



In gratitude, Bethel Evangelical 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

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Building the Body of Christ

As some of you know, Mary and I have spent a large portion of the past 12 months building our tiny home in St. Paul. As we went through the process of securing a loan, finding land, finding a builder, drawing up our plans, as well as the daily stops to see how things were progressing, we learned that the details of such a build were sometimes overwhelming, sometimes beyond our knowledge, and sometimes simply too much. Yet, we persisted and have now lived in our home for almost four months. We love it.

Throughout my time in ministry, I have learned that building a community is even more difficult, and sometimes more demanding than building your own home. This is partly due to the changes that are constant within all of our lives and throughout society. Also, although we may agree on the problems of our society, our suggested solutions vary tremendously. Another reason building the Body of Christ is challenging is because healthy, honest, and grace-filled relationships are hard work. Work that assumes (maybe even demands) that everyone has skin in the game. That is, that there is some level of commitment, mutuality, and communication that must be present within, between, and around each member of said community. And when these three things --commitment, mutuality, and communication -- break down, so too does part or all of the community in which we belong.

And yet, we are invited to persist as the Body of Christ. Indeed, Jesus died and rose again for this particular community -- the Church -- to persist in the hard work of healthy, honest, and grace-filled relationships for the praise, and to the glory of, God.

When things become more challenging for various reasons that may or may not be within our control, I hope we are all courageous enough to look at ourselves first and be honest about our role in whatever has broken down. Secondly, I pray that we are willing to follow the advice of 2 Corinthians 5: 17-21, which says,

And for anyone who is in Christ, there is a new creation. The old order has passed away, now everything is new! All this is from God, who reconciled us through Christ – and made us ministers of that reconciliation. This makes us Christ's ambassadors, as though God were making the appeal directly through us. Therefore we implore you in Christ's name: be reconciled to God. For our sake, God made the one who was without sin to be sin, so that by this means we might become the very holiness of God.

continued on page 2

(From the Pastor - continued from page 1)

Sometimes I wonder if our society, in part and/or as a whole, has forgotten that we are all created in the image of God. As such, **we are each enough, and we are each given the capacity to reconcile ourselves, our communities, and our little part of the world.** Indeed, as people called into the ministries of all believers, together we have the capacity to be prophets of a future still in its building stages. Hard workers who follow Jesus' lead to love unconditionally. Participants in a process that is dependent upon understanding one another. Gardeners who plant and nurture a future we may never see.

Thankfully, we are not alone in this endeavor of the constant building of the Body of Christ. We have one another to work with, we have the Holy Spirit poking and prodding us along the way, and we have everything we need to persist in this fabulous community we call the Church.

God helps us. God blesses us. God empowers us. Let's keep building!

Pastor Brenda

Dear Church,

I wrote the previous article before the mental health crisis that occurred in our sanctuary on Sunday, September 22. Yet it seems so very relevant, and serves as a reminder of who and whose we are as children of God.

Thank you to everyone who helped in the situation this past Sunday. God's continued blessings be ours. Thank you for showing love and care. Thank you for being church.

If anyone reading this needs more information, please do not hesitate to call me at 612-724-3693.

Pastor Brenda

Save the date: Saturday, October 12 at 9:30 AM

This is the day the rain garden will be prepared for winter.

What is needed: ❖ your willingness to help,
❖ cut the grasses, ❖ bag the grasses!
❖ Bags will be provided.

What to bring: ❖ your garden gloves,
❖ tools to cut grasses if you have any.

***Your help will be very much appreciated,
The Garden Crew***

Thank you!





Phil's Music Score

Sing & Ring with us!

I really love it when we kick off a new school year here at church. The excitement of classes starting up and the sounds of music ensembles filling the halls brings a smile to my face. I believe that same joy is felt by many of the participants of the music program here at Bethel as well when they practice and play their instruments in service. I have heard time and time again from members that they enjoy the therapeutic time spent together making music with one another in an ensemble. It is true that being in a group setting doing something you enjoy with people you enjoy being around is a healthy thing to do.

As you may be aware, there are multiple music ensembles that provide music at Bethel on a regular basis including the Bethel Choir, Joy Choir, Bell Choir, and the Pick-Up Choir. This wonderful variety gives members the option to choose the level and ensemble that is best for them, including time commitment, singing versus ringing, and the rehearsal schedule that works best for them.



We want YOU to join us and try out an ensemble for a little while. Don't read music? That's a-okay! We have many empty seats and count on your commitment for the continued success of the varied music programs here at Bethel. Do you know a neighbor or friend who sings or rings? Invite them to join for a week and try it out. Ask any ensemble member and they will tell you that rehearsals are great fun and that everyone forms a great community.

**Phil Radtke,
Music Director**

Live as a Steward

Do you have a certain time for that first cup of coffee? Is your lunch the same each day or at the same time? When do you pray? These may seem very ordinary actions, but they are also comforting, bringing an order and sameness to our daily living. We see them as routines. Could these routines be paths to awareness? As we eat a meal, do we think of those who do not have nutritious food or enough food? Do we take the next step to research where the need is the greatest and how to help?

Is it time for a new routine in your life?

Micah exhorts us

to do justice, to love mercy, to walk humbly with our God.



May it be so.

Sharon Rodi, Stewardship Committee



From the desk of Dr. Jen Kilps, Engagement Coordinator

Triggers and Mental Health:

Understanding and Supporting Crisis in Our Church Home

As I hope you know, we have established a Mental Health Small Group that meets every first Tuesday of the month in the Parlor. It is a group open to all. It's not therapy or a formal "group." It is merely folks sitting around and sharing stories about their own experiences with mental health – either their own or that of family members and friends. It is a safe space, a place for comfort and support.

As we, more publicly, become a congregation that supports mental wellness, members here have noticeably become more comfortable talking about it. This truly is a wonderful thing, as mental health issues touch almost everyone's lives. As time has passed more and more people have confided in me, personally, about their experiences. I feel honored and keep their confidence tightly. But you should know, many people here have stories to share.

As someone who has struggled my whole life with depression (it started when I was 11) I am more than happy to share my own experiences and stories with anyone who cares to listen. Depression and mental illness still carry much stigma. It is only through sharing stories with each other that we can break apart such misconceptions.

I would like to share with you an important aspect of mental illness that is not often discussed outside of mental health circles. It is an important dynamic that can help us actively assist ourselves and others in distress. It is called triggering.

Triggers are external events or circumstances that produce emotional or psychiatric symptoms such as anxiety, despair, or panic. They can also cause a profound fight-or-flight mechanism, particularly in people who have experienced trauma, have difficulty expressing emotions, or have post-traumatic stress disorder (PTSD). In these cases the body goes on high alert, prioritizing all its resources to react to the situation. Triggers can lead people to reliving trauma.

Common triggers for people are certain smells, sounds, sights, hearing stories, or seeing reminders of past events. These are not just things that make you uncomfortable, they throw a person into a panic or anxiety attack, an acute emotion, or into fight-or-flight.

I have some triggers that have a devastating effect on me. My biggest one, I would have to say, is music. Songs with sad lyrics or ones that remind me of past events trigger a bodily reaction in me that if I don't address immediately can lead to an anxiety attack or a spiral of depression. Many people don't understand, for example, if I am riding in someone's car, that if I ask for a song to be changed or shut off, I am panicking inside. Even my sister doesn't quite get it. The music often stays with me for days or weeks, spinning around in my head and keeping me in a heightened state of anxiety. At home, I listen to music without lyrics.

For others, it can be anything, and people triggered can react in a variety of ways. I tend to just walk away from the situation if I can. But copious weeping or a violent reaction can truly disturb people around them, leaving a huge loss of what to do.

Knowing each other and our stories is the first step in understanding how we can help each other in moments of crisis. The gift of feeling safe among others can allow someone like me to simply walk away from a situation trusting that others will understand. If we share what is happening to us, it can help others to understand and know better how to react to seemingly strange, over-reactive or even violent behavior. Relationships built of love and trust can help us overcome what causes us fear and help those who truly need our compassion and Christ's love.

Many times in the Bible we find people who suffer from demons, unclean spirits, anxiety, crushed spirits, are heavy-laden, mourning, sick, and wasting away. But God gives us the promise, again and again, for healing, comfort, peace, love and grace. We are given God's church, through the Holy Spirit, and therefore are given each other to live out this grace to each other and to all those in need (which is everyone).

continued

God promises, “²⁶ A new heart I will give you, and a new spirit I will put within you; and I will remove from your body the heart of stone and give you a heart of flesh. ²⁷ I will put my spirit within you.” *Ezekiel 36:26-27^a*

Let's learn more about each other, my friends. Let's learn the reality of our afflictions so that we may truly bring each other help and comfort. This is the house where God lives. Let us live with care, peace, and love. Amen.



Apple Picking *all ages* - **TBD, and soon!**

Pancake Breakfast - **Sunday, October 13 at 9:20 AM**

Blessing of the Animals - **Sunday, October 20 at 9:20 AM**

Chili Cook Off - **Sunday, November 10 at 11:30 AM**

Roller Skating *all ages* - **Saturday, November 16 at 1 PM**

Harry Potter Room at Trapped *youth* - **Saturday, December 7**

Bowling *all ages* - **Saturday, Jan 11, TBD**

2019 Bethel Bazaar Saturday, November 23

Calling all Bethel Members! Save the date: **NOVEMBER 23, 2019.**

Please start collecting items for Granny's Attic. Remember: they must be CLEAN!!
And NO Clothing and NO Electronics!

And please start baking Christmas Cookies for the Cookie Walk! You know that is one of the favorite parts.

Consider how you can help: We need planners, activity leaders, cookie makers, Bethel table bake sale items, and helpers on the day of the Bazaar.

Let's have fun working together to make this another huge success!

BLESSING OF THE ANIMALS

We will love and bless animals during the education hour. We ask that families bring kennels, or put their pets in their car (if weather permits) during the worship service. But please do not let your pet prevent you from coming to worship. We just might not need ALL the pets in worship at that same time. Thank you!

Sunday, October 20 @ 9:20 AM






Sunday	Monday	Tuesday	Wednesday
		1 9:30 AM Overeaters Anonymous 10:00 AM NHS Exercise Class 10:30 AM Staff meeting 12:30 PM Ecumenical Text Study 1:30 PM NHS Knitting Class 6:00 PM Girl Scout Patrol Meeting 6:00 PM Worship & Music Com 6:30 PM Improv Group 6:30 PM Mental Health Small Group 6:30 PM Pentecostal Music Practice 7:00 PM Scout Troop 38 Mtg.	2 9:30 AM Pre-School 10:00 AM NHS Art 10:00 AM NHS Yoga 6:30 PM AA Group 6:00 PM Open Gym 7:00 PM Bethel Church
6 9:20 AM Education for All Ages 10:30 AM Bethel Worship 1:00 PM Pentecostal Casa Worship 1:30 PM MN Casa Worship	7 9:00 AM NHS Health Fair 9:00 AM NHS Senior Cards 11:00 AM NHS Educational Talk 6:30 PM Bell Choir	8 9:30 AM Operation Love 9:30 AM Overeaters Anonymous 10:00 AM NHS Exercise Class 10:30 AM Staff meeting 12:30 PM Ecumenical Text Study 1:30 PM NHS Knitting Class 6:00 PM Girl Scouts Troop Meeting 6:30 PM Improv Group 6:30 PM Mission Council 6:30 PM Pentecostal Music Practice 7:00 PM Scout Troop 38 Mtg.	9 9:30 AM Pre-School 10:00 AM NHS Art 10:00 AM NHS Yoga 6:00 PM Open Gym 6:30 PM AA Group 7:00 PM Bethel Church
13 9:20 AM PANCAKE BREAKFAST! 10:30 AM Bethel Worship 11:30 AM Welcome Committee 1:00 PM Pentecostal Casa Worship 1:30 PM MN Casa Worship	14 9:00 AM NHS Senior Cards 6:30 PM Bell Choir	15 9:30 AM Book Group (private) 9:30 AM Overeaters Anonymous 10:00 AM NHS Exercise Class 10:30 AM Staff meeting 12:30 PM Ecumenical Text Study 1:30 PM NHS Knitting Class 6:30 PM Improv Group 6:30 PM Pentecostal Music Practice 6:45 PM Board of Administrators 7:00 PM Scout Troop 38 Mtg.	16 9:30 AM Pre-School 10:00 AM NHS Art 10:00 AM NHS Yoga 6:00 PM Open Gym 6:30 PM AA Group 7:00 PM Bethel Church 7:30 PM AA Leader
20 9:20 AM Blessing of the Animals 9:20 AM Education for All Ages 10:30 AM Bethel Worship 11:30 AM CYF Meeting 1:00 PM Pentecostal Casa Worship 1:30 PM MN Casa Worship	21 9:00 AM NHS Senior Cards 6:30 PM Bell Choir	22 9:30 AM Overeaters Anonymous 10:00 AM NHS Exercise Class 10:30 AM Staff meeting 12:30 PM Ecumenical Text Study 1:30 PM NHS Knitting Class 6:30 PM Improv Group 6:30 PM Pentecostal Music Practice 7:00 PM Scout Troop 38 Mtg.	23 9:30 AM Pre-School 10:00 AM NHS Art 10:00 AM NHS Yoga 4:15 PM NHS Outreach 6:00 PM Open Gym 6:30 PM AA Group 7:00 PM Bethel Church
27 Reformation Sunday Confirmation Sunday 9:20 AM Education for All Ages 10:30 AM Bethel Worship 11:30 AM Confirmation Reception 1:00 PM Pentecostal Casa Worship 1:30 PM MN Casa Worship 4:30 PM MN Casa Potluck	28 9:00 AM NHS Senior Cards	29 9:30 AM Overeaters Anonymous 10:00 AM NHS Exercise Class 10:30 AM Staff meeting 12:30 PM Ecumenical Text Study 1:30 PM NHS Knitting Class 6:30 PM Improv Group 6:30 PM Pentecostal Music Practice 7:00 PM Scout Troop 38 Mtg.	30 9:30 AM Pre-School 10:00 AM NHS Art 10:00 AM NHS Yoga 6:00 PM Open Gym 6:30 PM AA Group 7:00 PM Bethel Church

2019



Wednesday		Thursday	Friday	Saturday
1 9:30 AM NHS Nurse is in 10:00 AM NHS Exercise Class 11:00 AM NHS Chair Exercise 11:15 AM NHS Health Talk 6:15 PM MN Casa Worship 6:30 PM Cub Scout Den Meeting 7:00 PM BNA Board Meeting		3 9:30 AM NHS Nurse is in 10:00 AM NHS Exercise Class 11:00 AM NHS Chair Exercise 11:15 AM NHS Health Talk 6:15 PM MN Casa Worship 6:30 PM Cub Scout Den Meeting 7:00 PM BNA Board Meeting	4 11:00 AM NHS Yoga 6:00 PM Pentecostal Casa Worship	5 6:00 AM MN Casa Worship 9:00 AM AA Amigos II 9:00 AM Debtors Anonymous (S Mpls) 3:30 PM MN Casa Prayer Service 5:00 PM MN Casa Meeting
2 9:30 AM NHS Nurse is in 10:00 AM NHS Exercise Class 11:00 AM NHS Chair Exercise 11:00 AM NHS Lunch & Movie 11:30 AM NHS Staff Mtg. & Care Conf. 6:15 PM MN Casa Worship 6:30 PM Cub Scout Den Meeting 6:30 PM Scout Den Meeting		10 9:30 AM NHS Nurse is in 10:00 AM NHS Exercise Class 11:00 AM NHS Chair Exercise 11:00 AM NHS Lunch & Movie 11:30 AM NHS Staff Mtg. & Care Conf. 6:15 PM MN Casa Worship 6:30 PM Cub Scout Den Meeting 6:30 PM Scout Den Meeting	11 11:00 AM NHS Yoga 6:00 PM Pentecostal Casa Worship	12 6:00 AM MN Casa Worship 7:45 AM Intergroup Debtors Anonymous 9:00 AM AA Amigos II 9:00 AM Debtors Anonymous (S Mpls) 9:30 AM Rain Garden "Winterizing" 3:30 PM MN Casa Prayer Service
3 9:30 AM NHS Nurse is in 10:00 AM NHS Exercise Class 11:00 AM NHS Chair Exercise 6:15 PM MN Casa Worship		17 9:30 AM NHS Nurse is in 10:00 AM NHS Exercise Class 11:00 AM NHS Chair Exercise 6:15 PM MN Casa Worship	18 11:00 AM NHS Yoga 6:00 PM Pentecostal Casa Worship 	19 6:00 AM MN Casa Worship 9:00 AM AA Amigos II 9:00 AM Debtors Anonymous (S Mpls) 3:30 PM MN Casa Prayer Service 5:00 PM MN Casa Meeting
4 9:30 AM NHS Nurse is in 10:00 AM NHS Exercise Class 11:00 AM NHS Chair Exercise 1:00 PM NHS - Caregiver Support Group 4:00 PM NHS Exec Committee 6:15 PM MN Casa Worship 6:30 PM Cub Scout Pack Mtg		24 9:30 AM NHS Nurse is in 10:00 AM NHS Exercise Class 11:00 AM NHS Chair Exercise 1:00 PM NHS - Caregiver Support Group 4:00 PM NHS Exec Committee 6:15 PM MN Casa Worship 6:30 PM Cub Scout Pack Mtg	25 11:00 AM NHS Yoga 6:00 PM Pentecostal Casa Worship	26 6:00 AM MN Casa Worship 9:00 AM AA Amigos II 9:00 AM Debtors Anonymous (S Mpls) 9:00 AM Confirmation Breakfast 3:30 PM MN Casa Prayer Service
5 9:30 AM NHS Nurse is in 10:00 AM NHS Exercise Class 11:00 AM NHS Chair Exercise 11:30 AM Fairview Hospice Mtg 6:15 PM MN Casa Worship		31 9:30 AM NHS Nurse is in 10:00 AM NHS Exercise Class 11:00 AM NHS Chair Exercise 11:30 AM Fairview Hospice Mtg 6:15 PM MN Casa Worship		



Anniversaries

Janet & Dean Anderson	Oct 3
Brock & Lorraine Hanson	Oct 9
Heidi & Matt Nordine	Oct 11
Regan Saunders & Jeff Iblings	Oct 27



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



Birthdays

Erin Gaines	Oct 1	Clarice Lovstuen	Oct 19
Lyle Stokke	Oct 2	Stan Rosby	Oct 19
Sophia Warwick	Oct 4	David Sunde	Oct 19
Ruby Burgess	Oct 8	Franklin Wohnoutka	Oct 23
Jim Nesheim	Oct 9	Darrell Dahl	Oct 24
Joyce Hughes	Oct 11	Jim Lair	Oct 24
Trent Rosby	Oct 14	Anna Wohnoutka	Oct 24
Les Johnson	Oct 15	Olivia Wohnoutka	Oct 25
Norris Lovstuen	Oct 18	Anna Olsen	Oct 31

Pre-School Playgroup Starts Oct. 2

At Bethel Evangelical Lutheran Church 4120 17th Ave South, Minneapolis

Wednesday Mornings 9:30 - 11:00 AM

- Drop in and PLAY! This group is for children 5 and under (who are not in kindergarten) to attend with a parent or caregiver.
- The goal of the group is to get parents and kids together in a fun environment.
- We will have balls, trikes, Legos and more available so children can play and get some energy out.

All are welcome without exception.



Oct. 6:	Ali El Hassan -- Metropolitan Council - 7 Counties-Mpls./St. Paul Director of Water Management will speak about Issues of Water Pollution and Water Scarcity
Oct. 13:	Pancake Breakfast Lynne and Crystal Vaughn will join us to teach us more about autism.
Oct. 20:	Heather Worthington , Director of Long Range Planning for the City of Minneapolis Will speak about the 20/40 plan in her presentation " Race, Place and Land Use: Addressing Racial Equity through Comprehensive Planning."
Oct. 27:	Michael Nelson , member of AFL-CIO will speak about the Future of Social Security. He will have Important information for young people.

October Sunday Servers

Oct 6	Oct 13	Oct 20	Oct 27
Pentecost 17	Pentecost 18	Pentecost 19	Reformation Sunday Confirmation Sunday
Worship with Communion	Worship with Communion	Worship with Communion	Worship with Communion
Scripture Readings	Scripture Readings	Scripture Readings	Scripture Readings
2 Timothy 1:1-14	Jeremiah 29:4-5, 6b-7	2 Timothy 3:14-4:5	Romans 1:16-17
	Psalms 111	2 Corinthians 9:7-8	Romans 1:21-24
Assisting Minister	Assisting Minister	Assisting Minister	Assisting Minister
Gene Rodi	Jim Lair	Kristin Cleary	Paul Kile
Communion Assistants	Communion Assistants	Communion Assistants	Communion Assistants
Romell White	Bruce Gramentz	Becky Johnson	Confirmand
Jen Kilps	Darlene Olson	Les Johnson	Confirmand
Anna Olsen	Don Olson	Larissa Hoover	Confirmand
Lector	Lector	Lector	Lector
Stephanie Johnson	Chovan-Spence Family	Ruth Askov	Confirmand
Acolyte	Acolyte	Acolyte	Acolyte
Michael Hall	Cyenna Resendez	Franklin Wohnoutka	Confirmand
Ushers	Ushers	Ushers	Ushers
Ted Allison	David Sunde	Jerry Johnson	Dave Krogh
Darlene Olson	Dean Anderson	Susan Potratz	Jim Haraldson
Larissa Hoover			Stan Rosby
Tom Keating			
Toddler Care	Toddler Care	Toddler Care	Toddler Care
Kay Newborg	Becky Johnson	The Ledesmas	
Hospitality	Hospitality	Hospitality	Hospitality
Alice Evenson	Sharon Rodi	Joan Bargman	Laurie Hauge
Sacristy	Sacristy	Sacristy	Sacristy
Stephanie Johnson	Paige Best	Becky Johnson	Marilyn Newborg
Finance Team	Finance Team	Finance Team	Finance Team
Les Johnson	Pat & Bruce Gramentz	Jim & Kristin Cleary	Don & Darlene Olson
Marilyn Newborg	Ken & Leanne Puckett	Dan Hauge	Romell White
Kay Newborg			
Altar Guild Team 3: Barb Wandberg, Barb Saunders			

Thank You for Your Ministry!



PRAYERS FOR OUR MEMBERS

Barb Wandberg	Ryan Summer
Teondre Martinez	Elaine Vogel
Crystal Vaughn	Larissa Hoover
Lynn Vaughn	Jim Haraldson
Darlene Olson	Sue Dorumsgaard
Mike Simons	Ayers
Sharon Warwick	Audrey Campbell
Pikkarainen Family	Shirley Elavsky
Jeff Fossum	Mel Olson
Mark Walker	Joan Dahlman
Jan Walker	Puckett Family
Marshall Fossum	Teddy Gaines
Angel Cantu	Joan Hurtovenko
Carrie Melhus	Janet Peterson
Sheila Nelson	Andy Martinson
Bresina Family	Doris Christianson
Karen McBride	

MEMBERS, RELATIVES & FRIENDS IN THE MILITARY

Robert Hundt
 Katre 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)
 McLain Merical (Kathy Hundt's nephew)
 Sean Young (Pr Brenda's godson)



RELATIVES & FRIENDS OF BETHEL MEMBERS

Bill Kilps (Jen's uncle)
 Steve Elavsky (Shirley Elavsky's son)
 Sue (Mary Rosby's cousin)
 Asylum Seekers
 Jane Kinney (Ann Allison's sister)
 Jane Kilps (Jen Kilps' mother)
 Jack Fahrendorff (Roberta Horning's dad)
 Sue & Wayne Woodard (Karen Warwick's parents)
 Bill & Peg (Mary Chilvers' dad & his wife)
 Joel Walker (Jan & Mark Walker's son)
 Denann Karels (Jan & Mark Walker's friend)
 The United Methodist Church
 Diana Cook (Pr B's friend)
 Rita Roselle (Angel Cantu's great-grandma)
 Joanne Wilberg (Marge Hauge's sister)
 Keith Shaubach (Jan Walker's brother)
 Joan Knox (Mark & Jan Walker's friend)
 Jean Phillips (Chris Phillips' mom)
 Pamela Christi (Sharon Phillips' sister)
 Marvin Entzel (Bryan Mann-Entzel's father)
 Arlene Froisland (Pr B's sister)
 Eunice Hellevik (former member)
 Gretchen & Louis (Larissa Hoover's parents)
 Medaria Arradondo (Crystal Vaughn's cousin)
 Susan & Dale (Wendy Ledesma's parents)
 Gabe Ness (Julie Hundt's husband)
 John Hundt (Kathy Hundt's brother-in-law)
 Paula Morgan (Romell White's sister)
 Vi & David (Sue Dorumsgaard Ayers' mom/friend)
 Cheryl (Karen McBride's sister)
 Ann Baskett (Crystal Vaughn's grandmother)
 Claire Tarr (Margaret Johnson's godchild)
 Meghan (Sue Dorumsgaard Ayers' friend)
 Andrea (Mona Falk's daughter)

***If you or a loved one are in need
of prayer, please call the church
office to be added to the prayer
list: 612-724-3693.***

Board of Administrators

Update from the Board of Administrators:

Les Johnson has joined the board. He stepped in to fill a vacancy left when Lennore Bevis resigned in June.

Trees: we have several trees on our property that need removal, trimming, medicine, etc. A couple of ash trees have the dreaded emerald ash borer, so they need to come down. We have another in the courtyard that we are going to try and save. We have learned of a grant that can help and are applying for that. If we get it or not, the tree work will happen this winter. The grant would help pay for removal and it would give us new trees, so it would be very helpful to our congregation.

Basement water: We have a new sump pump! Our old one was over 40 years old, and just couldn't keep up with all the rain this year. We still have water issues in the basement and are diligently trying to solve those.

Not fun and exciting updates this month. Sorry about that. Yes, I need to think of something to liven up this column. Ideas welcomed!

Yours in Christ, Ann Allison, President

Mission Council

Greetings from the Mission Council!

I am so blown away by how well the Mission Council is taking on initiatives, dividing up tasks, planning events, and coordinating communication to support our Mission Initiatives. The refreshed perspective from the new members and new direction that we're taking (short-term, easy-to-complete tasks instead of solely focusing on big or long-term goals and tasks) is invigorating!

With that, we are excited to let you know about our plan to offer coloring cards and sheets in the next couple of months during church. Our goal is to get children and adults to color pictures or write words on note cards that we can mail out to our home-bound church members. We want to do this to deepen our relationships with those who are home-bound by showing them they are loved and appreciated, and we can do that with a simple picture or note through the mail!

We will have all the supplies and details in the next few weeks, so keep an ear open and an eye out for an announcement or crayons at an upcoming service to know when we've kicked off this initiative.

Peace, Heidi Nordine, Chair

Bethel Evangelical Lutheran Church

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M - Th 1 PM - 3 PM

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Assistant Custodians:
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Katie Simons, Amanda Keenan

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Sarah Berke, Secretary
Pat Gramentz, Treasurer
Laurie Hauge, Vice-President
Les Johnson, At-Large
Romell White, At-Large

Mission Council:
Larissa Hoover
Stephanie Johnson
Jim Lair
Karen McBride
Heidi Nordine, Chair
Anna Olsen
Sarah Wahlstrom-Helgren

Visitation Committee:
Sharon Rodi, Coordinator

C Y & F Committee:
Wendy Krogh
Tom Keating
Sam Nemanich
Sara Rudy
Anna Wahnoutka

NOVEMBER Deadline:

Approved Article, Advertisement and
Calendar deadline is:

October 18 at

BETHEL HERALD

Bethel Evangelical Lutheran Church

Connecting people to God, each other, and mission in the world

A Reconciling In Christ Congregation of the ELCA



The theme of this year's campaign is

Stewardship Matters:
to me and you
to us
to everyone

Please watch your email, snail mail, and bulletins for more information this month!

Promise Sunday will be on Sunday, November 10, with a Chili Cook-off for lunch!

"Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver. And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work."

2 Corinthians 9: 7-8