



The Bethesda Beacon

Monthly Newsletter of Bethesda Evangelical Lutheran Church, Carlton MN
October 2023

This Month's Beacon

Pastor's Beacon Article

Staff & Council

Updates//Financial Update

Collecting for a Cause//Donation Items

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Coffee & Worship Assistant Schedules

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Sunday Worship

8:30am

In House and Online

You can also view the Beacon on our website at bethesdacarlton.org

If you would like to have a copy emailed to you, please contact the office at office@bethesdacarlton.org



From Pastor Seth

Pastor Joy Hensel, our Synod Minister for Mental Health, is joining us on Wednesday, November 8, to lead a workshop around God and mental health for youth and adults. She is a wonderful presenter, and I am so glad she is coming to Carlton. I hope you'll join her here in November, and I trust you will learn as much from her recent article on breathing and praying as I did.

- Pastor Seth Wynands

Keep It Simple

Breath Prayer

Holy Spirit,
Make your presence known, (inhale)
Fill me with your peace (exhale)
Amen

"Peace I leave with you, my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid." John 14:27

In John 14:27 Jesus prepares his disciples for a change. The disciples are filled with uncertainty, questions, and because they cannot fully grasp what this change will mean they feel afraid and out of control.

Can you connect with the disciples and their feelings of overwhelm, uncertainty, lack of control and change?

Summer is ending and as a new school year begins, it is time to prepare for new schedules, new routines, and new opportunities. Though there is excitement for all the newness, feelings of grief, heaviness, and dread may also be present for all that is to change.

- What do you notice about yourself when you encounter change?
- What happens in your body, your mind, and your spirit during times of uncertainty?
- How do you respond to change?

During times of uncertainty and change 12 Step Recovery slogans can be simple and powerful reminders of what is in one's control. When practiced, Recovery slogans can be encouraging, motivating,

and help individuals stay in the present moment.

Keep it Simple:

Name and acknowledge all that is changing. Simplify the first few weeks or month(s) during times of change. Give yourself extra time, space, and grace to settle into all that is new.

First Things First:

Tend to you first. When we best tend to ourselves, we then can better tend to and serve others. During transitions and change a variety of feelings, both expected and unexpected, comfortable, and uncomfortable may surface. Focus on developing self-care practices that are doable and learn coping skills that help calm.

Easy does it:

Be gentle and loving with yourself. Self-Compassion is the process of treating yourself like you would treat your best friend. During this time of change, what do you need to hear from your best friend?

The Holy Spirit is present, active, and at work in all the change, in all that is new and in you. Thanks be to God!

- Pastor Joy Hensel

Updates

The office is in the process of updating its email address. The old account will be open still while we make the change, please use office@bethesdacarlton.org as you move forward with church communications.

The Choir is Coming Back!

We will start by singing one Sunday each month (on the 4th Sunday of the month) and go from there. Practices will be the Wednesday prior, after church (around 6:45p) and on the Sunday morning of. *All voices are welcome!*

Service Reminder

- Bethesda holds a service at Interfaith Care Center the 2nd Sunday of each month in the IFCC Community Room at 3:00 p.m. *All are welcome to join!*

Bethesda Staff

Seth Wynands, Pastor
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Nita Davis, Accountant/Bookkeeper
Phone: 515-890-1235

Email: nita@davisbooksandtax.com

Ronay Frank, Custodian

Anna Bong, Custodian

Cathy Dale, Accompanist

2023 Members of Bethesda Church Council

Jason Goad..... President

Deb Davis..... Vice President

Jen Goad..... Secretary

Jeannette Korpela..... Treasurer

JoAnn Gustafson

Debby Johnson

Renee Kesty

If you have items that you wish to be
addressed by council, contact a member of
the Executive Committee at:
bethesdalutherancouncil@gmail.com

September Council Meeting will be held
October 17th at 5:30p

Financial Update

Year to Date as of 6/30/23

	Actual	Budget	Over/(Under) Budget
Envelope giving	47387.42	50600.00	(3212.58)
Non-pledged income	25847.51	21699.96	4147.55
TOTAL INCOME	73234.93	72299.96	934.97
Salaries/Compensation	52333.06	55112.49	(2779.43)
General Office Expenses	3928.76	4194.06	(265.30)
Utilities	6634.94	5732.52	902.42
Other Expenses	1426.85	1819.96	393.11
Benevolence Expenses	450.17	544.98	(94.81)
Evangelism Expenses	0.00	0.00	0.00
Property Expenses	6667.75	1265.04	5402.71
Social Ministry	162.00	162.48	(0.48)
Worship Expenses	705.27	566.68	138.59
CYFM Expenses	1310.46	2640.02	(1329.56)
TOTAL EXPENSES	73619.26	72038.23	1581.03
Net operating income	(384.33)	261.73	(646.06)

Non-pledged income includes Loose offering, Special Services, Meatball Supper, Sunday School, Interest Income, Etc... Memorial Money is not included in any of the figures above.

Memorials & Donations

Did you know, when you give money to Memorial you have the option of designating *how* the money is used for the church?

The Memorial Committee has a new fund designation set up titled "Front Steps & Basement" The front steps of the church are in need of repair and the basement is in need of waterproofing.

If you'd like to designate your donation to this fund, please make a note on your contribution for "Front Steps & Basement"

Thank you



Love, comfort, and healing prayers to Terry & Sue Coady, and all who knew Alice Yainske - and to the Bragge family, and all who knew James Bragge.

Collecting for a Cause:

Pop tops off aluminum cans: given to The Ronald McDonald House.

Brown paper grocery bags: given to a non-profit thrift store.

New greeting cards: given to Interfaith Care Center, Carlton Place, and Pineview Apartments for Residents to use.

2024 Calendars: given to residents at Interfaith Care Center.

Above items can be dropped off in the Narthex area.

Hygiene products for the Damiano Center:

Shampoo, toothpaste, and personal care products as well as larger backpacks and suitcases with wheels. Please bring gently used items.

There is a box for each in the Fellowship Hall.

Cloquet Salvation Army Food Shelf Items

October/November Items: Hot & Cold Cereals.

Collection box located near basement stairs.

Ditty Bags:

Bar soap in original wrapping (no ivory), wash cloths, toothbrushes, medium or large toothpaste, small or medium-sized notebooks, razors, sturdy combs, travel-sized shampoo/conditioner/lotions, sewing kits...

Donation box located in the Narthex.

Thanksgiving Donations:

From now until November 12th, WELCA will be collecting monetary donations for Thanksgiving baskets. Donations can be mailed or dropped off at the church – there are also envelopes available in the pews.

Please make checks payable to WELCA.

Winter Clothing Donations:

Winter clothing is now being collected for those in need – Items needed are: winter jackets, snowpants, scarves, socks, hats, and mittens.

Collection box can be found in the Fellowship Hall

Making Mats for the Homeless:

Clean plastic shopping bags. Mat Makers use them to create 6' x 3' sleeping mats for those in need.

Drop plastic bags off in small coat closet in the Narthex.

Sewers Needed

Consider hemming precut diaper squares, and onesies.

Located on the table in the Narthex.

Thank you for making a difference!

A Special "Thank You"

Marnie Emerson would like to thank everyone who assisted with and attended Bob's funeral service this summer. It meant so much to her and their family.



Looking Back {A Recap}



September 6th we held our Kickoff Cookout for Bethesda youth and their families to celebrate the start of our faith formation programs and give some information about upcoming events.



Thank you to Jason Goad and Andy Hauswirth for providing special music at our outdoor service on September 10th! If you or someone you know is interested in providing special music at a service, please reach out to the office.



God's Work Our Hands took place on September 17th and it was a wonderful day of indoor and outdoor fellowship followed by lunch from Room at the Table

food truck. A very special *Thank You* to Debby Johnson for all the hard work she's put into organizing Bethesda's involvement in this wonderful event!



On September 17th we also thanked Dave Beatty for his 35+ years of service on the Property Committee – Thank you for everything Dave!

Member News



October Baptism Birthdays

Brad McKinstry, Noah Olsen, Wendy Mitchell, Dylan Stradtman, Kristian Herman, Quentin Stowell, Ben Talarico, Marnie Emerson, Laraya Kiehl, Larry Beckstrom, Chloe Olesen, Parker Kunze, Cary Martin, Sandy Wallin, David Beatty, Rebecca Feldbrugge, Makayla Stirewalt, Drayden Adams, Joseph Rudolph, Rodney Davis, Elijah Halli, Benjamin Soderstrom, Brynna Johnson, Mary Marciniak, Katrina Hough, Lori Moench, Steven Anderson, Grayson Coulter, Tatiana Hackensmith, Andrew Habegger, Bruce Bong, Al Holm, Craig Holm, Cheryl Schilla, Carol Foss, Clifford Kloepper, Julianne Emerson, Elizabeth House & Roxane Schmitz.

Children, Youth, Family, & Ed.

October 2023 J.A.M./Message

October 1 st	Jesus and Me [J.A.M]
October 8 th	Message with Pastor Seth
October 15 th	Jesus and Me [J.A.M]
October 22 nd	Message with Pastor Seth
October 29 th	Jesus and Me [J.A.M]

Mental Health Workshop: Grades 6-12 + family

Wednesday, November 8th
6:00p – 7:30p

Featuring Synod Minister for Mental Health,
Pastor Joy Hensel

NEMN Synod All Youth Gathering: Grades 6-12

November 17th-18th
Cragun's Resort, Brainerd, MN

*The date for 'early bird' registration is October 1st – the cost will be \$30, after that the registration cost will be \$40 until October 18th.

Save the Date: 2024 Youth Gathering

This will take place in New Orleans, July 14th-21st. Deposits are due to the office by October 8th.

Please reach out to office@bethesdacarlton.org if you're interested or would like more information!

CYFED will meet on October 5th at 5:30p in the library.

All are welcome to join us. We are always looking for ideas to get our youth involved. If you have questions, concerns, or ideas, please feel free to contact a committee member.

~Thank you from the CYFED Committee: Pastor Seth, Wendy Mitchell, Linda Newlon, Diana Davis, and JoAnn Gustafson.

October Worship Assistants

If you are unable to be here for the date that you are scheduled, please try to find a replacement.
Thank you!

Greeters

10/1	JoAnn Gustafson
10/8	Cheryl Ankrum
10/15	Jason Goad
10/22	Rod & Deb Davis
10/29	Mary Saarela & Sharon Bragge

Ushers

10/1	Dave & Lynn Beatty
10/8	Cheryl Ankrum & Sharon Bragge
10/15	Pat Durkee & Lynn Beatty
10/22	Craig & Roxane Schmitz
10/29	Bob & Myrna Postal

Lector

10/1	Linda Newlon
10/8	Diana Davis
10/15	Pat Durkee
10/22	Roxane Schmitz
10/29	Myrna Postal

Acolyte

10/1	Ailie
10/8	Anna
10/15	Mason
10/22	Anna
10/29	Mason

Communion Assistants

10/1	JoAnn Gustafson & Ailie
10/8	Chris & Wendy Mitchell
10/15	Jason & Jen Goad
10/22	Daryl & Linda Bong
10/29	Mary Saarela & Sharon Bragge

Counters

10/1	Lynn Beatty & Gladys Sievert
10/8	Chris Mitchell & Diana Davis
10/15	Lynn Beatty & Bev Mangan
10/22	Linda Newlon & Lori Bunge
10/29	Lynn Beatty & Mary Saarela

October Coffee Serving Schedule

10/1 Linda's Group
10/8 Deb's Group
10/15 Renae's Group
10/22 Lori's Group
10/29 Gladys' Group

Looking Ahead

Book/Article Study

Book/Article Study is still held on the last Tuesday of the month at 5:30p. *All are welcome to join!*

Bible Study: Fall Back into the Scripture,
studying the Book of Acts
October 3rd 5:30p – 7:00p

BYOB: Bring Your Own Bible – Any translation!

Spend some time in Scripture, see how the early Church grew and apply it to today's. Come have some pizza and enjoy a group discussion! Contact Myrna Postal (myrnapostal@msn.com) or Diana Davis (dianakaydavis33@gmail.com) with questions or to register.

Ladies of Kaleva Pannukakku Breakfast

Monday, October 9 – 8:00a-11:00a

\$8-Adults | \$4-Kids
pannukakku · sausage · coffee · juice
All are welcome!

Save the Date! Bethesda & River's Edge **Women's Retreat 2024**

Thursday January 18th – Sunday January 24th
Camp One Heartland – Willow River, MN

Keep an eye out for registration information in November! This year we have the option of adding an additional day, but must have at least 6 overnights [in addition to regular participation in order to meet camp quotas] Please let Ginny Korte-Castle know if adding Wednesday interests you!
virycastle@gmail.com | 218-384-3896

Community News

Apple Fest for Haiti

Sunday, October 1 – 3:00p-7:00p
Zion Lutheran Church, Cloquet MN

A benefit event sponsored by Zion Lutheran Church Hunger and Justice Committee and Ministry in Medical Mission
Live music, apple tastings, apple juice pressing demonstrations, pick your own apples, and more!

Annual Fall Harvest Roast Beef Dinner

Wednesday, October 11 – 4:00p-7:00p
St. Matthews Lutheran Church, Esko MN

\$15-Adults/Teens | \$10-Kids 6-12
Donation-Kids under 6 | \$50 max per household
Call 218-879-3510 to purchase tickets (must purchase in advance). Proceeds support LWML Mission Projects
Takeout Available

Potato Sausage & Swedish Meatball Dinner

Saturday, October 14 – 1:00p-6:00p
Elim Lutheran Church, Barnum MN

\$15-Adults | \$5-Kids
Free-Ages 5 & Under
Takeout Available

Fall Lutefisk, Salmon, & Meatball Dinner

Saturday, October 28 – 3:00p-6:00p
Our Savior's Lutheran Church, Cloquet MN

\$20-Adult | 12 and under are free w/paid adult
Advance tickets sold in the church office and tickets will be sold at the door until sold out.
Takeout Available

October 2023

SUN	MON	TUE	WED	THU	FRI	SAT
<p>1</p> <p>8:30a Worship 9:45a Coffee/ Fellowship 10:30a Worship @ River's Edge</p>	2	<p>3</p> <p>9a Making Mats for the Homeless 5:30p Bible Study 6p Serenity Seekers</p>	<p>4</p> <p>6p Wednesday Worship 6:30p Confirmation</p>	<p>5</p> <p>5:30p CYFED Meeting</p>	<p>6</p> <p>11a Bible Study</p>	7
<p>8</p> <p>8:30a Worship 9:45a Coffee/ Fellowship 10:30a Worship @ River's Edge 3p Interfaith Service</p> <p><i>*National Youth Gathering Deposits Due!!!*</i></p>	<p>9</p> <p>8a Pannukakku Breakfast</p>	<p>10</p> <p>9a Making Mats for the Homeless 5:30p Bible Study 6p Serenity Seekers</p>	<p>11</p> <p>6p Wednesday Worship 6:30p Confirmation</p>	<p>12</p> <p>1p Jam Group</p>	<p>13</p> <p>11a Bible Study</p>	14
<p>15</p> <p>8:30a Worship 9:45a Coffee/ Fellowship 10:30a Worship @ River's Edge</p>	<p>16</p> <p><u>Beacon Deadline</u></p>	<p>17 9a Making Mats for the Homeless 4:30p Worship Committee Mtg. 5:30p Bible Study 5:30p Council Meeting//Joint Parish 6p Serenity Seekers</p>	<p>18</p> <p>6p Wednesday Worship 6:30p <u>NO</u> <u>Confirmation//MEA</u></p>	<p>19</p> <p>5:30p Ladies of Kaleva Mtg.</p>	<p>20</p> <p>11a Bible Study</p>	21
<p>22</p> <p>8:30a Worship – Baptismal Birthdays 9:45a Coffee/ Fellowship 10:30a Worship @ River's Edge</p>	23	<p>24</p> <p>9a Making Mats for the Homeless 5:30p Bible Study 6p Serenity Seekers</p>	<p>25</p> <p>6p Wednesday Worship 6:30p Confirmation</p>	<p>26</p> <p>1p Jam Group</p>	<p>27</p> <p>11a Bible Study</p>	28
<p>29</p> <p>8:30a Worship – Healing Service 9:45a Coffee/ Fellowship 10:30a Worship @ River's Edge</p>	30	<p>31</p> <p>9a Making Mats for the Homeless 5:30p <u>NO Bible</u> <u>Study</u> 6p Serenity Seekers</p> <div style="text-align: center;">  </div>				