

# Bethlehem Star

May, 2017

## Summer Church Office Hours

Monday - Thursday:

8:00am - 1:00pm

Closed Friday.

Beginning Friday, May 26<sup>th</sup>

## Our Garden Harvest



## Looking Forward: Summer Sunday Potlucks

- ✚ June 25<sup>th</sup>: Nautical theme  
(with a baby shower for Morgan Bracy)
- ✚ July 16<sup>th</sup>: Cowboys.
- ✚ August 20<sup>th</sup>: Baseball

## Noah's Ark

## Summer Program

- ✚ HERO CENTRAL - Discover Your Strength in God

## VBS with Love of Christ

- ✚ July 10<sup>th</sup> - 14<sup>th</sup>



**Memorial Day**

*Remember Those Who  
Gave Their Lives*

Last week as I filled out the proposal for a sabbatical grant, for the third time, I was struck by how healthy Bethlehem is. I would like to share with you portions of the opening paragraph of the proposal:

I have served Bethlehem Lutheran Church and Noah's Ark Preschool and Kindergarten since 2010. I am fortunate to serve with a staff of highly qualified and experienced men and women that first and foremost have the love of God in their hearts and souls. Members of the church council are often heard asking others around the church, "How may I help you?" The healthy and mission minded atmosphere at Bethlehem has us ready to vision into the future and to ask ourselves, "What is God calling us to do next?" The purpose of the sabbatical renewal program will be to renew, reimagine and relax including the pastor, staff, church council and congregation as we enter into the future of God's mission for Bethlehem.

The theme for my sabbatical is Trinitarian in nature:

- \*Renew my relationship with God
- \*Reimagine my relationship with Jesus
- \*Relax through my relationship with the Holy Spirit

The sabbatical will take place August, September and October of 2018 or from the middle of August to the middle of November 2018. The deciding factor will be when I can get all of my children and grandchildren together for a week around all of their schedules.

The first part of my sabbatical will be spent in a motor home learning the motorhome culture so outreach to those who are motor-homing can be better addressed by Bethlehem. I will also be renewing my relationship with God as Danny and I visit and experience Montana, North and South Dakota. The second part of the sabbatical will be at Disney World reimagining my relationship with Jesus through the eyes of my children and grandchildren. The final part will be spent in a house on the ocean as I relax with the Holy Spirit and just dream.

Discussion with council has concluded should the grant not fund the sabbatical for next year the sabbatical will still happen. The funding next would come from the selling of the land. If the grant does not fund the sabbatical and the land does not sell then a sabbatical fund would be set up and people could donate to financially support the sabbatical.

During the time of the sabbatical Pastor John will be available for pastoral care and worship as well another pastor for pulpit supply. Intern Deaconess student Elyse Wheeler will also be available for pastoral care and worship leadership. Again, Bethlehem is truly blessed.

If you have any other questions about the sabbatical don't hesitate to ask me. Yes, Bethlehem will be busy while I am gone visioning with Pastor John. When Danny and I get back we will all have a big party and share what happened while I was gone and any new insights we have as to where God is calling us. Mission and ministry – that is what it is all about!

## Church Office Hours:

Monday - Thursday: 8:00am - 1:00pm

Friday: 8:00am - Noon

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

*The Church office will be closed Fridays May 26<sup>th</sup> - September 1<sup>st</sup>.*

*Announcements will be due Thursdays at 10:00am.*

## Newsletter Deadline:

Articles must be received in the church office by **Monday, May 22<sup>nd</sup>** to be included in the June 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.

**Newsletter:** Receive the newsletter via email and save postage and paper costs.

## 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 may 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 the church office know.

## 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!**

## Worship Service Team Coordinator

Looking for someone to take over this position. It's not too hard or takes too much time. Hold quarterly meetings after worship to allow people to sign up for the volunteer opportunities such as Communion Assistant, Lector, Hospitality, Usher, Videographer, and Power point operator. Work with the Worship Assistant, Arlene Jacobson, to fill in any open opportunities. May need to ask people whether in person, by phone, or by email to volunteer. Then send monthly reminder cards to the volunteers. Any questions, ask the church office 480-832-0462

## Orchard Update:

A company from Utah which is involved in building Assisted Living facilities has been in the Mesa visiting potential sites, including ours.

## Bethlehem's Web Site:

[blcmesa.org](http://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>

**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](mailto:Ps46v1@blc.phxcoxmail.com)



## A Stephen Minister Stays Connected to Jesus

**Bethlehem Lutheran Church  
is a Stephen Ministry Congregation.**

"Abide in me as I abide in you. Just as the branch cannot bear fruit by itself unless it abides in the vine, neither can you unless you abide in me. Those who abide in me and I in them bear much fruit, because apart from me you can do nothing"

John 15: 4-5

Your central concern as a Stephen Minister is to pay constant attention to your relationship with Jesus Christ. You do this always trusting that Jesus created that relationship and will maintain it. The clear and central focus of our energies and efforts must be upon Jesus. As long as you keep in constant touch with Jesus, the Holy Spirit will be able to use the Stephen Minister's training, knowledge, faith, love, and skills to God's glory and to accomplish what is best in the life of your care receivers.

God has given two important tools to help the Stephen Minister abide in Jesus and maintain focus on Jesus and his sustaining Spirit. These tools are prayer and Scripture. Certainly there are other useful tools, but these two are a good way to begin. By using them you open yourself to God; you make it possible for God to work in your life ministry.



### 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.

## Outreach Opportunity

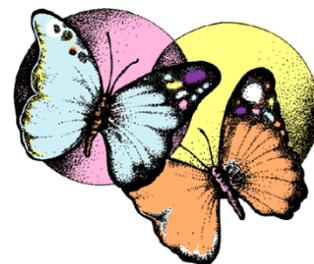
At Grace, we have hosted a small Tongan (as in the Pacific island nation) Methodist congregation for the past three years. Our partnership with them has been wonderful as we have done Vacation Bible School together and other family events. They don't pay rent at Grace; instead, they take care of our landscaping two weekends a month. They are absolutely genuine in all that they do.

They are trying to help their family and friends back in Tongan build a parochial school for their church body called Mo'ui Fo'ou 'Ia Kalaisi Fellowship (New Life in Christ Fellowship) that will serve approximately 300 students in grades 1-6 in the village of Haateiho, Tonga. Right now, the kids are going to school literally sitting underneath mango trees. The mothers of the students are the ones building the school. What they need and would be so grateful for are...

- \* Tables & Chairs to use in their classrooms
- \* Children's Books in English
- \* Children's Clothing & Shoes (the majority of children in the village go barefoot)

They would love donations of used items, and to donate, people just need to contact their pastor Paula Latu (Paula is a man) at 602-814-6774 or [seihaoneone@gmail.com](mailto:seihaoneone@gmail.com). He will pick up the donations from churches and is also more than happy to come and speak at any congregation in the valley.

Pastor Sarah Stadler  
Grace Lutheran Church  
1124 North 3rd Street  
Phoenix, Arizona  
602-258-3787



## 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.

### Heel Pain

Every mile you walk puts tons of stress on each foot. Your feet can handle a heavy load, but too much stress pushes them over their limits. When you pound your feet on hard surfaces playing sports or wear shoes that irritate sensitive tissues, you may develop heel pain, the most common problem affecting the foot and ankle.

A sore heel will usually get better on its own without surgery if you give it enough rest. However, many people ignore the early signs of heel pain and keep on doing the activities that caused it. When you continue to walk on a sore heel, it will only get worse and could become a chronic condition leading to more problems.

#### Evaluation and Treatment

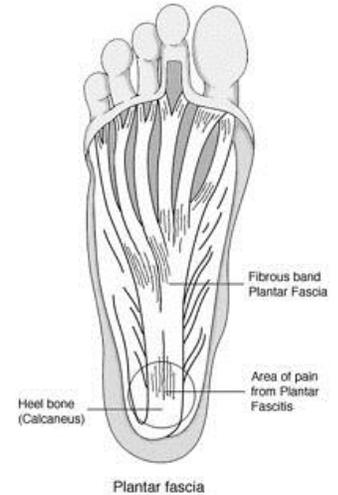
Heel pain can have many causes. If your heel hurts, see your primary care doctor or orthopedic foot and ankle specialist right away to determine why and get treatment. Tell him or her exactly where you have pain and how long you've had it. Your doctor will examine your heel, looking and feeling for signs of tenderness and swelling. You may be asked to walk, stand on one foot or do other physical tests that help your doctor pinpoint the cause of your sore heel. Conditions that cause heel pain generally fall into two main categories: pain beneath the heel and pain behind the heel.

#### Pain Beneath the Heel

If it hurts under your heel, you may have one or more conditions that inflame the tissues on the bottom of your foot:

- **Stone bruise:** When you step on a hard object such as a rock or stone, you can bruise the fat pad on the underside of your heel. It may or may not look discolored. The pain goes away gradually with rest.
- **Plantar fasciitis (subcalcaneal pain):** Doing too much running or jumping can inflame the tissue band (fascia) connecting the heel bone to the base of the toes. The pain is centered under your heel and may be mild at first but flares up when you take your first steps after resting overnight. You may need to do special exercises, take medication to reduce swelling and wear a heel pad in your shoe.

- **Heel spur:** When plantar fasciitis continues for a long time, a heel spur (calcium deposit) may form where the fascia tissue band connects to your heel bone. Your doctor may take an X-ray to see the bony protrusion. Treatment is usually the same as for plantar fasciitis: rest until the pain subsides, do special stretching exercises and wear heel pad shoe inserts. Having a heel spur may not cause pain and should not be operated on unless symptoms become chronic.



#### Pain Behind the Heel

If you have pain behind your heel, you may have inflamed the area where the Achilles tendon inserts into the heel bone (retrocalcaneal bursitis). People often get this by running too much or wearing shoes that rub or cut into the back of the heel. Pain behind the heel may build slowly over time, causing the skin to thicken, become red and swell.

You might develop a bump on the back of your heel that feels tender and warm to the touch. The pain might flare up when you first start an activity after resting. It often hurts too much to wear normal shoes. You may need an X-ray to see if you also have a bone spur.

Treatment includes resting from the activities that caused the problem, doing certain stretching exercises, using pain medication and wearing open-back shoes.

- Your doctor may want you to use a 3/8" or 1/2" heel insert.
- Stretch your Achilles tendon by leaning forward against a wall with your foot flat on the floor and heel elevated with the insert.
- Use nonsteroidal anti-inflammatory medications for pain and swelling.
- Consider placing ice on the back of the heel to reduce inflammation.

Information obtained from: [www.aofas.org](http://www.aofas.org)

## 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

## 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](http://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 call 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 Opportunities:

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 baptismal font, 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.

## 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.

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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.

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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.

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**Outreach: News from Noah's Ark**

The 2016-2017 school year is coming to an end in a p. 7

few short weeks. Our kindergarteners are getting ready to don their caps and gowns and our pre-kindergarteners are preparing for their moving-up ceremony. Looking at these children now it doesn't seem possible that these are the same shy, non-task oriented, hapless children we welcomed last August. We have watched the children grow in height, maturity, academics, and most of all in spirituality. It has been such a joy to experience all the growing pains right alongside the teachers/staff and of course-the children.

The front office has been blessed with a continuous stream of fall registrations and family tours. Summer camp is filling up, but keep an eye open for our new camp banner. The theme this year is 'HERO CENTRAL-Discover Your Strength in God'. We will also be implementing a new sun safety program-“Ray and the Sunbeatables!” There will be lots of super heroes on campus this summer.

Noah's Ark wants to send blessings to all our winter visitors who are returning home. May your journeys be safe and enjoyable. We look forward to seeing you in the fall.

Stay safe, happy and healthy.  
Ms. Jill

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!

**On June 25<sup>th</sup> we will have a Nautical theme,** which will include a baby shower for Morgan Bracy. Food will be supplied. Watch for the sign-up sheet so the hosts will know how much food to bring.



**We are looking for hosts for July & August. For more information, contact the church office.**

- **For July 16<sup>th</sup> our theme will be Cowboys.**
- **August 20<sup>th</sup> is Baseball Sunday.**

**This summer, Bethlehem is again joining with Love of Christ for **Vacation Bible School.** You are invited to join us in making this a special event for all kids. For more information, contact Karen Vidot.**

## VACATION BIBLE SCHOOL



**Join Us For Maker Fun Factory, Created by GOD,  
Built for a Purpose!**

on July 10-14, from 5:30-8:00p.m.  
at Love of Christ Church (1525 N Power Rd, Mesa)  
Open to kids entering Pre-K through 6th grade.  
The cost is \$20 per child (dinner included)  
\$50 max per household Scholarships are available.

You can also download a registration form online  
at [LoveofChristChurch.net](http://LoveofChristChurch.net) or register in the LOC front office.



**TEAM VBS!**

Be a part of this special team! Servants are needed in all areas of VBS!  
We are in need of Kitchen Assistants, Crew leaders and Station Assistants for both Preschool and Elementary Age areas.

Whatever your gifts, we have a job for you!  
Interested? Contact:  
Lori Hughes at [lorihughes@loccl.org](mailto:lorihughes@loccl.org)



**Third Sunday Potlucks** in June, July, and August. Dress according to the theme, bring a potluck dish, and join in with the games. We will begin around 10:30am  
**Bethlehem Star:** May, 2017

**Men's Bible Study**  
7:30am in the Social Hall.

