



VOLUME 88 NUMBER 4 - APRIL 2024

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## Pastor's Ponderings

For the past eight months I have been thinking of Bethel as a threelegged stool, solidly placed such that we stand upon: 1. Our history, and looking forward to celebrating 125 years in 2024. 2. Our future, and looking toward learning about the possibilities of our future, especially made visible through the hard work of our Feasibility Study Team. 3. Our current and ongoing ministry, such as worship, Community Fun Nights, quilting, Tuesday Guys, soup suppers, Second Saturday concerts, and the like.

But I think I have been amiss on one particular leg of this stool. I think I have forgotten that our third leg should actually be two legs to make us even more balanced with our history and our future. With all of our current ministry on one leg of the stool, we may be putting too much weight there and need to provide more support in this area.

That is, our current ministry includes INREACH and OUTREACH, both of which deserve their own strength to continue to provide support toward our future, while bringing forward what has been helpful in our past. Using four legs, instead of three, may help to clarify what we are doing in our ministry on a regular basis.

For instance, specific OUTREACH ministry happens in a few ways. 1. When you invite others to any ministry we are doing. 2. When folks feel clearly invited through social media, signs, and mailings. 3. When we do things that are not just Bethel- focused, but offered with the other in mind. So, these past few months we have offered Community Fun Night one time per month, a Second



Rev. Brenda Froisland Pastor

Saturday Concert one time per month, and several Community Education Classes in February and March. These outreach activities are created to offer us all opportunities to invite, enjoy, and meet folks in our own space for various reasons. And we do these things to build relationships with others – especially the others in Bethel's neighborhood. This ministry also reminds us that church is not just about the worshiping community, but about our surrounding community.

In contrast, we have INREACH ministries that are our own, and more focused on taking care of the folks who are already active participants in some more specific ministries. For instance we quilt once a month, worship every Sunday, do soup suppers during Lent, fix/organize things around the building throughout the week (I am thinking about the Tuesdays Guys and those who come behind the scenes to lead, file, hire, proofread, archive, help with postage projects, dream, coordinate our funds, etc.). This can also include

## 125th Anniversary Update

You know the song, "Build Your House on a Rock, Not on Shifting Sand."

While in the Boundary Waters I observed trees growing out of rocks, finding cracks and putting down roots.

As we walk in Florida, I see trees growing in sand, large oaks spanning twelve feet around. Just like Bethel we put our roots down on a swamp. Not the best, but where we are supposed to be. Each of us have survived and grown and adjusted to what we are today.

These are all signs of creation at work growing to what God has in store for us.

## Clarice Loystuen





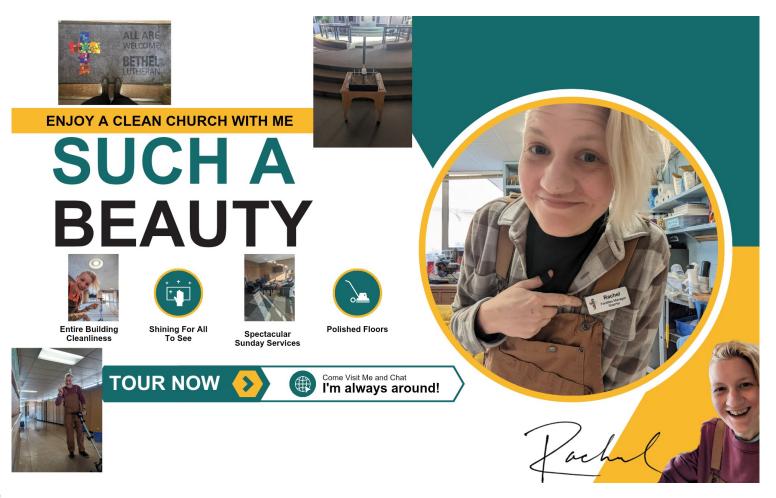


#### **SATURDAY, JUNE 8**

3:30pm Tree Planting 4:00pm Reception in the Courtyard 5:00pm Dinner in Nazareth Hall

#### SUNDAY, JUNE 9

10:00am Worship Service with a Picnic after Worship



## Michelle's Grant Update

#### The Loneliness Cure

You may recall that the U.S. Surgeon General issued an advisory last year calling loneliness a public health crisis-one that increases the risk of conditions like heart disease and dementia. Here at Bethel we have grant funds dedicated to helping us Oust Loneliness in our church and neighborhood and our broader communities.

Because loneliness is a powerful feeling it seriously and negatively impacts our mental health and our physical health. Research shows that loneliness triggers a stress response in our bodies. When we feel lonely a hormone that can cause shortness of breath or a fast heart rate in the short term is triggered. If the feeling persists, as it frequently does for people of all ages, this repeated stress response can lead to anxiety, depression, trouble sleeping, heart disease and dementia.

Early in March the Star Tribune completed a 5-part series on how simple, intentional acts can cure this loneliness epidemic. Steps like setting a regular time to talk to someone you care about or even volunteering with AARP to call others who need a call; listing out your interests and trying a new class or club related to one of your interests or volunteering somewhere once a month; the next time you are with a friend, seeing if you can make them laugh. Keep the jokes and funny memories flowing until you both crack up. Since July 2023 we have been experimenting with monthly Community Fun Nights which include a free meal and some kind of activity. These community events have been fun and have helped Bethel get to know some of the neighbors who live close to Bethel.

And there is room for other kinds of activities to help Oust Loneliness. I'm wondering what



Rev. Michelle Lewis Grant Manager

you do when you feel lonely? How do you get your body out of that powerful feeling?

The other day I overheard one end of a caring phone call. On the end that I could hear, the person encouraged someone who was feeling lonely and worried to trust themself and to remember that they are an important person. In just two minutes that person helped to Oust Loneliness.

Please let me know how you Oust Loneliness for yourself or for your neighbors.

Rev. Michelle

grantmanager@bethel-mpls.org

## Bernie's Message

#### Christ has risen! Christ has risen indeed. Alleluia!

As we celebrate the season of Easter, we celebrate rebirth, new life, and growth. In Bethel Choir and Handbell Choir, the skills these musicians had when our organist and pianist, Anne Phillips, and I arrived last year, continue to grow. We have a couple new or returning members in our ensembles, so we are growing in that sense, and others have expressed interest as well.

We are amateur ensembles. What does that mean? The Merriam-Webster Dictionary tells us, "The earliest sense of amateur ('one that has a marked fondness, liking, or taste') is strongly connected to its roots: the word came into English from the French amateur, which in turn comes from the Latin word for 'lover' (amator)." The cool thing is that we sing and play for the love of music, AND for the love of God whose Word is carried by the music, and the prayers it carries to God. What's even cooler is that YOU can join us. There is no audition. Previous experience is not necessary, but of course is welcome. I am gratified by how you, the Bethel congregation, love music, love singing, and are open to new songs, while also being rooted in musical traditions of this community that we love.

Speaking of roots, we will sing songs about roots and trees and growth as we prepare to celebrate Bethel's 125th Anniversary in June, and



Bernie Asher Music Director

find out how we will grow into our future. I look forward to making music with you on the way.

Bernie Asher

music2023@bethel-mpls.org

Join nç for onr free COMMUNITY FUNNIGHT W



#### **APRIL FUN NIGHT**

Thursday, April 11, 5:30pm-7:30pm

Free Meal at 5:30-6:15pm: Lasagna and Garlic Bread Activity: Celebrate Earth Day, Make May Day Baskets, and Labyrinth Walking Lessons



#### (continued from page 1)

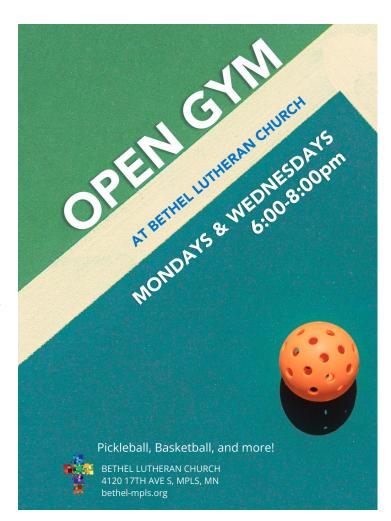
things like weekly breakfast with church friends, lunch after worship, meeting up for a beverage of choice, going to concerts together, etc.

By separating our ministry into two legs of the stool, I think I am being more honest and transparent with what I believe we are called and sent to do as followers of Jesus. We absolutely need to take care of one another within our own space and with our own people. This deepens our connections and our faith. I also know we need to take care of the folks outside our own space and with people we haven't even met yet. This is how we end up with visitors and repeat visitors and folks who want to join our inreach – through outreach. Not all of which should be about getting more folks to join our church, but to build relationships to see what other ministry might grow out of our connections with God right by our side.

What do you think? Does this new metaphor help clarify my mode of operation and what I am up to as your pastor? I am open to your thoughts, ideas, dreams, and criticism. Please feel free to let me know what you think.

With you, for Jesus,

Pastor Brenda



## **Feasibility Study Team Report**

We hope you already have Saturday, April 20 and Sunday, April 21 saved on your calendar. Those are the days of the Bethel "retreat," where together we will explore our passions and hopes and dreams for the future of Bethel.

We know that giving up a good chunk of your weekend is a sacrifice. We wouldn't ask if this wasn't a VERY IMPORTANT event. Your input is ESSENTIAL, and we want to hear what you have to say. We need EVERYONE to join us. We will meet on Saturday from 9 am to about 4 pm and on Sunday from 9 am to about 2 pm, with a short worship service included on Sunday. Our facilitator is from Riverside Innovation Hub of Augsburg University.

Besides participating in some of the most important discussions we've ever held concerning our congregation, you also get to:

- Sleep in your own bed (this will be held at Bethel).
- Eat breakfast and lunch and snacks that you don't have to cook.
- Leave your wallet at home there is no cost to you.
- Spend time with your faith community.
- Bring your kids childcare will be provided.

What will the results be? Come and find out!

Committee members: Jim Lair, Laurie Hauge, Don Olson, Ann Allison, Andrea Allie, Gene Rodi, and Pastor Brenda (ex-officio)

feasibility@bethel-mpls.org

## A TWO-DAY RETREAT

or

Saturday, April 20 from 9-4pm Sunday, April 21 from 9-2pm



AT BETHEL LUTHERAN CHURCH

PLEASE RSVP BY APRIL 12 FOR THIS FREE EVENT

## **MINISTRY CALEN**

Sunday	Monday	Tuesday	Wednesd
31	1	2	3
<b>Easter Sunday</b> 8:30am Bethel Choir Rehearsal 9:00am Bethel Easter Breakfast 10:00am Bethel Worship 11:00am Fellowship Time 1:00pm Pentecostal Casa Worship	Easter Monday Holiday Bethel Office Closed 6:00pm Open Gym 7:00pm Bridge to Shore AA	9:00am OA HOW Meeting 10:00am NHS Exercise 10:00am Staff Meeting 11:00am NHS 500 Cards Group 6:30pm Scout Troop 7:00pm Pentecostal Casa Music	10:00am Bldg & Grounds Mtg 10:00am NHS Women's Art Gro 10:00am NHS Yoga 12:00pm Hybrid Bible Study 5:45pm Bethel Bell Choir 6:00pm Open Gym 6:30pm Continuous Action AA 6:30pm Nokomis Quilters 7:00pm Bethel Choir
7	8	9	10
10:00am Bethel Worship 11:00am Fellowship Time 1:00pm Pentecostal Casa Worship 5:00pm Pentecostal Casa Potluck	Bethel Office Closed 4:00pm Feasibility Study Team 6:00pm Open Gym 7:00pm Bridge to Shore AA 8:00pm Bridge to Shore AA - Meeting	9:00am OA HOW Meeting 10:00am NHS Exercise 10:00am Staff Meeting 11:00am NHS 500 Cards Group 11:00am Operation Love Quilters 6:30pm Scout Troop 7:00pm Pentecostal Casa Music	10:00am Ensemble Music Clas 10:00am NHS Women's Art Gr 10:00am NHS Yoga 5:45pm Bethel Bell Choir 6:00pm Open Gym 6:30pm Continuous Action AA 7:00pm Bethel Choir
			Herald Deadline
14	15	16	17
10:00am Bethel Worship 11:00am Fellowship Time 1:00pm Pentecostal Casa Worship	Bethel Office Closed 6:00pm Open Gym 7:00pm Bridge to Shore AA	9:00am OA HOW Meeting 10:00am NHS Exercise 10:00am Staff Meeting 11:00am NHS 500 Cards Group <b>2:00pm Church Directory Photos</b> 6:30pm Scout Troop 7:00pm Pentecostal Casa Music	10:00am Ensemble Music Clas 10:00am NHS Women's Art Gr 10:00am NHS Yoga <b>1:00pm Church Directory Pho</b> 5:45pm Bethel Bell Choir 6:00pm Open Gym 6:30pm Continuous Action AA 7:00pm Bethel Choir 7:30pm Continuous Action Lea
21	22	23	24
<b>9:00am Bethel Retreat</b> 10:00am Bethel Worship 1:00pm Pentecostal Casa Worship 5:00pm Pentecostal Casa Potluck	Bethel Office Closed 4:00pm Feasibility Study Team 6:00pm Open Gym 7:00pm Bridge to Shore AA	9:00am OA HOW Meeting 10:00am NHS Exercise 10:00am Staff Meeting 11:00am NHS 500 Cards Group 6:30pm Scout Troop 7:00pm Pentecostal Casa Music	10:00am Ensemble Music Clas 10:00am NHS Women's Art Gr 10:00am NHS Yoga 12:00pm Hybrid Bible Study 5:45pm Bethel Bell Choir 6:00pm Open Gym 6:30pm Continuous Action AA 7:00pm Bethel Choir
28	29	30	1
10:00am Bethel Worship 11:00am Fellowship Time 1:00pm Pentecostal Casa Worship	Bethel Office Closed 4:00pm Feasibility Study Team 6:00pm Open Gym 7:00pm Bridge to Shore AA	9:00am OA HOW Meeting 10:00am NHS Exercise 10:00am Staff Meeting 11:00am NHS 500 Cards Group 6:30pm Scout Troop 7:00pm Pentecostal Casa Music	10:00am Ensemble Music Clas 10:00am NHS Women's Art Gr 10:00am NHS Yoga 12:00pm Hybrid Bible Study 5:45pm Bethel Bell Choir 6:00pm Open Gym 6:30pm Continuous Action AA 6:30pm Nokomis Quilters 7:00pm Bethel Choir

# DAR - APRIL 2024

lay	Thursday	Friday	Saturday		
oup	4 9:00am NHS Foot Care 9:30am NHS Nurse Is In/Blood Pressure 10:00am NHS Exercise 11:00am NHS Roundtable Discussions	5 6:00pm Pentecostal Casa Worship	6 9:00am AA Amigos 9:45am Paw & Order		
	7:00pm BNA Board Meeting	PASTOR BRENDA IS ON VACATION 4/4-4/17 Please call the Pastoral Care Line if needed: 612-399-6106			
	11	12	13		
s oup	9:30am NHS Nurse Is In/Blood Pressure 10:00am NHS Exercise 11:15am NHS Lunch and Movie <b>5:30pm Community Fun Night</b> 6:00pm Girl Scout Troop 18896	9:00am Ensemble Music Class 6:00pm Pentecostal Casa Worship	8:30am Cub Scout Pack 38 Meeting 9:00am AA Amigos 9:00am Bishop Election Forum 1:30pm End In Mind - Advanced Care Directive Workshop		
12:00pm	FUN NIGHT				
	18	19	20		
s oup <b>tos</b>	9:30am NHS Nurse Is In/Blood Pressure 10:00am NHS Exercise 11:00am Diabetes Support Group 11:00am NHS Let's talk About Loss	9:00am Ensemble Music Class 6:00pm Pentecostal Casa Worship	9:00am AA Amigos <b>9:00am Bethel Retreat</b>		
dership Meeting					
	25	26	27		
s oup	9:30am NHS Nurse Is In/Blood Pressure 10:00am NHS Exercise 11:00am NHS Caregiver Support Group 6:00pm Girl Scout Troop 18896	9:00am Ensemble Music Class 6:00pm Pentecostal Casa Worship	8:30am Cub Scout Pack 38 Meeting 9:00am AA Amigos 9:45am Paw & Order 4:00pm Casa De Oracion Event		
	2	3	4		
s oup	8:30am Shen Yun Kitchen Rental 9:00am NHS Foot Care 9:30am NHS Nurse Is In/Blood Pressure 10:00amNHS Exercise 11:00amNHS Roundtable Discussions 7:00pm BNA Board Meeting	6:00am Shen Yun Kitchen Rental 8:00am BSA Troop Spring Flower Sale 9:00am Ensemble Music Class 6:00pm Pentecostal Casa Worship	6:00am Shen Yun Kitchen Rental 8:00am BSA Troop Spring Flower Sale 9:00am AA Amigos 9:45am Paw & Order		

## **Bethel Bible Study with Pastor Brenda**

## Wednesdays at 12pm

Online meeting room: https://us02web.zoom.us/j/81542792093



And in-person in the Fireside Room.

4/3	Psalm 133 Acts 4:32-35
4/10	Psalm 4 Acts 3:12-19
4/17	No Bible Study
4/24	Psalm 22:25-31 Acts 8:26-40

## Bethel Lutheran Church Staff and Leadership

#### Rev. Brenda Froisland, Pastor:

pastor@bethel-mpls.org **Music:** Bernie Asher, Music Director music2023@bethel-mpls.org Anne Phillips, Musician musician2023@bethel-mpls.org

#### **Office Manager:**

Regan Saunders bethel@bethel-mpls.org

#### Finance Coordinator:

Teresa Klotz assttreas@bethel-mpls.org Facilities Manager: Rachel Allison headcustodian@bethel-mpls.org Assistant Custodians: Michael Hauge,

Joe Pace, Bill Shy, Katie Simons

#### **Grant Manager:**

Rev. Michelle Lewis grantmanager@bethel-mpls.org

For a full list of our staff and leadership members, please visit our website.



## **April Sunday Servers**

Date	Assisting Minister	Lector	Cantor	Sacristy	Ushers	Streaming	Hospitality	Altar Guild
4/7	Sharon Rodi	Norma Lanning	Janet Anderson	Stephanie Johnson	Norris and Tom	Gene and Ted	Laurie Hauge	Barb and Barb
4/14	Susan Potratz	Jerry Johnson	Sarah Berke	Marilyn Newborg	Dean and Dave Sunde	Gene and Ted	The Wohnoutkas	Barb and Barb
4/21	Anna Olsen	Sharon Rodi	Kristin Cleary	Clarice Lovstuen	Susan and Jerry	Gene and Ted	Joan Bargman	Barb and Barb
4/28	Kristin Cleary	Anna Wohnoutka	Bernie Asher	Marilyn Newborg	Dave Krogh	Gene and Ted	Alice Evenson	Barb and Barb



## **APRIL** BIRTHDAYS AND ANNIVERSARIES

### **Birthdays**

Heidi Nordine	1
Karen Warwick	1
Mike Simons	2
Janet Anderson	4
Rachel Allison	4
Julie Ness	8
Brenda Froisland	19
Linda Frazier	21
Josi Alberts	23
Ray Pikkarainen	24
Joan Bargman	29
Joni Hodgman	29

### Anniversaries

Brenda Froisland and Mary Chilvers	8
Jeff and Jody Alberts	13
Jeff and Michelle Kevelin	24

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







#### Bethel's 125th Anniversary Photo Directory

This is your chance to be a part of commemorating Bethel's 125th Anniversary. Please take advantage of online scheduling whenever possible. You can also contact the office during operating hours (Tue-Fri from 9am-2pm), or look for Laurie and Romell on Sundays before and after worship.

Our Photo Dates:

#### Tuesday, April 16, 2:00-8:30pm and Wednesday, April 17, 1:00-7:30pm

To schedule online, visit: bethel-mpls.org Click PHOTO DIRECTORY in the upper left in the menu bar.

> Please enter the following information on the Universal Church Directories Login page: Church Code: **mn446** Password: **photos**



(Please make sure these are all lowercase) Follow prompts to schedule you and your family's appointment time.



#### **PRAY FOR BETHEL MEMBERS**

Libby Krogh Warwick Family Allie Family Pikkarainen Family Larissa Hoover Sue Dorumsgaard Ayers Mike and Grace Simons Cannon Family Cole Mann-Entzel The Walker Family Sharon Rodi Lynn Vaughn-Arradondo Sarah Psick

Crystal Vaughn's Family Karen McBride and Jon Sharon Phillips Gert Carlson Laurel Jorgensen Kevin Hoover Gloria Condon Hundt Family Teondre Martinez Puckett Family Andy Martinson Doris Christianson Darrell Dahl Marge Hauge

#### PRAY FOR OUR RELATIVES AND FRIENDS

Steve (Pr B's brother) Michael Erickson (Marilyn Newborg's brother) Laura (AnnE's sister) Angela (Tom and AnnE's granddaughter) Donovan (Angel Cannon's father) Ian Cook (Pr B's friend) Amy Lynn D (Sue Dorumsgaard Ayers' sister) Amy Lynn H (Sue Dorumsgaard Ayers' friend) Laura (Sue Dorumsgaard Ayers' friend) Rita Zdon (Sharon Phillip's friend) Calvin (Angel Cannon's godfather) Sandie (Anna Wohnoutka's aunt) Kristian Clauser (Pr B's friend) Laura Chovan (Lisa's sister) Wayne (Karen Warwick's dad) Trent and Michelle Halvorson (Norma's Family) Darlene (Jeff Alberts' mom) Susan (Mike Condon's sister) John Hundt (Kathy Hundt's brother-in-law) Andrea (Mona Falk's daughter)

#### **MORE PEOPLE OF GOD**

- Victims of natural and human disasters
- People of Ukraine
- All of us regarding COVID-19, RSV, Flu, Mpox
- Black and Brown Lives
- Indigenous Lives
- Asian Lives
- Refugees, Migrants and Asylum Seekers
- Palestinians in Gaza
- Israeli Citizens
- People dying due to gun violence

#### MEMBERS, RELATIVES AND FRIENDS IN THE SERVICE

Alec M. Cullen (Tom Keating's nephew) Katrel Bishop (Pr B's nephew) Adam Froisland (Pr B's nephew) Dwana Froisland (Pr B's niece) Sean Young (Pr B's godson) Evan Harrison (Pr B's great nephew)

#### **BETHEL'S MISSION PARTNERS**

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

For additions or revisions to the Prayer List, please contact Pastor Brenda: pastor@bethel-mpls.org or the Office: bethel@bethel-mpls.org (612) 724-3693

## **Board of Administrators**

#### **The Loneliness Cure**

It was so good to gather as a full congregation for our recent Annual Meeting on March 10. The state of Bethel is: strong! Thank you to all who have served in leadership roles this year, and who have accepted and have been elected into a call to serve next year. It's a pleasure to work with all of you.

The board last met in February and discussed a range of topics, from upcoming investments needed in our building, to staffing plans, to plans for the upcoming Minneapolis Area Synod gathering.

Meanwhile, we're coming together in reflection for Lent, we're gathering for monthly community nights, and the alleluias and the eggs will soon be liberated from their hiding places as we get ready to celebrate Easter. Peace to all,

Sarah Berke

boa@bethel-mpls.org

## **Mission Council Report**

At our March meeting, we reviewed the latest Community Fun Night event and looked ahead to the upcoming month's activities. Because the South Minneapolis Day Camp is not happening this year until August (and at another church), we thought we would invite those participating congregations to our June Community Fun Night which will include kite making and kite flying as the activity. Let's hope for good weather!

We are also attempting to involve more of you in carrying out these monthly events. There are a number of small tasks that can be done earlier in the day, or in the hour or two before the event. If you cannot attend the actual event, that is OK! Please see our sign-up poster which will be available every Sunday and we also may be calling or texting you for help. If we can get a larger number of people involved, then each person may only need to volunteer once or twice a year!

A number of people participated in the Feed My Starving Children event on March 2nd. We may plan to participate in this more often: yearly or perhaps twice a year, depending on interest. We heard from Jim Lair who reported on the progress of the Feasibility Committee. They have done an amazing amount of research into various possibilities for Bethel Lutheran Church. We are looking forward to learning more at the April retreat on April 20-21. Everyone is invited and encouraged to attend this retreat. I'm sure there is more information about this elsewhere in this Herald.

I hope you had a chance to read the Mission Council annual report which summarized our accomplishments this past year and what we are looking forward to in the coming year. My term of office ends in June. We are happy to welcome Susan Potratz who is joining the council but we are still short one member and hope to find someone soon. Please consider this prayerfully, if asked.

Janet Anderson

missioncouncil@bethel-mpls.org







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

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

- We are a Reconciling in Christ Congregation. •
- Why a Public Church? To impact and enhance community so that everyone feels a sense of love and belonging.





community.



can attend.

one

another! Our registration fee is based on a

of this community that supports

sliding scale and any donations given by others is used to defray the cost so everyone

accessible to everyone who wants to come

and are grateful for the abundant generosity

We are committed to making camp



Cuiffin