wohnoutka, Chair

JAN Deadline:

Approved Article, Advertisement and Calendar deadline is:

WEDNESDAY
Dec 16th at 12 Noon
Always the 3rd Wed of the month!

Bethel Lutheran Church * 4120 17th Ave S, Minneapolis, MN 55407 * 612-724-3693 * www.bethel-mpls.org



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