

Bethlehem Star

July, 2016

Summer Church Office Hours

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

Summer Water Drive: Sunday, July 9th & Sunday, July 16th

Looking Forward: Summer Sunday Potlucks

- ✚ July 16th: Cowboys
- ✚ August 20th: Baseball

Noah's Ark

Summer Program

- ✚ HERO CENTRAL - Discover Your Strength in God

VBS with Love of Christ

- ✚ July 10th - 14th

Ministry Team Meeting

- ✚ July 23rd following worship

- ✚ **Summer Video Series:**
Tuesdays, 6:30-8:30pm
July 11th, 18th, & 25th
- Pastor Chon & Danny's House
- ✚ **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.
July 12th, 1:00pm - NCO.
- ✚ **WELCA**
3rd Thursday of the month:
July 20th, 10:00 to 11:00 am.
- ✚ **Stitch 'n Knit:**
4th Wednesday of the month:
July 26th, 1:00pm - NCO.

Since Pastor John led the bible study on the third chapter of life, Bethlehem has been looking into ways to better serve this population from age 65 until...

I am happy to announce that Elyse Wheeler will begin her Lutheran Deaconess Association internship at Bethlehem on July 11, 2017. The emphasis of her internship will be serving the third chapter of life members in the congregation. It will include:

- A cancer survivor support group (possibly with the addition of a chronic disease support)
- A grief support group
- Hospital and Assisted Living visits
- Assisting minister in worship
- Occasional preaching
- Stephen Minister
- Attend staff and council meetings
- Back up to Laurel in administrative tasks
- Music Ministries
- Assisting with Track One of the visioning and outreach team.
- Assorted things as requested

She will work part time Tuesday, Wednesday and Sunday. However she will make hospital visits when needed. Her internship installation will be July 16, 2017. Please welcome Elyse and support her in this new venture in her life.



Third Sunday Potlucks

On the third Sunday in July and August dress according to the theme, 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!

July 16th is Cowboy Sunday

Wear your cowboy or cowgirl hats and boots and tie your horse at the door. During worship we will praise God and sing about the great west. Invite your grandchildren, children, grandparents, great grandparents, friends, neighbors, and the person just walking down the street. Sign up on the sheet in the narthex to bring your favorite Cowboy grub. We will have you home stuffed, tired and ready for a nap by 1:00pm.

Thank You to Karen Vidot for coordinating this potluck.

August 20th will be Baseball Sunday

Thanks to Pat Gappa for coordinating this potluck.



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, July 24th** to be included in the July 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.

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 \$700.

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!**





**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)



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.

Summer Video Reformation Study:

- ✚ Dates: July 11th, 18th, and 25th.
- ✚ Time: 6:30-8:30pm
- ✚ At Pastor Chon & Danny's house. Contact the church office for directions.
- ✚ It begins with medieval Catholic theology to Lutheran nuances, to Biblical scholarship and more.

Summer Water Drive:

It's that time of year again: Temperatures are rising, so it's time for our annual Summer Water Drive. You can bring cases of water, or donate money and the cash will be used to purchase water. Please be as generous as you can at it's hot out there! Either way, you are helping provide the much needed hydration for the homeless in our area. **We've designated Sunday, July 9th and Sunday, July 16th, so see Carol Savoie on those Sundays to donate!**



Hidden Books of the Bible

There are the names of 16 books of the Bible mentioned in the paragraph below. See how many you can find. If you're having trouble, check p. 9 for the solution.

I once made a remark about the hidden books of the Bible. It was a lulu, kept people looking so hard for facts, and for others it was a revelation. Some were in a jam, especially since the names of the books are not capitalized, but the truth finally struck home to numbers of readers. To others, it was a real job. We want it to be a most fascinating few moments for you. Yes, there will be some really easy ones to spot. Others may require judges to help them. I will quickly admit it usually takes a minister to find one of the 17, and there will be loud lamentations when it is found. A little lady says she brews a cup of tea so she can concentrate better. See how well you can compete. Relax now, for there really are the names of 17 books of the Bible in this paragraph.

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?

The term sciatica describes the symptoms of leg pain - and possibly tingling, numbness, or weakness - that originate in the lower back and travel through the buttock and down the large sciatic nerve in the back of each leg.

Sciatica (pronounced sigh-at-eh-kah) is not a medical diagnosis in and of itself—it is a *symptom of an underlying medical condition*. Common lower back problems that can cause sciatica symptoms include a lumbar herniated disc, degenerative disc disease, spondylolisthesis, or spinal stenosis.

Sciatica Nerve Pain

Sciatica is often characterized by one or more of the following symptoms:

- Constant pain in only one side of the buttock or leg (rarely in both legs)
- Pain that is worse when sitting
- Leg pain that is often described as burning, tingling, or searing (versus a dull ache)
- Weakness, numbness, or difficulty moving the leg, foot, and/or toes
- A sharp pain that may make it difficult to stand up or walk
- Pain that radiates down the leg and possibly into the foot and toes (it rarely occurs only in the foot)

Sciatic pain can vary from infrequent and irritating to constant and incapacitating. Symptoms are usually based on the location of the pinched nerve.

The Sciatic Nerve and Sciatica

The sciatic nerve is the largest single nerve in the body and is made up of individual nerve roots that start by branching out from the spine in the lower back and then combine to form the "sciatic nerve." Sciatica symptoms occur when the large sciatic nerve is irritated or compressed at or near its point of origin.

- The sciatic nerve starts in the lower back, typically at lumbar segment 3 (L3).
- At each level of the lower spine a nerve root exits from the inside of the spinal canal, and each of these respective nerve roots then come together to form the large sciatic nerve.
- The sciatic nerve runs from the lower back, through the buttock, and down the back of each leg.
- Portions of the sciatic nerve then branch out in each leg to innervate certain parts of the leg—the thigh, calf, foot, and toes.

6 Most Common Causes of Sciatica

The following six lower back problems are the most common causes of sciatica:

Lumbar herniated disc

A herniated disc occurs when the soft inner material of the disc leaks out, or herniates, through the fibrous outer core and irritates or pinches the contiguous nerve root.

Other terms used to refer to a herniated disc are slipped disc, ruptured disc, bulging disc, protruding disc, or a pinched nerve. Sciatica is the most common symptom of a lumbar herniated disc.

Degenerative disc disease

While some level of disc degeneration is a natural process that occurs with aging, for some people one or more degenerated discs in the lower back can also irritate a nerve root and cause sciatica.

Degenerative disc disease is diagnosed when a weakened disc results in excessive micro-motion at that spinal level, and inflammatory proteins from inside the disc become exposed and irritate the nerve root(s) in the area.

Bone spurs, which may develop with spinal degeneration, also may press against a nerve, resulting in sciatica

Isthmic spondylolisthesis

This condition occurs when a small stress fracture allows one vertebral body to slip forward on another; for example, if the L5 vertebra slips forward over the S1 vertebra. With a combination of disc space collapse, the fracture, and the vertebral body slipping forward, the nerve can get pinched and cause sciatica.

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Lumbar spinal stenosis

This condition commonly causes sciatica due to a narrowing of the spinal canal. Lumbar spinal stenosis is related to natural aging in the spine and is relatively common in adults older than age 60.

The condition typically results from a combination of one or more of the following: enlarged facet joints, overgrowth of soft tissue, and a bulging disc placing pressure on the nerve roots, causing sciatica pain.

Lumbar spinal stenosis commonly occurs along with spinal arthritis, and arthritis can also cause or contribute to sciatica symptoms.

Piriformis syndrome

The sciatic nerve can get irritated as it runs under the piriformis muscle in the buttock. If the piriformis muscle irritates or pinches a nerve root that comprises the sciatic nerve, it can cause sciatica-type pain. This is not a true lumbar radiculopathy, which is the clinical definition of sciatica. However, because the leg pain can feel the same as sciatica or radiculopathy, it is sometimes referred to as sciatica.

Sacroiliac joint dysfunction

Irritation of the sacroiliac joint - located at the bottom of the spine - can also irritate the L5 nerve, which lies on top of the sacroiliac joint, causing sciatica-type pain. Again, this is not a true radiculopathy, but the leg pain can feel the same as sciatica caused by a nerve irritation.

Continued in August: Treatment

Worship Service Team Meeting

Sunday, July 23rd @ 10:30am: Everyone who wishes to take part in the volunteer opportunities on Sundays, plan to come to this short meeting as we sign up for the opportunities during August, September, and October. If you have any question about the job descriptions, come to the meeting or ask me or call me.

Thank you to Elyse Wheeler who has volunteered to take over this ministry.

Thank you to Carol Savoie for her for her time and service with this ministry.

Bethlehem Star: July, 2017

WELCA School Donations

It's that time of year again and school is right around the corner. The ladies of WELCA would like to collect school supplies for Lutheran Social Services once again this year. All school supplies are welcome and appreciated – backpacks, notebooks, pens, pencils, erasers, etc. to name only a few. We also ask that socks and underwear be on the list as well. A box labeled school supplies will be in the narthex on **Sunday, July 23, and Sunday, July 30**. We so appreciate any help the congregation is willing to give.

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

God's Work Our Hands: Blessing Bags

Sunday, September 10th

We will collect food items and personal care items beginning July 31st 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 are sm toothpaste)
- Gallon size zip-lock bags

Napkins and forks will be supplied.

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**.

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.



Outreach: News from Noah's Ark

News from Noah

It seems as though school just ended. I blinked and it is July. That means we made it through June with few challenges and lots of exciting new experiences. We have had several of our old friends come and share their gifts/passions with us as well as a few new friends join our little family.

John and Vi Hepler brought in a variety of their southwestern artifacts. The kids were amazed by the life-sized Indian that sat so quietly while the Heplers talked to them. The teachers used his polite quietness as an example of how to listen while adults are talking. We do not waste an opportunity to teach manners.

July will bring more friends to the ark. Some of those new friends come by way of new families to our school. With great pleasure we can say our classes are full or almost full for the upcoming school year. The Holy Spirit lives and works through the ark and its staff. Thanks be to God.

Our prayers for all of you are to have a safe, healthy, and happy summer. Like our "Sunbeatable Heroes" remind us-wear a wide brim hat, sunscreen of 30SPF, sunglasses, appropriate clothing, and find shade where possible.

Have a blessed summer.

Ms. Jill



What is Bethesda?

Founded in 1904 in Watertown, Wis., Bethesda Lutheran Communities has always strived to fulfill our ongoing mission:

To enhance the lives of people with intellectual and developmental disabilities through services that share the good news of Jesus Christ.

Bethesda has always focused on the Christian faith. It is our intent to nurture the faith life of people of all abilities. We believe in the importance of all people having a relationship with our Lord and Savior. Bethesda connects people with disabilities to local congregations, creates devotional and instructional materials for leaders, teachers and Bible classes, and supports congregations as they establish ministry programs to include people of all abilities.

Bethesda empowers people to live a full life, making their own choices about the things that matter to them the most. All people should have a say in where they work, play and worship.

To ask questions, get more information, request our Messenger Magazine, or learn about our faith resources:

Call: 1-800-383-8743

Send: 600 Hoffmann Dr. Watertown, WI 53094

Website: www.BethesdaLutheranCommunities.org

Email: Development@mailblc.org



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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 (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.

Every Thursday:

Men's Bible Study

7:30am in the Social Hall.

The **World Hunger Basket**, located in front of the baptismal font, is a continuing mission activity. You are invited to donate before, during, or after worship. ½ of the funds are sent to the ELCA World Hunger program, and the other ½ 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 bag and beverage (*BYOB*) during the summer months. Our meetings are from 10:00-11:00 am. **Mark your calendar for Thursday, July 20th, 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.