Bethel Herald

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Pastor's Ponderings: Hope in a Weary World

Rev. Brenda Froisland, Pastor

Last week I was blessed to attend *#PreacherCon* in Minneapolis with hundreds of fellow pastors, from all over the nation. The conference is actually called *The Festival of Homiletics*, which is a very churchy word that means *the art of preaching or writing sermons (homilies).* This event happens every year and is in Minneapolis every few years. This year it featured 27 pastors, with bonus online presentations by nine other pastors. In fact, there were two presentations happening simultaneously five or six times a day. So, when we attended, we could only see half the conference.

I am all geeked out this time because the whole conference is now online and I can spend time watching the 20 presentations that I missed! Rachel and Regan are teasing Pr. Michelle and I about loving to listen to 20 sermons in four days! Michelle and I are also laughing, despite ourselves!

The theme this year was Preaching Hope in a Weary World. It was amazing to me how each preacher defined HOPE and WEARY and everything in between. Here are some short quotes I wrote down from last week:

<u>The Most Right Reverend Michael Curry</u>
"When people stand up and speak up there is a definite possibility that evil will shut up!"
"We who preach and serve and pastor are to help the people of God to go deep. Help all find in our souls, the source of our lives. The Bible says that source is LOVE."

<u>The Reverend Doctor Bishop Yvette A Flunder</u>
"Radical inclusion must confront the us-ness of religions and denominations. Consider this, we ALL got God. (There were up to 70 denominations present.) Us-ness prevents us from being who we all are as children of the same loving God."

"We must embrace the authenticity of the other!" (Of each other, and the others who are not represented at this conference.)
"We need to write a third testament and canonize it for the Bible. It must include a new vision and new provisions for this vision. This vision of radical inclusiveness."

Reverend Doctor Melva Sampson
"Hope is a responsibility. Hope is hard work. Why? Because it is hard to resolve the conflict between our faith in God and our current circumstances. Hope is a decision!"

Reverend Doctor Samual Cruz
"Hope means different things to different people. We should not look for 'hunky dory' hope, but work for concrete hope. Hope that comes from the margins, and the depth of our souls. What do each of your people hope for and what are you doing about it?"

Friends, I can go on and on and on. And I have only heard some of our speakers so far! *#PreacherCon* has once again challenged me to preach in ways that elicit the hope of who each of us is as children of God. And preach in ways that respond to the hope of our congregation members, neighbors, and each person who has something to say in this city block of South Minneapolis.

I hope to share some of these sermons and sermon thoughts with you as opportunities, teaching moments, and sharing moments present themselves. I can share some of the actual sermons through Faith Forums. And I pray that we, the children of God, find ways to choose and work toward hope in this weary city.

With you, for Jesus,

Pastor Brenda

I couldn't think of much to write this month but I wanted to share this quote, along with some spring art pieces I've been working on lately.

Remember I'm here most mornings – so feel free to stop by and grab a coffee & we can chat outside next to the lovely landscape for a bit and enjoy the sunshine.

I encourage you all, if you are able, to pop by & look at our beautiful flowers and yardwork done by our amazing team of volunteers. It is quite a beautiful piece of land we own.

You can't go back and change the beginning.
But you can start where you are
and change the ending. –C.S. LEWIS-

Rachel

Michelle's Message: Increasing Our Awareness

Rev. Michelle Lewis,

May is/was Mental Health Awareness Month.

Did you know that Mental Health Awareness Month has been observed in the U.S. since 1949? Every year during the month of May, the National Alliance on Mental Illness (NAMI.org) joins the national movement to raise awareness about mental health. Together, we can fight stigma, provide support, educate the public and advocate for policies that support the millions of people in the U.S. who are affected by mental illness.

This year NAMI's campaign is/was called ***More Than Enough!*** Although we are entering June now, this is still an opportunity for all of us to come together and remember the inherent value we each hold — no matter our diagnosis, appearance, socioeconomic status, background or ability. We want every person out there to know that if all you did was wake up today, that's more than enough. No matter what, you are inherently worthy of more than enough life, love and healing. Showing up, just as you are, for yourself and the people around you is more than enough.

June is Pride Month

Lesbian, Gay, Bisexual, Transgender and Queer (LGBTQ) Pride Month is currently celebrated each year in the month of June to honor the 1969 Stonewall Uprising in Manhattan. The Stonewall Uprising was a tipping point for the Gay Liberation Movement in the United States. In the United States the last Sunday in June was initially celebrated as "Gay Pride Day," but the actual day was flexible. In major cities across the nation the "day" soon grew to encompass a month-long series of events.

Today, celebrations include Pride parades, picnics, parties, workshops, symposia and concerts, and LGBTQ Pride Month events attract millions of participants around the world. Memorials are held during this month for those members of the community who have died due to hate crimes or HIV/AIDS. The purpose of the commemorative month is to recognize the impact that lesbian, gay, bisexual and transgender individuals have had on history locally, nationally, and internationally.

Raising our awareness of Mental Health resources and celebrating Pride Month are interrelated because while LGBTQ youth are not inherently more prone to suicide risk because of their sexual orientation or gender identity, they are at higher risk because of how they are mistreated and stigmatized in society.

Suicide is the second leading cause of death among young people aged 10 to 24 (Hedegaard, Curtin, & Warner, 2018) — and lesbian, gay, bisexual, transgender, queer, and questioning (LGBTQ) youth are at significantly increased risk. LGBTQ youth are more than four times as likely to attempt suicide than their peers (Johns et al., 2019; Johns et al., 2020).

Research suggests that among LGBTQ youth, only one-third experience parental acceptance, an additional one-third experience parental rejection, and the final one-third do not disclose their LGBTQ identity until they are adults (Katz-Wise et al., 2015). Another study found that LGB young adults who report high levels of parental rejection are eight times more likely to report attempting suicide and six times more likely to report high levels of depression (Ryan et al., 2009).

Many LGBTQ youth lack access to affirming spaces, with only 55% of LGBTQ youth reporting that their school is LGBTQ-affirming and only 37% saying that their home is LGBTQ-affirming. Fewer than 1 in 3 transgender and nonbinary youth found their home to be

gender-affirming and a little more than half (51%) found their school to be affirming. The Trevor Project's research consistently finds that LGBTQ young people report lower rates of attempting suicide when they have access to LGBTQ-affirming spaces.

Bethel is an LGBTQ-affirming space. Our space and our voices in support of LGBTQIA+ people are critical. Here at Bethel we proclaim a faith that says You Are ***More Than Enough!***

Please take some time this month to expand your reading, listening, viewing, and actions to learn more about current needs in the LGBTQIA+ community. Below are a few ideas of MANY available resources.

- thetrevorproject.org, The Trevor Project's mission is to end suicide among LGBTQ young people.
- https://www.hrc.org/campaigns/celebrate-pride-with-us The Human Rights Campaign goal is to ensure that all LGBTQ+ people, and particularly those of us who are trans, people of color and HIV+, are treated as full and equal citizens within our movement, across our country, and around the world.
- Check out the "Heartstopper" books and/or TV Show
- Listen to the Queer Theology Weekly Bible Podcast
- Check out the Instagram Pride Page
- Read the book "Transforming: The Bible and the Lives of Transgender Christians" by Austen Hartke
- Watch the movie "Crush" on Hulu/Disney+
- Watch/Listen to "Love is Love: 7 Ted Talks about Love"

Any of the Bethel Staff members would enjoy chatting with you about what you are learning!
Peace and joy to you,

SHREDDING EVENT

Help fill the Little Free Pantry

by shredding your confidential Paper with #SHREDRIGHT4GOOD

June 10th 10am-12pm

Bethel Lutheran Church

4120 17th Ave S. Minneapolis, MN 55407

Free-will suggested donation of $10 per vehicle

Adult Volunteers Needed

FOR SOUTH MINNEAPOLIS DAY CAMP - JUNE 20-23

Day Camp is looking for adult volunteers! If you have a heart for kids and time to serve, we would love to have you join us. We need adult volunteers all week from 8:30 am - 4 pm and a special crew for take down and clean up on Friday.

We need adults to shepherd during the morning and afternoon rotations, to travel with a group of kids each day on their day camp adventures from **8 am - 12 pm** and from **1 pm to 4 pm.** While we appreciate consistency and it is very helpful when adults can commit to being with us all four days either in the morning, in the afternoon, or even all day, there is also room for those who can fit in an hour or a few here or there.

We need adults to help supervise our lunchtime and quiet time. If you are available from **11:45 am - 1 pm** on any, or all, of our day camp days, we would love to have you help with this important time.

If you are not necessarily available during the day, this year we are looking to fill **a new crew of volunteers specifically just for Friday late afternoon and early evening to help with take down and clean up.** This crew will work from **3:30 pm - 7 pm,** with hopes that we may even finish by 6 pm. If you can join us for any of this time, we would appreciate it very much!

Whether you can come every day or you can only commit to a couple hours, we appreciate the time you are able to give.

To sign up, go to our day camp website at https://www.smplsdaycamp.org/ and click the Adult Volunteer Sign Up link

OR use the QR code to go directly to the sign up:

Day Camp is for EVERYONE so if you haven't participated before, this year is a great chance to get involved and be part of this amazing tradition!

MINISTRY CALEN

Sunday	Monday	Tuesday	Wednesday
28 10:00am Bethel Worship 11:00am Fellowship Time 1:00pm Pentecostal Casa Worship 1:30pm MN CASA Worship	29 Bethel Office Closed Memorial Day Holiday BUILDING CLOSED	30 9:00am OA HOW Meeting 10:00am NHS Exercise 10:00am Staff Meeting 11:00am NHS 500 Cards Group 11:30am Building Use Meeting 1:30pm NHS Knitting 6:45pm Scout Troop 7:00pm Pentecostal Casa Music	31 9:00am Ensemble Music C 10:00am NHS Women's A 10:00am NHS Yoga 12:00pm Hybrid Bible Stud 6:00pm Continuous Action 6:00pm Open Gym
4 10:00am Bethel Worship 11:00am Special Fellowship Time 1:00pm Pentecostal Casa Worship 1:30pm MN CASA Worship	5 Bethel Office Closed	6 9:00am OA HOW Meeting 10:00am NHS Exercise 10:00am Staff Meeting 11:00am NHS 500 Cards Group 1:30pm NHS Knitting 6:45pm Scout Troop 7:00pm Pentecostal Casa Music	7 10:00am NHS Women's A 10:00am NHS Yoga 12:00pm Hybrid Bible Stud 5:00pm Continuous Action Meeting 6:00pm Continuous Action 6:00pm Open Gym 6:30pm Nokomis Quilters
11 Pastor Brenda vacation 10:00am Bethel Worship 11:00am Fellowship Time 1:00pm Pentecostal Casa Worship 1:30pm MN CASA Worship Spring Concert - Minnesota BoyChoir June 11 - 4:30 pm Ted Mann Concert Hall 2128 S. 4th Street, Minneapolis Free-will Donation	12 Pastor Brenda vacation Bethel Office Closed	13 Pastor Brenda vacation 9:00am OA HOW Meeting 10:00am NHS Exercise 10:00am Staff Meeting 11:00am NHS 500 Cards Group 11:00am Operation Love Quilters 1:30pm NHS Knitting 6:30pm Mission Council 6:45pm Scout Troop 7:00pm Pentecostal Casa Music	14 Pastor Brenda vacation 10:00am NHS Women's A 10:00am NHS Yoga 12:00pm Hybrid Bible Stud 6:00pm Continuous Action 6:00pm Open Gym
18 10:00am Bethel Worship - Celebrate our Graduates 11:00am Fellowship Time 1:00pm Pentecostal Casa Worship 1:30pm MN CASA Worship 5:00pm Youth Training for Day Camp	19 Bethel Office Closed Juneteenth BUILDING CLOSED	20 **9:00am-4:00pm Day Camp** 9:00am OA HOW Meeting 10:00am Staff Meeting 6:30pm Board of Administrators 6:45pm Scout Troop	21 **9:00am-4:00pm Day Cam** 12:00pm Hybrid Bible Stud 6:00pm Continuous Action 6:00pm Open Gym 7:30pm Continuous Action **Herald Deadline**
25 10:00am Bethel Worship 11:00am Fellowship Time 1:00pm Pentecostal Casa Worship 1:30pm MN CASA Worship	26 Bethel Office Closed	27 9:00am OA HOW Meeting 10:00am NHS Exercise 10:00am Staff Meeting 11:00am NHS 500 Cards Group 1:30pm NHS Knitting 6:45pm Scout Troop 7:00pm Pentecostal Casa Music	28 10:00am NHS Women's A 10:00am NHS Yoga 12:00pm Hybrid Bible Stud 6:00pm Continuous Action 6:00pm Open Gym

DAR - JUNE 2023

	Thursday	Friday	Saturday
Class rt Group dy AA	1 9:00am NHS Foot Care 9:30am NHS Nurse Is In/Blood Pressure 10:00am NHS Exercise 11:00am NHS Roundtable Discussions 6:30pm MN Casa	2 10:15am Ensemble Music Class 6:00pm Pentecostal Worship	3 9:00am AA Amigos
rt Group dy 9th Anniversary AA	8 9:30am NHS Nurse Is In/Blood Pressure 10:00am NHS Exercise 11:15am NHS Lunch and Bingo 6:30pm MN Casa	9 9:00am El Colegio Graduation Ceremony 6:00pm Pentecostal Worship	10 Pastor Brenda vacation 9:00am AA Amigos 10:00am Shredding and Sharing Event
rt Group dy AA	15 Pastor Brenda vacation 9:30am NHS Nurse Is In/Blood Pressure 10:00am NHS Exercise 11:00am NHS Let's talk About Loss 6:30pm MN Casa	16 Pastor Brenda vacation 6:00pm Pentecostal Worship	17 Pastor Brenda vacation 9:00am AA Amigos
p dy CANCELED AA Leadership Meeting **12:00pm**	22 **9:00am-4:00pm Day Camp** 6:30pm MN Casa	23 **9:00am-5:30pm Day Camp** 6:00pm Pentecostal Worship	24 9:00am AA Amigos
rt Group dy AA	29 9:30am NHS Nurse Is In/Blood Pressure 10:00am NHS Exercise 6:30pm MN Casa	30 6:00pm Pentecostal Worship	1 9:00am AA Amigos

JUNE Birthdays & Anniversaries

Wedding Anniversaries

Norma and Jerome Lanning	1
Jayson Spence and Lisa Chovan-Spence	10
Katherine and Rick Frederick	12
Katie and Chris Phillips	13
Eric and Beth Soderberg	13
Don and Darlene Olson	16
Sharon and Leonard Phillips	16
Erin and Jim Gaines	26
Julie and Gabe Ness	29
Mike and Sarah Thomforde	29

Birthdays

Katherine Frederick	2
Ellie Thomforde	3
Anne Kile	4
Beth Soderberg	4
Casey MacCallum	5
Jessica Alberts	6
Ken Puckett	9
Kathy Burk	13
Dave Krogh	16
Sarah Psick	17
Zach Mitcham	20
Jeff Fossum	23
Karen Tennis	26
Marge Hauge	30

Bethel Lutheran Church Staff and Leadership

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

Music:
Elena Dant
musician@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,
Bill Shy, Katie Simons

Grant Manager:
Rev. Michelle Lewis
grantmanager@bethel-mpls.org

Board of Administrators:
_____ President
Tom Keating, Vice-President
Doug Psick, Treasurer
Stephanie Johnson, Secretary
Dean Anderson, At-Large
Jayson Spence, At-Large

Mission Council:
missioncouncil@bethel-mpls.org
Janet Anderson, Chair
Candice Hickenbotham
Lizzy Kile
Barb Wandberg
Anna Wohnoutka

Visitation Committee:
Sharon Rodi, Coordinator

Children, Youth & Family Committee:
Currently inactive

Stewardship Committee:
Jerry Johnson, Chair
Kristin Cleary
Doug Psick

Personnel Committee:
Tom Keating, Chair
Jeff Alberts
Laurie Hauge
Don Olson
Barb Saunders

Endowment Committee:
Don Olson, Chair
Paige Best
Pat Gramentz
Paul Kile
Ann Allison
Sarah Psick

Public Church:
Rachel Allison, Co-Chair
Mary Chilvers
Michael Hauge
Lynn Vaughn-Arradondo

Building and Grounds Committee:
Rachel Allison, Chair
Jim Lair
Anna Olsen
Gene Rodi
Regan Saunders

July Herald Deadline:
Wednesday, June 21 12:00pm

Bethel Bible Study with Pastor Brenda

Wednesdays at 12pm

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

6/7	Matthew 9:9-26
6/14	Matthew 9:35-38 Matthew 10:1-4
6/21	CANCELED DUE TO DAYCAMP
6/28	Acts 20:7-12

And in-person in the Fireside Room.

June Sunday Servers

Date	Assisting Minister	Lector	Cantor	Sacristy	Ushers	Streaming	Hospitality	Altar Guild
6/4	Paul Kile	Norma Lanning	Kristin Cleary	Marilyn Newborg	Norris & Tom K	Gene & Ted	Alice Evenson	Kristin
6/11	Ann Allison	Anna Wohnoutka	Sarah Berke	Marilyn Newborg	Dean A & Dave S	Gene & Ted	Laurie Hauge	Kristin
6/18	Sharon Rodi	Dan Hauge	Dean Anderson	Clarice Lovstuen	Susan P & Jerry J	Gene & Ted	Joan Bargman	Kristin
6/25	Kristin Cleary	Don Olson	Sarah Berke	Marilyn Newborg	Jim H & Dave K	Gene & Ted	Sharon Rodi	Kristin

OPEN GYM
for pickleball

Wednesdays
6-8 PM

4120 17th Ave S
Mpls, MN

Please note we also have two basketball hoops and a painted half-court on the parking lot open all day. As well as a natural playground and labyrinth for use on our property!

All are welcome, without exception. Always.

PRAYER list

PRAY FOR BETHEL MEMBERS

Jim Haraldson
Jim Lair
Mike and Grace Simons
Ray Pikkarainen, Sr.
Sarah Psick
Tom Keating
Sharon Warwick
Marge Hauge
Pikkarainen Family
Warwick Family
Darrell Dahl
Lynn Vaughn Arradondo
Crystal Vaughn
Jan Walker
Karen McBride and Jon
Sharon Phillips
Gert Carlson
Laurel Jorgensen
Sue Dorumsgaard Ayers
Kevin Hoover
Gloria Condon
Hundt Family
Teondre Martinez
Jeff Fossum
Puckett Family
Andy Martinson
Doris Christianson

PRAY FOR OUR RELATIVES AND FRIENDS

Donovan (Angel Cannon's father)
Ian Cook (Pr B's friend)
Amy (Sue Dorumsgaard Ayers' sister)
Lynn (Sue Dorumsgaard Ayers' friend)
Laura (Sue Dorumsgaard Ayers' friend)
Rita Zdon (Sharon Phillip's friend)
Pr Glenn Wheeler
Calvin (Angel Cannon's godfather)
Sandie (Anna Wohnoutka's aunt)
Kristian Clauser (Pastor Brenda's friend)
Steve (Pr Brenda's brother)
Della, Drew and Junior (Roberta Horning's family)
Laura Chovan (Lisa's sister)
Wayne (Karen Warwick's dad)
Trent and Michelle Halvorson (Norma's family)
Ray (AnnE Keating's brother)
Darlene (Jeff Alberts' mom)
Susan (Mike Condon's sister)
Gabe Ness (Julie Hundt's husband)
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
- People dying due to gun violence

MEMBERS, RELATIVES AND FRIENDS IN THE SERVICE

Robert Hundt
Katrel Bishop (Pr Brenda's nephew)
Adam Froisland (Pr Brenda's nephew)
Dwana Froisland (Pr Brenda's niece)
Sean Young (Pr Brenda's godson)
Evan Harrison (Pr Brenda's great nephew)

BETHEL'S MISSION PARTNERS

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

Bethel Board of Administrators

Greetings, sisters and brothers, siblings in Christ. It is hard to believe this is my last column as the President of Bethel.

The Board of Administrators met 5/16/23. We were joined by two of our incoming members, Stephanie Johnson and Doug Psick. Jayson Spence will also be joining the board in June.

Our giving and other income is down and our expenses are higher than projected. Various reasons I won't go into here, but it is a fact. We passed a resolution to do a Feasibility Study for either selling our building and grounds (we would become a tenant) or partnering with others so the cost to maintain them are shared. (This was also passed at our congregational meeting 5/21/23.)

We will be forming two committees to start shortly = The Feasibility Study and Bethel's 125th Anniversary. Please let me or Pastor Brenda know if you would be willing to serve on one of these committees. Meetings will most likely be in person, but we can use Zoom so anyone with a computer, tablet, or smartphone can join the meeting that way.

Our parking lot needs work, but due to the fact that we will not be primary owners of the Building and Grounds in the near future, we will just do what we need to in order to keep it in good condition for the next year. So patching, painting only at this time.

As of 5/21/23 when I am writing this, we are still without anyone to take over being President. Please consider if this is something you could do. It is not a big time commitment and we will help you in order to make a smooth transition and do what we need to in order to make the position work for you. For instance, when I was working full time and we were in the early stages of the pandemic, my fellow board members took turns writing this column. I only took it back fully when my job ended. I have other suggestions as well.

In closing, it has been a privilege to serve the congregation as president these past four years. May God bless Bethel - our congregation, our neighborhood, and our mission.

Ann Allison

President, Board of Administrators

Bethel Mission Council

For this month's report, I thought I would write about our upcoming Shredding Event to be held on June 10, from 10-12 noon. According to the company, Shred-Right, and their ShredRight4Good fundraising division, there are three reasons to sponsor a shred event. The primary reason is to protect identities. What types of documents should you bring? Tax documents older than seven years, credit card and other receipts, pay stubs, medical bills, and anything older than one year with an account number.

The second reason is environmental. The paper that is shredded by Shred Right is sold to companies that make recycled paper products such as toilet paper, which is too often made with new wood thus saving trees. It also keeps the paper out of landfills. This reason fits well with Mission Council's Creation Care focus.

The third reason is to raise funds for a cause, and in this case we are raising funds for our Little Free Pantry. We request a free-will donation with a suggested donation of $10.00 per vehicle. Help spread the word so we can fill the truck!

Janet Anderson

Mission Council Chair

Bethel Herald

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.

Spring Cleaning with Bethel

JUNE 10, 10AM 12PM

Bethel's parking lot and backyard

Shred documents you don't need.

Suggested donation $10 per vehicle.

Proceeds benefit Bethel's Little Free Pantry.

To "sell" items, 1) reserve a table, 2) bring items you will give away, 3) take your unclaimed items.
To "shop" for items, 1) bring a bag from home, 2) select the items you need, 3) take them home!

Reserve your table at bethel@bethel-mpls.org by June 8; suggested donation $5.