

Bethlehem Star

August, 2017

Noah's Ark Annual Back-to-School Meet-the-Teacher

Tuesday, August 8th
6:00 pm

Summer Church Office Hours

Monday - Thursday:
8:00am - 1:00pm
Closed Friday.



Looking Forward:

- + August 20th: Summer Sunday
Potluck Baseball
- + Holy Yoga:
Tuesdays, 6:00-7:00pm
- Room 9/10
- + Men's Bible Study
Thursdays, 7:30am
- Social Hall.
- + Mexican Train Dominoes:
2nd Wednesday of the month.
August 9th, 1:00pm - NCO.
- + WELCA
3rd Thursday of the month:
August 17th, 10:00 to 11:00 am.
- + Stitch 'n Knit:
4th Wednesday of the month:
August 23rd, 1:00pm - NCO.



FROM THE PUGH...

It is hard for me to believe I have had the privilege of serving Bethlehem for 7 years already. This qualifies me as the second longest serving pastor Bethlehem has had, second only to the founding pastor, Steve Knudsen, who served for 9 years. During my time here I have served beside three council presidents, a very solid and God serving staff, and have experience Bethlehem's stability in membership and worship during times other churches have experienced ups and downs.

The original church building was built in 1990, with the the preschool building added in 2000. In the past seven years Bethlehem has had her roof replaced, carpet throughout the church and flooring in the social hall redone, five out of six air conditioners replaced, and a shed built in the parking lot for extra church storage along with a shed for music equipment storage and a shed for garden equipment storage. The community garden has exploded with fresh food for those in need in our community, classes for the preschool and an additional place for weddings, picnics and small outdoor gatherings under the arbor. There is a strong possibility for a labyrinth to be added to the church grounds in the near future. The church and preschool have been painted inside and out. And all of this has been paid for in cash!

And yet there are still opportunities for all of us to continue to help Bethlehem remain relevant and prosperous in this current time and place.

Earlier this year quotes were received to upgrade the sanctuary and social hall projector/sound system with the best being for \$19,732. With our new music director, Jordan Webb, on board we have the opportunity to really expand the dynamic work Kathy Davis started. Having these upgrades to our audio/visual system will enhance our Lutheran tradition of music and allow us to take worship and our music ministry to the next level. Currently we have collected \$2500 towards this goal.

Our current website is seven years old. And while it is still functioning on a computer screen it is not app ready or easily readable on a hand held portable device such as a cell phone. Currently Google is giving web browsing priority to web sites having the app technology in their search engines, thus making our current web site harder to find. Since today's technology brings new visitors to our website and into worship to hear the Good News it is important that our web site gets a makeover to become

current with the latest technology. The cost for the web site make over is \$800.

A few weeks ago the fifth original air conditioner went out. This unit serves the church staff offices and the church nursery. We are grateful that the preschool stepped forward and paid for the \$9500 new air conditioner. At the same time the two sanctuary air conditioners needed repair work and the church took on a \$545 repair fee. There is still one more original air conditioner cooling the education building – rooms 5-10. This is where the kindergarten meets, the choir meets, and most outside organizations that meet on campus. The cost to replace this unit will run between \$ 6-9 thousand dollars. We need to get prepared for this expense because we know it is just a matter of time before it will have to be replaced.

Several people have inquired about possibilities for placing sound panels in the fellowship hall to absorb some of the ambient sound allowing for clearer conversations in that space. Casually looking on line and with donated labor I believe \$300 can purchase the needed sound panels and have them installed in the social hall.

A digital sign has been on the want list for several years. It will serve as a newsletter to the local community of upcoming classes, special worship opportunities, community garden events, preschool activities and more. A double sided digital sign that will face both McDowell and 32nd has been quoted by several companies to cost about \$40,000.

Most of you are aware it is past time for our parking lot to be resurfaced, lines redrawn, curbs repaired and general maintenance done. This is scheduled for Thursday – Saturday August 3rd, 4th, and 5th. The parking lot will be inaccessible during this time. Once again, Noah's Ark is graciously paying for the parking lot renewal. The price... \$8800. We are very blessed by the mission and ministry of Noah's Ark to the Bethlehem community.

A lot has been done in the past seven years. There is a lot still to do to serve God for the next seven years and beyond. If one of these projects are important to you and you have the ability to fund it or contribute to it over and above your regular giving, please know that sharing of the Word of God will be impacted by your donation. Single handedly this is impossible. But together, we can make a difference in our little corner of Mesa at Bethlehem and McDowell.

Summer Church Office Hours:

Monday - Thursday: 8:00am - 1:00pm. Closed Friday.

Please have announcements and prayer requests to the church office by **10:00am Thursday**.

Newsletter Deadline:

Articles must be received in the church office by **Monday, August 21st** to be included in the September Newsletter. If at any time you have an article for the newsletter, there's no need to wait until the deadline - write it up while it's fresh in your mind and send it in. It will be included in the following month's newsletter. **Receive the newsletter via email and save postage and paper costs.** Plus, it arrives in living color with occasional bonus items.

Blue Stone Ministry:

A Gift of Stephen Ministry.

The Blue Stones in our baptismal font are sponsored by Stephen Ministry. When you pass by the baptismal font, you are invited to take one of the Blue Stones and carry it with you at all times. If you meet someone, friend or stranger, who is having a difficult struggle in their lives, this Blue Stone can help. Hand that person your Blue Stone and explain the following: **"Please take this blue stone and carry it with you. Let this be a reminder that God loves you, and you will always have God's love no matter how difficult your life may become. Let this also remind you that you have someone here on earth who cares about you and will keep you in their prayers."** After you have given away your new stone, please replace it with another from our baptismal font.

Heart Fire is the church's band. If you play an instrument, sing, or want to learn guitar, come join us. All levels of players are welcome. We lead worship on the 4th Sunday of each month. Heart Fire is taking July and August off. Rehearsals will resume in September on Wednesdays from 5:30 to 6:30pm.

Third Sunday Potluck

On the third Sunday in August dress in your favorite baseball garb, bring a potluck dish, and join in with the games. We will begin around 10:30am following worship with the games followed by the potluck around noon. This is a really fun time and a good opportunity to get to know each other better, eat some delicious food and stay out of the heat!

August 20th will be Baseball Sunday

Thanks to Pat Gappa for coordinating this potluck.

Days Off:

In the summer the church office is closed on Friday. That means Pastor Chon and Laurel do not work. In case of emergency do not hesitate to contact Pastor Chon. If it is not an emergency please honor their time off to reenergize for the next weeks ministry.

Bethlehem's Web Site: blcmesa.org

Share it with your friends, neighbors, and families.

A recent assessment of visitors to our Facebook page showed that more than 87% did so using smart phones. Our website is more than 6 years old, and was designed for computer access. It needs to be updated so our content displays to best advantage on today's newer technology of smart phones and tablets. The cost will be around \$800.

Face Book:

If you are already on Face Book be sure to go to the Bethlehem Lutheran Church Face Book page and like us. If you are not on Face Book, consider joining, and then like Bethlehem Lutheran Church. If you want more information on how to join Face Book let us know and we will walk you through it. Tell your friends, neighbors, family - spread the word to like Bethlehem Lutheran Church on Face Book and the Good News of the gospel!

<https://www.facebook.com/pages/Bethlehem-Lutheran-Church>

PowerPoint Pictures:

Taken any really good pictures lately? Want to share it on the PowerPoint overhead on Sunday? Email it to Laurel in the church office. Most of the pictures we use were taken by members, and we always enjoy receiving new ones. **Thank you for sharing!**

STEPHEN MINISTRY



A Stephen Minister Stays Connected to Jesus

Bethlehem Lutheran Church
is a Stephen Ministry Congregation.

Lord God,
When we suffer the inevitable losses of life, be with us, comfort us, help us know we are not alone.

When the days stretch out in barren deserts of sadness, when all we can see is the dry wasteland of meaninglessness, walk by our side whispering words of hope and encouragement.

When the world turns dark and we cannot even see where to put our foot for the next step of our painful journey, be the light of our world, showing us the path towards healing that you have laid out for us. We pray in Jesus' name. Amen.

As a Stephen Minister, caring for people that have suffered a loss of any kind, requires a lot of patience, good listening skills and a caring heart.

As a Stephen Ministry congregation, our prayer is for all individuals to know there are those patient caring hearts among you. All you need to do is reach out and we will be there.

Jesus said, "Come to me, all you who are weary and burdened, and I will give you rest."
(Matthew 11: 28)



Calling all Thrivent Financial Members!

On September 24th at 10:30am following the 9 o'clock service Rick Aussprung will give a short presentation regarding Action Teams. You will learn how Action Teams are formed, what they can do to help our members, church and community. Get inspired and help others live generously!

Blue Clipboard

There is a blue clipboard in the Narthex for everyone to update current address, phone number, and email address.

We are always looking for **Prayer Warriors** who want to be informed of immediate prayers via the telephone or email. Let us know if you want to join. Perhaps you would like to receive the email prayer list on Thursdays; if so, just let us know.

Snippets:

3-year-old Reese : 'Our Father, Who does art in heaven, Harold is His name.. Amen.'

~~~~~  
A little boy was overheard praying: 'Lord, if you can't make me a better boy, don't worry about it. I'm having a real good time like I am.'

~~~~~  
After the christening of his baby brother in church, Jason sobbed all the way home in the back seat of the car. His father asked him three times what was wrong. Finally, the boy replied, "That preacher said he wanted us brought up in a Christian home, and I wanted to stay with you guys."

~~~~~  
One particular four-year-old prayed, 'And forgive us our trash baskets as we forgive those who put trash in our baskets.'

~~~~~  
A Sunday school teacher asked her children as they were on the way to church service, 'And why is it necessary to be quiet in church?' One bright little girl replied, 'Because people are sleeping.'

The Nurse's Corner:

Each month I highlight a health topic in the newsletter. Feel free to suggest health concerns that you would like to see added in future months.

Blessings,
Carol Savoie R.N.

What is sciatica?

(continued from July)

Treatment

Readily available nonsurgical remedies and regular exercise will go a long way toward relieving the pain most people experience.

For others, when the pain is severe or does not get better on its own, a more structured treatment approach, and possibly surgery, may be the best option for finding pain relief and preventing or minimizing future pain and/or dysfunction.

Nonsurgical Treatment for Sciatica

The goals of nonsurgical sciatica treatments are to relieve pain and any neurological symptoms caused by a compressed nerve root. There is a broad range of options available for sciatica treatment. One or more of the treatments below are usually recommended in conjunction with specific exercises.

Heat/ice

For acute sciatic pain, heat and/or ice packs are readily available and can help alleviate the leg pain, especially in the initial phase. Usually ice or heat is applied for approximately 20 minutes, and repeated every two hours. Most people use ice first, but some find more relief with heat. The two may be alternated. It is best to apply ice with a cloth or towel placed between the ice and skin to avoid an ice burn.

Pain medications

Over-the-counter or prescription medications are often effective in reducing or relieving sciatica pain. Nonsteroidal anti-inflammatory drugs (such as ibuprofen or naproxen), or oral steroids can reduce the inflammation that is usually part of the cause of pain. Muscle relaxants or narcotic medications may also be prescribed for the short term (a few days and up to 2 weeks) to alleviate pain.

General Exercises for Sciatica

Sciatica exercises usually focus on three key areas: strengthening, stretching, and aerobic conditioning.

Strengthening exercises

Many exercises can help strengthen the spinal column and the supporting muscles, ligaments, and tendons. Most of these back exercises focus not only on the lower back, but also the abdominal (stomach) muscles and gluteus (buttock) and hip muscles.

Strong core muscles can provide pain relief because they support the spine, keeping it in alignment and facilitating movements that extend or twist the spine with less chance of injury or damage.

Stretching exercises

Stretching is usually recommended to alleviate sciatic pain. Stretches for sciatica are designed to target muscles that cause pain when they are tight and inflexible.

Hamstring stretching is almost always an important part of a sciatica exercise program. Most people do not stretch these muscles, which extend from the pelvis to the knee in the back of the thigh, in their daily activities.

Another stretch that is often helpful in easing sciatica is the Bird Dog move: After getting on their hands and knees, individuals extend one arm and the opposite leg. The arm and leg extensions are then alternated. A more advanced version of this exercise is the Plank Bird Dog move, in which the extensions are done once the person is in the plank position on their hands and toes.

Low-impact aerobic exercise

Some form of low-impact cardiovascular exercise, such as walking, swimming, or pool therapy is usually a component of recovery, as aerobic activity encourages the exchange of fluids and nutrients to help create a better healing environment.

Aerobic conditioning also has the unique benefit of releasing endorphins, the body's natural pain killers, which helps reduce sciatic pain.

These types of exercise may be done separately or in combination. Examples of types of exercise that may include both strengthening and stretching include yoga, tai chi, and Pilates

For anyone in chronic pain or with a relatively high level of sciatica pain, one option for gentle exercise is water therapy, which is a controlled, progressive exercise program done in a warm pool.

Information obtained from www.spine-health.com

Outreach: News from Noah's Ark

News from Noah

“Hero Central” has welcomed approximately 40 new heroes this summer. Many of our kids have gone home wearing super hero capes.

With the heat and humidity being so uncomfortable, our kids usually go out to enjoy the playgrounds early in the morning. They have been introduced to Ray and his team of Sunbeatables. These five school age icons help remind all of us on how to protect ourselves and our families from the dangers of the summer sun. Our kids and staff have learned the importance of sunscreen, wearing wide brim (at least 4” wide) hats, proper clothing, and UVA/UVB proof sunglasses. We all need to protect ourselves from the dangers of skin cancers.

We have enjoyed visits from many old friends as well as a few new ones. Our “in-house” field trips have afforded us the opportunity to teach our little heroes the courtesy of sending “Thank You” notes, pictures, and cards to all our guests.

School year 2017-2018 is only a few weeks away. Our parking lot will be re-surfaced and painted, our school is newly painted, and our staff is preparing for a new crop of little heroes to grace the ark. We look forward to another exciting year with many new families.

Keep in mind we are always looking for V.I.P. Readers.

May the balance of your summer be blessed.

Ms. Jill



God's Work Our Hands: Blessing Bags

Sunday, September 10th

We will collect food items and personal care items to assemble on September 11th.

Food bags:

- Fruit Snacks
- PB Sandwich Crackers
- Granola Bars (chewy as some people don't have good teeth)
- Vienna Sausages
- Juice Box or Pouch
- Quart size zip-lock bags (please note: generic brands have ripped before we can seal)

Hygiene Bags:

- Small:
 - soap
 - shampoo
 - conditioner
 - lotion
 - bandaid
 - disposable razor
 - comb
 - tooth brush (*Dental kits donated from dental office with small toothpaste*)
- Gallon size zip-lock bags

Napkins and forks will be supplied.



Summer Water Drive Results:

Thanks to your generosity, we had a flood of cash donations totaling \$375, and a cascade of 128 cases of water!

A **Special Thank You** to Brian Myers of **PM Pest Control**. He volunteers his time and services to Bethlehem and Noah's Ark for free. **PM Pest Control** can handle all of your pest and weed control needs. Call 602-920-7032.

Have you noticed that the windows at Bethlehem are sparkling? Your windows can sparkle, too. Call Nathan and Bradley of **Sparkletime Window Washing** (480-225-5141) and tell them you attend Bethlehem Lutheran Church. **They will donate 10% of your window cleaning to Bethlehem.** They are also donating the cleaning of Bethlehem's windows for free. Thank you **Sparkletime!**

Business and Service Cards

Bulletin Board

Members and Friends of Bethlehem are invited to post your Business Cards on the Bulletin Board in the **Social Hall**.

Fall Festival: Even though the Fall Festival is months away, planning is already in progress. During the summer months, if you are out and about and you are able to pick up a **gift certificate** to donate to the Fall Festival, please do. Gift certificates to restaurants, grocery stores, or anything else in any domination would be appreciated.

Amazon Smile:

Do you shop online at Amazon.com? Bethlehem is part of the **Amazon Smile** program. Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases to **Bethlehem Lutheran Church** whenever you shop on AmazonSmile. When you log on to Amazon, you must do so through smile.amazon.com for Bethlehem to receive the benefits.

E-Blast: Sent from the church office every Thursday via email. It allows you to get up to date information on what is going on at Bethlehem delivered straight to your computer, phone, pad, or other wireless device you use. If you are not receiving it and want to, please contact the church office and let Laurel know.

Message to my church

Hi – I am Elyse Wheeler, a diaconal student with the Lutheran Deaconess Association (LDA). I am married to Joe Wheeler, and we recently celebrated our 42nd wedding anniversary. We are the proud parents of three wonderful grown up and married children: Jason, Michael and Mary. We love spending time with our children and five grandchildren, with on-going prayers for just one more! Joe and I joined Bethlehem Lutheran Church in February, 2017. I also enjoy prayer walking with our dog, Sophie; Cursillo, gardening, music, and traveling.

A question I am most often asked is what is a 'Deaconess'? In the New Testament, there are several references to deaconesses who were set apart to assist and lead the church in caring for the poor, marginalized, and the powerless, people whom it would have been so easy to forget: Phoebe (Romans 16:1-2), Lydia (Acts 16: 13-15, 40), and Dorcas (Acts 9:36-41), women of the early church whom were identified by the apostles for their examples of 'diakonia' (service among others - reaching out in Christian love to those in need). Their spirit of service lives on in Christ's disciples today.

As a student deaconess, my Christian servant-leader identity is demonstrated through ongoing educational studies in theology, biblical study and spiritual reflection while using my spiritual gifts to serve Bethlehem Lutheran Church: assisting during worship, pastoral care, Stephen's Ministry, administrative needs, and Christian service for mostly those in their 3rd Chapter of Life (approximately 65 years of age to going home). It is further my intention to become a consecrated LDA Deaconess in 'word and service' in 2019.

I am humbly honored and grateful to Bethlehem Lutheran Church for allowing me to complete my required internship in service to those I have come to cherish and respect. Next month I will be sharing more information about my 3rd Chapter of Life Ministry.

Meet Our New Music Director

Jordan is married to Jennie his wife of 12 years and they have a daughter named Maggie.

He has been a lifelong musician and has been playing and singing at church since he was 5 years old. He loves the outdoors and sports, golf and baseball are his favorites. To serve Christ in music is his calling from God and he is excited to share his music with the Bethlehem community.

Job Description:

The Music Director

- ◆ will be expected to play at all regular and special services at Bethlehem, including, but not limited to:
 - Regular Sunday services at 9:00am and as services are added on Sunday.
 - Special services on Thanksgiving Eve, Christmas Eve, Christmas Day, Easter Sunday, Wednesday Lenten services, and Holy Week (Maundy Thursday and Good Friday).
- ◆ will be expected to attend all rehearsals for the praise team, choir and worship musicians (soloist, vocal and instrument) or other special music performances.
- ◆ will be a part of the praise team outreach.
- ◆ will pick out all music for choir and praise team.
- ◆ will coordinate with the front office music selections for worship.
- Choir rehearses late September through April.
- Praise team leads worship the fourth Sunday of the month.
- Funeral and wedding services will be compensated independently.

Current Musician Schedule:

- Sunday 8:00AM -noon
- Wednesday 4:00-8:00PM
- Rehearsal time as needed
- One Saturday a month 1:00-4:00pm praise team outeac

Quilters:

The quilters are taking the Summer off and will start up again in late Fall. We don't make "fancy" quilts, as all our material is donated and we use what we have. They may not be fancy, but they all turn out pretty & they are great for keeping people warm in winter.

We would love to have more women join us, as we enjoy making the quilts and sharing how they are made with anyone who would like to participate. No experience necessary - we have "on the job" training & we also have Coffee & Treats each Tuesday! Please think about joining us in the Fall.

Vimeo:

If you want to hear the sermon again or share it, recorded sermons and special events at Bethlehem are available to be watched and downloaded at Vimeo.com/blcmesa. Check out Preschool activities, Heart Fire activities, the latest wedding or baptism, and Pastor Chon's sermon. The site supports HD quality videos and is not restricted by length or storage capacities (other than a maximum of 5 gig per week). If you record a video of a church-related function and would like it posted on our site, please contact the church office at 480-832-0462.

2nd Wednesday of the month:

Mexican Train Dominoes

August 9th at 1:00pm in the NCO.

Every Wednesday:

Choir Rehearsals

Choir rehearsals resume in the fall.

Every Thursday:

Men's Bible Study

7:30am in the Social Hall.

Men's Bible Study



4th Wednesday of the month:

Stitch 'n Knit:

July 23rd at 1:00pm in the NCO.

Bring your project of choice and join us for a couple of hours of camaraderie and quiet. Don't have a project? Just join us anyway.

Questions? Just ask Carol Savoie.

Prayer Shawl Ministry:

We are meeting on the 4th Wednesday with the Stitch 'n Knit Group at 1:00pm in the NCO.

Thanks to everyone who has made or is making Prayer Shawls. It is a great way to share God's love and prayers with people who are hurting and to let them know they are loved.

One of our members at BLC shared with me about 4 Prayer Shawls that she gave to friends who were suffering with Cancer. She said they were all so thankful for the shawls (some had never heard of such a ministry) and thought they were the greatest to help them through their treatments, as wearing them reminded them that God loves them and is with them in whatever they are going through.

After the Prayer Shawls are blessed on the 3rd Sunday of the month, they are displayed in Church for anyone to take at any time. You do not have to be a member of BLC to take a Shawl when you know of someone who is hurting and could use one.

We would appreciate it if people would refrain from using them to keep warm while in Church, as that is not their purpose. Thank You.

Carol Wendlandt, member of the Prayer Shawl Group

— — — — —

We now have a **Weather Station** mounted on the pergola in the Community Garden that reports the weather, real time, on line. On your computer go to weatherunderground.com. In the search window located at the top right of the screen, type in our weather station ID. KAZMESA121. You can view weather conditions real time and see graphs that report the history. Enjoy. The direct link on your computer is:

<http://www.wunderground.com/personal-weather-station/dashboard?ID=KAZMESA121>

E-Blast: Sent from the church office every Thursday via email. It allows you to get up to date information on what happening at Bethlehem - delivered straight to your computer, phone, pad, or whatever wireless device you use. If you are not receiving it and want to, please contact the church office and let Laurel know.

Ps46v1@blc.phxcoxmail.com

Memorial Tiles:

Bethlehem Lutheran Church participants have the availability of purchasing memorial plaque tiles to go on our master plaque. An individual name tile costs \$15. If you choose two names, one on each tile, the cost is \$25. If you are interested or need more information, please contact the church office at 480-832-0462

Holy Yoga

A Christ-centered yoga class on Tuesdays from 6:00-7:00 pm in Room 9/10. No experience needed. Can be done from chairs or the floor. Bring: yoga mat, comfortable clothes, water, & \$5 suggested donation. Questions? Call Renaya VanDusen at 480-717-3477.

Media at Bethlehem

We're always on the lookout for new ideas about how Bethlehem can use social media. Tell us yours. We want to share God's promises with all creation.

Volunteer Opportunity:

If this is your calling, please contact the church office (480-832-0462).

Nursery:

Our nursery is run by volunteers who are available during worship one Sunday each month to care for young children when needed. Our nursery caregiver on the first Sunday of each month is no longer able to continue.

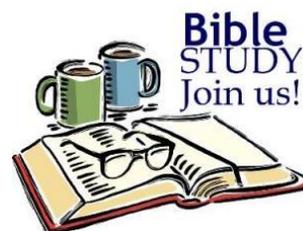


The **World Hunger Basket**, located in front of the altar, is a continuing mission activity. You are invited to donate before, during, or after worship. 1/2 of the funds are sent to the ELCA World Hunger program, and the other 1/2 remain at Bethlehem to purchase food for the food bank at First Lutheran when their shelves are empty. The second page of the monthly calendar reports how much we sent to World Hunger the previous month, and how much of the funds on-hand were used to purchase food for the food bank. The cash raised at the annual Souper Bowl event is handled in the same manner.

Fair Trade Coffee for Mission:

The coffee we use for Hospitality on Sunday, which is also on sale in the social hall, is bought through Lutheran World Relief. This is an Equal Exchange program which takes out the "middle man" so the small farmers get the fair trade value of their coffee. A small amount of our purchases go to support Lutheran World Relief. You June notice that we don't have as many different types of coffee as they were not selling. If there is a coffee type that you would like please let me know.

Thanks, Carol Savoie



3rd Thursday of the month:

WELCA

Every woman who worships at Bethlehem is a member of WELCA, and we welcome your presence at our monthly meetings on the 3rd Thursday of the month. During the summer months, our time together consists of fellowship and Bible study only. Please bring your own Bible and beverage (*BYOB*) during the summer months. Our meetings are from 10:00-11:00 am. **Mark your calendar for Thursday, August 17th, at 10:00 am.** We hope to see you there!

If you have any questions, please call or talk to Audrey Anderson or Ellie Thompson, co-chairs of WELCA.