



*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
LUTHERAN
South Minneapolis

BETHEL HERALD

Volume 86

Number 9

September 2022



Pastor's Column	1-2
Sunday Sermon Series	2
Staff Evaluation Time	2
Solitude and Loneliness	3
Operation Love	4
School Supplies	4
Message from MPD	5
ELCA Churchwide Assembly ...	5
Calendar	6 & 7
Book Group	6
Birthdays & Anniversaries	8
Pastor Hellevik	8
Bible Study	8
Sunday Servers	9
Volunteer Please	9
In Our Prayers	10
Board of Administrators	11
Mission Council	11
Gathering Sunday	12

Oct. Deadline:
Wednesday
September 21 at
12:00 Noon

Hello, everyone.

It is great to be back in the community with you after three months to rest and renew. Thank you, once again, for your support and prayers during my sabbatical. As I have mentioned, it was life-changing for me. I know that is a pretty strong statement, but allow me to elaborate.

At the end of May, Mary and I attended a self-care retreat at the Ratna Ling Retreat Center. This was a retreat center that a friend and colleague, Pr SiriAnna Strommen, suggested I go to while on sabbatical. We are both so glad we took her advice.

"Ratna Ling Retreat Center is open to all people looking to find inner strength and spiritual peace. We are located in the coastal redwoods of Sonoma County, a spectacular 90-mile drive from San Francisco. Our retreats offer you the opportunity to experience beauty and quiet, in elegant private cottages."

The advertisement for the self-care retreat said this: *"In a fast-paced world of mobile devices, cars, planes, deadlines, and capitalism, we can lose track of what is important, like our well-being, inner peace, laughter, and our personal truth. Treat yourself to three days to unwind, reflect, and breathe into your fullness. Remember what you value most, and then return to your life with a renewed sense of ease, joy, and strength."*

Friends, the retreat we experienced was all of that and more.

- ❖ I learned more about forgiveness and compassion than I have learned in my entire life.
- ❖ We found new friends and explored new ways of being present in the world.
- ❖ I reconnected to my mantra from years ago: "Be still and know that God is God."
- ❖ We tried yoga, soundscaping, meditation, and new ways to self-care.
- ❖ And we were given permission to slow down.

As I return to Bethel, I have told our leadership that I realized I have been *sprinting* out in front of this community for a long time. As such, I am tired, and I think you are too. So,

- ❖ I am trying to *walk* back into ministry with you.
- ❖ I am trying to listen more deeply and discern with you more slowly.
- ❖ I am trying to be more present and not allow fear, success, or urgency to send me forward without a clear direction.
- ❖ I am trying to breathe, reflect, pray, and move alongside all of you as we figure out the future of Bethel Lutheran.

(continued on page 2)

To be honest, four weeks into this process, I am finding it difficult to change my mode of operation so abruptly. That is, when I arrived at Bethel as your pastor, I was asked to hit the ground running, and I did. Six months later, I was asked to slow down, which I tried. Ten years later, I realize my leadership, imagination, and energy can be overwhelming. So, I am trying a new way of leading, and I hope and pray you will keep me grounded on behalf of us all. Feel free to let me know when my pace is too fast, not clear, or headed the wrong direction.

Truth be told, we all love this place and this community. We are blessed to be a large part of this part of South Minneapolis, and beyond. We, together, want what is best and are curious where the Spirit is leading us into the future. And, we can explore our future at an appropriate pace, with prayer, and while we breathe together into what comes next. Please help me to slow down and God help us all as we listen and remember to, "Be still and know that God is God."

With you, for Jesus, *Pastor Brenda*

Story Sermon Series


Shared experiences from a sabbatical

- Sunday, Aug 14 - The depth of forgiveness
- Sunday, Aug 21 - Reconciliation
- Sunday, Aug 28 - Humility
- Sunday, Sept 4 - Systemic oppression
- Sunday, Sept 11 - Beloved community
- Sunday, Sept 18 - Reparations
- Sunday, Sept 25 - Who are our neighbors?

Sundays, 10 AM

Bethel Lutheran

612.724.3693 www.bethel-mpls.org 4120 17th Ave S Minneapolis, MN 55407



Pr Brenda has returned from her 3-month sabbatical and would like to share some stories from her time away. The sabbatical was based around "finding where communities collide and collaborate," so let's explore her experiences.

All are welcome, without exception!

Staff Evaluation Time
 The Personnel Committee is asking you to fill out a form on how you think our staff is doing. You don't have to put your name on the form. It can be completed online and paper copies will be on the ushers' table on Sundays. The link to the online survey is: <https://forms.gle/va99J6XdZKoXpbPj8> Your input by September 18th is greatly appreciated.
 As Ever, Tom Keating, Chair Personnel Committee

Pastor	Office Staff	Custodial Staff				Music Staff	
							
Pr Brenda	Susie George	Katie Simons	Bill Shy	Michael Hauge	Rachel Allison	Elena Dant	Noah Wright

Solitude Compared to Loneliness

“In the morning, while it was still very dark, Jesus got up and went out to a deserted place, and there he prayed.” Mark 1:35

“And Simon and his companions hunted for Jesus. And when they found Jesus, they said, “Everyone is searching for you.” Mark 1:36-37

What do you notice about Jesus compared to his friends and disciples in these two verses? I notice a sense of peace and calm about Jesus; even as he seeks some time alone, Jesus seeks out solitude. Jesus intentionally leaves the group and finds a lonely place to be alone! Jesus seeks out solitude: time to be alone to reflect, to wonder, to pray, to contemplate.

In 2003, Psychology Today published an article about Solitude and Loneliness (and many articles since then too!). **Solitude is the state of being alone without being lonely.** This is what Jesus demonstrates for us. Solitude is a helpful mental and emotional practice of setting aside our habits of comparing ourselves with others (hello, social media!). Solitude challenges our beliefs that we are irreplaceable and so we can never be out of reach (hello, setting up downtime on our devices!).

In contrast, Loneliness is a negative state, marked by a sense of isolation. One feels that something is missing. It is possible to be with people and still feel lonely—perhaps the most bitter form of loneliness.

Look again at Mark 1:36-37 (above). Those who are looking for Jesus are lonely in a group. They are so worried that they might miss out on something they cannot wait for Jesus to return to them. Instead they organize a **hunt** to find Jesus. Not just keeping an eye out for him, but hunting for him.

How often does this happen to you? When I start feeling like this in my mind I go through a list of people I could call so that I don't feel as alone and lonely. But, what if the next time you or I start to feel so worried and lonely we do something different? What if, instead of imitating the disciples, **we imitate Jesus?**

When we are alone, we do not need to feel lonely, worried, or distracted. Instead, when we imitate Jesus, and seek solitude, we can experience new insights, reassurance, and be filled up with the goodness that God has for us.

I offer two simple practices to get you started with experiencing solitude.

Find a quiet spot to sit

Set a timer for 1, 3, or 5 minutes

Light a candle (real flame or imitation flame) and watch as the flame dances

Remember to breathe! Box breathe with a mantra (if you are new to Box Breathing, wait to add the mantra, and just focus on your breathing)

Find a quiet spot to sit

Set a timer for 1, 3, or 5 minutes

Breathe in this pattern

Breathe in to a count of 4

Hold the breath for 4

Breathe out to a count of 4

Wait to breathe in for 4

As you breathe in, use the mantra “I am fearfully and wonderfully made.” As you breathe out, let the mantra, “May my soul know this well” fill the world around you.

When you are done with one or both of these practices, and you are still feeling lonely, then give someone a call to chat or to invite them to share a meal with you. That is what Jesus did too!

“Jesus answered, ‘Let us go on to the neighboring towns, so that I may proclaim the message there also, for that is what I came out to do.’” Mark 1:38

Peace and Joy to you,
Rev. Michelle Lewis, Bethel Grant Manager

Operation Love

Your Bethel Quilting group

The Quilters are in need of flat, cotton sheets to use as backing for the quilts they are making.

We are still in great need of sheets.

Please go through your linen closet and see if you have any to share.
Thanks, *The Bethel Quilters*



Bethel Church

SCHOOL SUPPLY

Supplies Still Needed!

Still Needed As of Aug. 31st

70 Sheet Notebook	80
30-Centimeter Wood Ruler	20
Blunt Scissors	19
Unsharpened Pencils	29
Box of 16 or 24 Crayons	24
2 ½ inch Eraser	15
Stick Ballpoint Pens	87

YOUR DONATIONS MATTER!

The poster features a grid background with various school supplies like pencils, a ruler, and a paint palette. A green vertical banner on the right side contains the text 'Please deliver supplies to church'.

**THANK YOU FOR
YOUR SUPPORT**

Made with PosterMyWall.com

Please deliver supplies to church

From the Minneapolis Police Department, August 15, 2022!

Please Be Safe

Recently there has been an increase in robberies and carjackings reported to Minneapolis Police. The most recent increase has been seen in the Bryant, Bancroft, Regina and Northrop Neighborhoods. Suspects have been armed with guns in some of these incidents. These crimes have been taking place in front of homes and in the alleys, usually as victims are arriving or getting into their vehicles. In some cases, victims are approached while sitting in their cars, on the phone. Over half of the 3rd Precinct robberies occurred between 10am and 2pm, but robberies in these specific neighborhoods took place mostly between 8pm-11pm. Suspects are demanding phones, keys, wallets, and passwords.

What you can do:

- Keep car doors locked at all times. (There have been confirmed cases where this has stopped the robbery!)

- Scrolling and using your phone while sitting in your car makes you an easy target. Stay aware of your surroundings.

- Have a multi-factor authentication for money apps (bank accounts, Venmo, PayPal, CashApp) on your phone.

- Plan ahead, notify others of your ETA.

- If you think someone is following you while you're in your car, keep driving! Find a safe place such as a police station or open business.

- Be a good witness. Try to remember license plate numbers, vehicle and suspect description, and direction they fled.

- Call 911 to report these incidents. If you see something, say something to 911.

 - Resources and personnel will be better deployed this way.

- Get to know your neighbors. Start or reenergize your block club so that information sharing is immediate and accurate.

*Share these tips with friends. They are useful no matter where you live.
Let's all watch out for each other.*

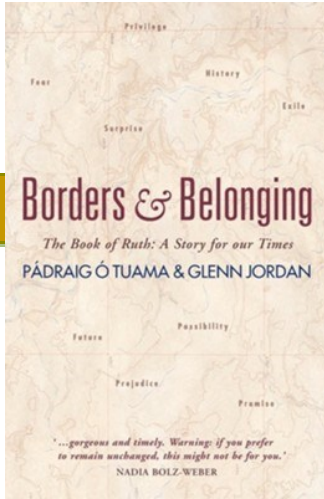
Bethel continues to increase lighting and security cameras around our property.



The [ELCA Churchwide Assembly](https://www.elca.org/News-and-Events/Recent-News-Stories) occurred in Columbus, Ohio, August 8-12, 2022. There were several items on the agenda, including land acknowledgements, public apology, electing a new Vice President, changes to the constitution, and budget decisions, as well as several worship experiences and opportunities to listen to God's plan for our future.

A summary of each day can be found at <https://www.elca.org/News-and-Events/Recent-News-Stories> You can even watch the Assembly at <https://www.elca.org/churchwideassembly>

Check it out.



Wednesday

You can also join her in the Fireside Room in person. All are welcome!

28
9:51am Gym Class
10:00am NHS Art Group
10:00am NHS Yoga
12:00pm Virtual Bible Study
us02web.zoom.us/j/815
6:00pm Continuous Activity

SEPTEMBER 2022

Wednesday	Thursday	Friday	Saturday
1 9:00am NHS Foot Care 9:51am Gym Class 10:00am NHS Exercise 10:30am NHS Nurse Is In/Blood Pressure 11:00am NHS Health Education 11:00am NHS Chair Exercise 6:30pm MN Casa	2 9:44am Gym Class 6:00pm Pentecostal Worship	3 9:00am AA Amigos 3:30pm MN Casa Hour of Prayer	
4 9:51am Gym Class 10:00am NHS Exercise 10:30am NHS Nurse Is In/Blood Pressure 11:00am NHS Chair Exercise 11:00 AM NHS Lunch & a Movie 6:30pm MN Casa	5 9:44am Gym Class 6:00pm Pentecostal Worship	6 9:44am Gym Class 6:00pm Pentecostal Worship	7 8:30am Cub Scout Kick-Off 9:00am AA Amigos
8 10:00am NHS Exercise 10:30am NHS Nurse Is In/Blood Pressure 11:00am NHS Chair Exercise 6:30pm MN Casa	9 9:44am Gym Class 4:00pm Girl Scout Overnight 6:00pm Pentecostal Worship	10 Girl Scout Overnight ends 9:00am AA Amigos 3:30pm MN Casa Hour of Prayer	
11 9:51am Gym Class 10:00am NHS Exercise 10:30am NHS Nurse Is In/Blood Pressure 11:00am NHS Chair Exercise 6:30pm MN Casa	12 9:44am Gym Class 6:00pm Pentecostal Worship	13 9:00am AA Amigos	
14 9:51am Gym Class 10:00am NHS Exercise 10:30am NHS Nurse Is In/Blood Pressure 11:00am NHS Chair Exercise 6:30pm MN Casa	15 12:54pm Gym Class 6:00pm Pentecostal Worship		

Pr B will be gone through Sept. 3!



september



Sept 2	Emily Kjesbo-Johnson
Sept 5	Wia Day
Sept 5	Carol Ulrich
Sept 6	James Hansen
Sept 6	Derrick Williams
Sept 7	Mike Wohnoutka
Sept 9	Kay Herceg
Sept 9	Phil Radtke
Sept 12	Rick Herceg
Sept 13	Don Olson
Sept 13	Ed Sunde
Sept 14	Robert Pikkarainen
Sept 15	Marilyn Newborg

Happy Birthday!



Sept 16	Ray Pikkarainen
Sept 17	Wendy Krogh
Sept 18	Mark S Olson
Sept 18	Sharon Rodi
Sept 20	Dale Newborg
Sept 22	Kelly Hoover
Sept 22	Karen McBride
Sept 23	Aaron Warwick
Sept 24	Kristin Cleary
Sept 27	Stephanie Johnson
Sept 27	Josh Weber
Sept 29	Bryan Mann-Entzel



Norris & Clarice Lovstuen	Sept 1
Kristin & Jim Cleary	Sept 4
Larissa & Chris Hoover	Sept 15
Doug & Sarah Psick	Sept 19
Susan Potratz & Jerry Johnson	Sept 23
Sharon & Gene Rodi	Sept 25
Aaron & Karen Warwick	Sept 30

Eternal rest, grant him, O Lord.

In celebration of life eternal, please know that

Pr Nils (Chris) Hellevik has died.

Pr Chris served as pastor at Bethel from 1975 to 1992. Washburn-McReavy Nokomis Park Chapel is in charge.

Services are private.

Please feel free to send cards to

Nokomis Park Chapel
Family of Nils Hellevik
1838 Minnehaha Parkway
Minneapolis, MN 55407

Bible Study

Our Wednesday Bible study continues.
Every Wednesday at 12 Noon - we meet online:

<https://us02web.zoom.us/j/81542792093>



On Wednesdays we explore the readings for the following Sunday. Please feel free to join us.

9/7	Isaiah 11:1-9
9/14	Proverbs 14:9, Luke 19:1-10
9/21	Luke 10:25-37
9/28	To Be Announced

September Sunday Servers

Sept 4	Sept 11	Sept 18	Sept 25
Pentecost 13	Pentecost 14	Pentecost 15	Pentecost 16
Assisting Minister Anna Olsen Lector Libby Krogh Acolyte Cantor Hospitality Clarice Lovstuen Sacristy Stephanie Johnson Live Streaming Gene Rodi	Assisting Minister Norma Lanning Lector Jerry Johnson Acolyte Jerry Johnson Cantor Hospitality Romell White Sacristy Stephanie Johnson Live Streaming Ted Allison	Assisting Minister Paul Kile Lector Libby Krogh Acolyte Paul Kile Cantor Hospitality Ann Allison Sacristy Clarice Lovstuen Live Streaming Gene Rodi	Assisting Minister Sharon Rodi Lector Anna Olsen Acolyte Cantor Hospitality Janet Anderson Sacristy Marilyn Newborg Live Streaming Ted Allison

be a volunteer

We would love to have more people volunteer for these Sunday Server roles.

We know there are many more members in this congregation who could and might like to join this list. Please feel free to talk with any of the people on the above list if you want to know what their role includes. And then please contact Susie in the office to let her know the details. Thanks for considering this.

Office: bethel@bethel-mpls.org and 612-724-3693





PRAYERS FOR OUR MEMBERS

Sharon Warwick
Marilyn Romsaas
Mike & Grace Simons
Tom Keating
Marge Hauge
Warwick Family
Pikkarainen Family
Darrell Dahl
Lynn Vaughn
Crystal Vaughn
Jan Walker
Sheila Nelson
Karen McBride & Jon
Sharon Phillips

Gert Carlson
Laurel Jorgensen
Sue Dorumsgaard
Ayers
Kevin Hoover
Gloria Condon
Hundt Family
Bresina Family
Teondre Martinez
Jeff Fossum
Puckett Family
Andy Martinson
Doris Christianson

RELATIVES & FRIENDS

Allison Halvorson (Ann Allison's sister)
Della, Drew & Junior (Roberta Horning's family)
Laura Chovan (Lisa's sister)
Wayne (Karen Warwick's dad)
Ian Cook (Pr B's friend)
Cherril (Candy Hickenbotham's friend)
Rev. Ron Schuette (Dave's father)
Trent & Michelle Halvorson (Norma's family)
Bill Shy (Assistant Custodian)
Bob (Sue Dorumsgaard Ayers' uncle)
Ray (AnnE Keating's brother)
Darlene (Jeff Alberts' mom)
Susan (Mike Condon's sister)
Rhonda (Sheila Nelson's friend)
Gabe Ness (Julie Hundt's husband)
John Hundt (Kathy Hundt's brother-in-law)
Andrea (Mona Falk's daughter)

MORE PEOPLE OF GOD

People of Ukraine
All of us regarding COVID-19
Victims of natural and human disasters
Black and Brown Lives
Indigenous Lives
Asian Lives
Refugees, Migrants & Asylum Seekers
Palestinians in Gaza

MEMBERS, RELATIVES & FRIENDS IN THE SERVICE

Robert Hundt
Karel Bishop (Pr Brenda's nephew)
Adam Froisland (Pr Brenda's nephew)
Dwana Froisland (Pr Brenda's niece)
Brian Hansen (Kaka Day's husband)
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

Board of Administrators

And, poof! Where did summer go? I love September and the fall season, but am not a fan of the shorter daylight hours. Ah, well. One of the many things that I don't have control over!

The Board of Administrators met Tuesday, 8/16. Much of what we discussed will come in the monthly columns from other folks. So, I won't talk about those things.

Re: COVID - some of you may know the CDC just revised guidelines (8/11/22). They are all about exposure and how long to quarantine. What still applies: If you are sick, do NOT go out and expose other people to your illness. (Note: Everyone I know who's come down with COVID this summer, thought initially they were "just" getting a cold. Every cold turned out to be COVID. PLEASE stay home with cold symptoms. If you must go out, wear an N95 or KN95 mask to protect others from you.) Masks are still recommended in some situations as is physical distancing, both just not to the extent that they were. That being said, we still ask folks to mask during church for now. But, I am interested in hearing from you if this is either not something you agree with OR if it is something you strongly agree with. Be prepared to give me your reason(s) so we can carefully consider all issues. How to reach me:

- 1) Talk to me Sundays.
- 2) Email me at amariallison@gmail.com.
- 3) Call me at 612-382-6894. If I don't recognize your number, I won't answer. But, leave me a voicemail with your name and I promise I will call you back.

Yours in Christ,

~Ann Allison, President

Mission Council

Our August Mission Council meeting began with a recap of the July 27th minutes.

Youth Event. All who were involved in the event felt it went very well. The youth groups were receptive to both learning about Bethel and its ministry and also completing a number of service projects both inside and outside of the church property.

The piano which has been moved outside to the south yard is being used by community members! We are looking into finding a person or group that would be interested in painting it. The piano is protected by a little tent and will be stored inside during the winter months. At that point we will evaluate its use.

The Mission Council is looking into various funding sources for supporting the Little Free Pantry which has been heavily used this summer. Ways in which the congregation can contribute to the pantry will be clarified and promoted.

The Mission Council is in the process of clarifying our role. How do visions and dreams translate to plans and who is responsible for carrying out the plans? We will be discussing this at our meetings and at a possible retreat in the near future.

~Janet Anderson

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

Office Hours 9 AM-3 PM Mon-Thurs
9 AM - 12 Noon Fri

Pastor: Rev. Brenda Froisland
pastor@bethel-mpls.org

Music:

Elena Dant
musician@bethel-mpls.org
Noah Wright
musiccoordinator@bethel-mpls.org
Barb Saunders, Erin Gaines

Office Administrator:

Susie George
bethel@bethel-mpls.org

Finance Coordinator:

Teresa Klotz
asstreas@bethel-mpls.org

Facilities Manager:

Rachel Allison
headcustodian@bethel-mpls.org

Assistant Custodians:

Michael Hauge,
Bill Shy, Katie Simons

Board of Administrators:

Ann Allison, President
Dean Anderson, At-Large
Tom Keating, Vice-President
Les Johnson, At-Large
Paul Kile, Treasurer
Bryan Mann-Entzel, Secretary

Mission Council:

missioncouncil@bethel-mpls.org
Janet Anderson, Chair
Candice Hickenbotham
Lizzy Kile
Jim Lair
Norma Lanning
Anna Olsen

Grants Manager:

Michelle Lewis
grantmanager@bethel-mpls.org

Visitation Committee:

Sharon Rodi, Coordinator

C Y & F Committee:

Lisa Chovan-Spence
Katie Simons
Franklin Wohnoutka

October Deadline
WEDNESDAY
Sept 21st at
12:00 Noon

BETHEL HERALD

Bethel Lutheran, South Minneapolis
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.
A Reconciling in Christ Congregation*



**Bethel
LUTHERAN**
South Minneapolis

4120 17TH AVE S

GATHERING SUNDAY

>SUNDAY, SEPT 11
>10AM-12:30PM
>ALL ARE WELCOME

CO-SPONSORED BY THRIVENT ACTION TEAM
AND BETHEL'S RIH PUBLIC CHURCH GROUP

**WORSHIP, CATERED LUNCH, GAMES,
SERVICE, SCHOOL BAGS, FUN,
COMMUNITY INPUT**

JOIN US FOR WORSHIP (10AM), STAY FOR THE FUN!

WWW.BETHEL-MPLS.ORG

Worship will
be outside
on the 16th
Ave side of
the building.
weather permitting