

August  
2019

# The Banner

Monthly Newsletter of Bethel Lutheran Church

## 18<sup>th</sup> Annual Harvest Sunday!

*Sunday, August 11, 10:45 a.m.*

Celebrating God's bounty with our Bethel family, sharing a meal, and helping others... what could be more fun?! Share your pies, garden produce, baked goods, crafts and flowers in support of Harvest Sunday and Lutheran World Relief!

Donations and purchases support LWR's Mission:

"Affirming God's love for all people, we work with Lutherans and partners around the world to end poverty, injustice and human suffering." We are not owners; rather we strive to be wise trustees: "The earth is the Lord's and all that is in it" (Psalm 24:1). Aware of an imbalance and abuse of resources globally, we are compelled toward responsibility, justice and bold investment for the sake of our mission.

Donations can be dropped off to the Bethel office August 5-8, 9:00-1:00 or brought to our outdoor tent at 9:30 am on Sunday August 11.

Questions? Contact Julie Shanabrook at either 540-535-9379 or [thirdpig1@gmail.com](mailto:thirdpig1@gmail.com).



...because there **IS**  
enough to feed the  
world.

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## Beginnings...

In honor of the beginning of the school year, the beginning of a new worship schedule at Bethel, and in recognition of all new beginnings that are happening in our lives, our community and our world at this time of the year, I offer the following poem for reflection and response. I trust you will find the joy and promise in its honesty and integrity. Peace and Grace, Pastor Dave

*I Tremble on the Edge of a Maybe*  
(from Guerrillas of Grace by Ted Loder)

O God of beginnings, as your Spirit moved over the face of the deep  
on the first day of creation,  
Move with me now in my time of beginnings,  
when the air is rain-washed,  
The bloom is on the bush,  
and the world seems fresh and full of possibilities,  
and I feel ready and full.

I tremble on the edge of a maybe,  
A first time,  
A new thing,  
A tentative start,  
And the wonder of it lays it's finger on my lips.

In silence Lord,  
I share now my eagerness  
And my uneasiness  
About this something different I would be or do;  
And I listen to your leading  
To help me separate the light from the darkness  
In the change I seek to shape, and which is shaping me.

### *Council President's Message*

Happy Summer Fellow Bethel Lutherans!

As I sit here on the beach reflecting on the last month at our church - I write this with a ton of gratitude for all that we've done these past 30 days .. we just had our largest yard sale to date and the Little Lutherans had a very successful bake sale - all because of our awesome members and friends of Bethel .. the teamwork and community that forms during these events are wonderful and sometimes life giving .. at least for me. As I watch friendships form and evolve and the work of the church being done - it fuels that fire in my belly that keeps burning for Bethel!

Happy Summer!! Keep calling, emailing, texting and attending the Coffee with Council gatherings - much still to be done but I've said it before and I'll say it again - it's an amazing time to be the church - Bethel Lutheran - no place I'd rather be!

Traci Shoberg

## Bethel Worship Schedule Change

The Bethel council has been considering a proposal to remain in one worship service on Sundays at 9:30 as we begin the fall instead of returning to two worship services. After hearing from a variety of voices, the council has made the decision to accept this proposal.

We will continue worshipping on Sunday at 9:30 and a midweek worship service at 7:00pm will begin in October as an alternative/additional worship experience.

We are excited about the possibilities for ministry that gathering in one worship service on Sunday will allow us to consider. We are also eager to explore how a robust worship experience during the week will be attractive to those who may not be in our midst currently.

Bethel has always been willing to think outside the box and we welcome the opportunity for new ministry opportunities to emerge from this decision.

## Revised Worship Assistant Schedules

As a result of Council's decision to continue with one Sunday worship service at 9:30 a.m., all those who have volunteered to be worship assistants will soon receive revised schedules for September through December 2019.

## Theology on Tap

*On vacation until September. Stay tuned for date and time.*

## High School Graduates Wrapped in Quilts!

This year to properly celebrate the power of Jesus in the lives of our high school graduates we will wrap them in quilts **Sunday, August 4 at 9:30am**. Thank you to the whole quilt making team for the great gift of this ministry to help wrap these young adults with God's love for life!



## Congregational Potluck BBQ

*August 11, 10:45 a.m.*

Meats, beverages and paper products will be supplied. Please bring a side dish to share.

## Coffee with Council

We will continue to meet monthly to hear your concerns and consider the opportunities you see for Bethel. **Please join us for our monthly Coffee with Council in the Library on August 18, 10:45 a.m.**

Hope to see you there!



## Global Mission

During the week of July 14-20, six members of our Bethel youth and four chaperones traveled to Antigua Guatemala to contribute mission work at the Escuela Integrada. The school is roughly as old as the youth and supports the working-class children of Antigua and the surrounding towns.

While there, the youth visited the homes of several schoolchildren to deliver food bags. Because the mission of the school is to provide education to children who would normally have to work to support their families, the school tries to offset the amount the children would earn, if working, by helping provide basic needs such as food staples. Conversation and prayer with the families is also a key part of the visit. In some cases, we provided and installed eco-friendly stoves that are safer and use less fuel than the open fires normally used for cooking. In addition to this work, the youth also worked with the school's female empowerment program (El Proyecto Capaz) and engaged in other activities with the kids, such as futbol, recess, and informal English lessons. Our youth experienced a firsthand view of third world poverty and were equipped with tools to combat global poverty.

Thanks for your support at the Valentine's dinner, silent auction, cake auction, and Global Christmas fundraisers. We appreciate how readily the church got behind our mission and our blooming partnership with Escuela Integrada.

Muchas Gracias por todo! (Thanks very much for everything)

Please visit our blog at [bethelyouthmission2019.blogspot.com](http://bethelyouthmission2019.blogspot.com) to see stories and photos from our trip.

Connor Lothrop



The team in Zuladey's kitchen in Jocatenango



The team and friends outside Michelle's home.



Family Night at Escuela Integrada!



## Order your T-Shirt Today!

All orders must be paid for in advance. See sign up in the narthex for sizing and pricing.

Make checks payable to Bethel with "T-shirt" in the memo line.

## CCAP UPDATE

- The CCAP website is now available to accept donations online: [http://ccapwinc.org/1\\_7\\_click-here-to-make-a-contribution.html](http://ccapwinc.org/1_7_click-here-to-make-a-contribution.html)
- Two local churches are now providing quarters at local laundromats on select Saturdays in order for CCAP clients to complete their laundry. Other area churches are invited to select a day to provide this service to the community. Churches can also provide a Sunday mid-day meal onsite at CCAP.
- Current needs: Men's clothing (especially large/XL/2XL t-shirts, new underwear, and socks), old printer cartridges, back to school clothing for children sizes 3-5, white rice, spaghetti sauce, and cereals.
- Volunteers needed in all areas but especially in the baby/toddler room
- Current roof leak at CCAP being addressed but CCAP has been informed that they will need a new roof within next few years, estimated to be \$40-50 thousand in cost.
- Discussion continues on whether Executive Director position should be a paid position. Current executive director is not paid, often works over 30 hours a week, and pays out of pocket for gas and phone expenses. A committee has been created to address the issue. Current bylaws would allow for a paid position.

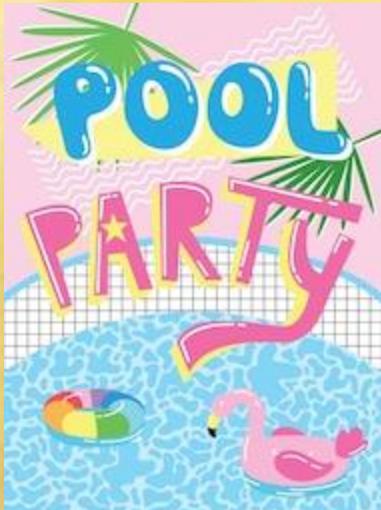
## Girls Night Out

Tuesday, August 13, 6 pm

### “Pool Party at Traci Shoberg’s”

Please join us for an evening of laughter and swimming (if you'd like)! Dinner and drinks provided. All women are welcome. We will close out the evening with some singing around the firepit with s'mores!

Please RSVP for this event so we can plan for enough women by texting or calling Traci at 540-303-7771.



## Women's Ministry

**First Friday Fellowship** – Friday, August 2, 9:30 a.m. at Firefly Café. We share our stories with one another and delight in our friendships. Please join us! No commitment required. Call Barbara Simmons for any questions @ 540-664-1965.

**Bethel Women Book Club** - Third Thursday of each month  
Thursday, August 15, 6:30pm, Panera, Winchester

All women are invited for this book club event. The book chosen for August and September is “The Lightless Sky” by Guwali Passarlay. Should you have questions regarding this event, please contact Diane Milburn (540-664-1365 or [Tdmilburn@comcast.net](mailto:Tdmilburn@comcast.net)). Read the book before the gathering in order to discuss and come with an open mind!

### Coming Events:

September- Fall Gathering of Bethel women!  
October- Tea Party!

Join us on Facebook  
Bethel Wild Women of Faith!

## Men's Ministry

**Men's Breakfast & Devotions** - First Saturday each month at 8:30 a.m. at Backseat Bar and Grill (104 Full House Drive)

Come and join the men of Bethel at Backseat Bar and Grill (104 Full House Dr.) on the first Saturday of each month for breakfast and devotions together.

### Save the Date

Fall Men's Retreat (November 1-3, 2019)  
Graves Mountain Lodge  
\$150 per person

More information to come!

# Youth Ministry

## “All Youth” Back to School Beach Party

Sunday, August 18, Immediately following worship (11:30-2:30)

Lake Holiday. RSVP to Pastor Dave

## High School Fall Planning Retreat

August 23-24

Camp Caroline Furnace

Join us for an overnight planning retreat at Caroline Furnace. Please RSVP to Pastor Dave. We will gather in the evening and be done before noon on Saturday. This is also a great time to bring friends! Questions? Contact Pastor Dave!

## New Driver Blessing

Sunday, August 25, 9:30 service

Do you have a “new” driver in your household? We will be inviting our new drivers and their parents to participate in a brief ceremony on **Sunday, August 25** to mark this meaningful milestone in their lives and lift them up in prayers as a community of faith. Please let Pastor Dave know if you plan to participate ([pastordave@bethelwinchester.com](mailto:pastordave@bethelwinchester.com)).



## SAVE THE DATE!

### Sunday School Rally Day

September 15

Come see the fun things in store for the year ahead!

Some great things we did last year:

- Made "Thank You" treat bags and sign for Veterans that were distributed at the local VA Hospital
- Letters sent via Open Doors Ministry to support Persecuted Christians
- Toys for Tots Collection
- Christmas Program
- 86 pairs of socks donated to local Salvation Army and WATTS
- Total of 482 Completed "Acts of Lenten Love" Reported
- \$90 raised for the local SPCA

## Next New Member Sunday

Sunday, October 20

If you have not already indicated your intention to join our congregation, but would like to do so, please contact Pastor Dave ([pastordave@bethelwinchester.com](mailto:pastordave@bethelwinchester.com)).

Our process for joining the congregation is three-fold:

- 1) Meet personally with Pastor Dave (receive a New Member notebook)
- 2) Attend the Fellowship gathering with other new members
- 3) Attend New Member Sunday @ Bethel

Our Fall New Member fellowship will be **Saturday, October 19**. Pastor Dave will host a breakfast gathering at his home in Lake Holiday (9:00am-11:00am).

## WAYS TO FINANCIALLY SUPPORT MINISTRY at BETHEL

In addition to gifts of cash or handwritten checks, you may consider the following:

- Set up a recurring gift through your bank's online giving
- Online giving through the website: [www.bethelwinchester.com](http://www.bethelwinchester.com). There is a "Give Now" button at the top right of the home page.
- NEW Tithe.ly App – download the Tithe.ly Giving App (Google play or App Store), search for & select Bethel as your church
- NEW Tithe.ly Text to Give – text "Give" to (804) 715-1624
- Thrivent Choice Dollars - Thrivent Financial members have the privilege of directing "Choice Dollars" to benefit charitable causes, including Bethel. This may be accomplished online or by contacting your Thrivent representative.

For either of these following options, please contact Kim Williams, Director of Finance, for more information and the correct forms ([bookkeeper@bethelwinchester.com](mailto:bookkeeper@bethelwinchester.com))

- Gifts of appreciated assets (stock, bonds, mutual funds)
- IRA Charitable Rollover (person's 70 ½ or older) - When a donor may not need all or a portion of a "Required Minimum Distribution, (RMD)" all or part could be directed to Bethel under the IRA Charitable Rollover approved by Congress. The value to the donor is that one avoids taxes on the amount directed to the congregation. At the same time, when a donor itemizes, a deduction cannot be claimed since the donor derived no "income" from the IRA.

If you would like more information about any of these giving methods, please contact Kim Williams, Director of Finance at 540-662-3245 or [bookkeeper@bethelwinchester.com](mailto:bookkeeper@bethelwinchester.com)

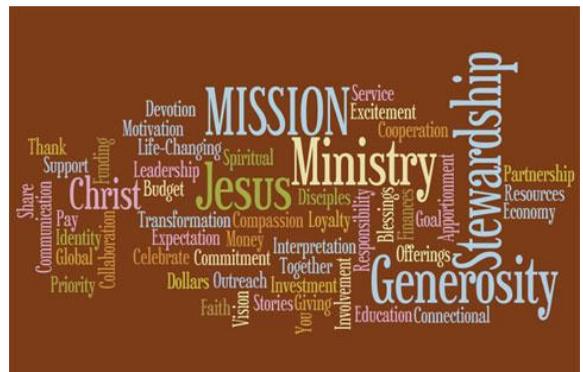
## Facility Update

The outside work has been completed and the mold remediation work inside has also been completed. Winchester Environmental performed another air quality test in the Underground which came back clear. They determined that the remediation was successful. Based on recommendations of both the mold remediation company and Winchester Environmental, a large dehumidifier will be installed to address any moisture issues in the future. Some work still remains to be done on the window wells. We are waiting to reconstruct the area to make sure there are no further water problems.

On another note, Bethel has been "blessed" with a bumper crop of weeds. Thank you to the Puffinberger family for cleaning up the front walkway area. Anyone wishing to help "tidy" up some of the landscaping beds is more than welcome to come on out anytime.

The kitchen is looking better and better thanks to the help of Ginny Schuweiler, Betty Puffinberger and Rose Pierce. It is still a work in progress, but it would be greatly appreciated if you clean up after you use the kitchen.

Finally...we are missing 6 round tablecloths from the pantry. If you have them at home, please wash and return to the church office as soon as possible. Thank you!



# Healthy Notes

## Tips for a safer, healthier barbecue

Nothing screams summer more than barbecue. But cooking meat, poultry, or fish at high temperatures until well done can create heterocyclic amines (HCAs) and polycyclic aromatic hydrocarbons (PAHs). Both cause cancer in lab animals. Here's how to reduce them... *and* avoid food poisoning.



## Do

**Marinate:** Marinating cuts HCAs. To prevent bacteria that can cause food poisoning from multiplying, thaw and marinate in the fridge. And don't brush meat with leftover marinade while it's cooking.

**Flip, flip, flip:** Flip meat every minute or so. It will cook faster, which could cut HCAs by 75 - 95 percent.

**Switch utensils:** Don't serve grilled meat, poultry, or seafood using the same tray or utensils that you used when they were raw.

**Lose the meat:** Try veggie burgers. They should have few or no HCAs. And cruciferous vegetables like broccoli and cabbage may even help the liver detoxify HCAs. Coleslaw, anyone?

**Refrigerate leftovers:** Don't let food sit out for more than 2 hours (1 hour if it's above 90° F outside).

**Mind the bristles:** If you use a wire bristle brush to clean your grill, inspect the grill's surface closely before cooking. Wire bristles that fall out can stick into any food you grill.

## Don't

**Char:** Trim any visible fat, so it doesn't drip onto the heat source which create flare-ups that contain PAHs, and can char the meat, which creates HCAs. Or move the meat away from the heat source (push the coals to the side or turn off a burner).

**Use mechanically tenderized meats:** Unless you like your steaks well done, don't buy beef that's labeled "mechanically," "blade," or "needle" tenderized. It's been pierced by tiny blades or needles, which can push bugs that are on the surface deep inside.

**Overcook:** The drier and more well done, the more HCAs you get.

**Undercook:** Use a food thermometer to make sure the thickest parts reach:

- Chicken: 165° F
- Beef, pork, lamb (ground): 160° F
- Beef, pork, lamb (steaks or chops): 145° F (let rest for at least 3 minutes)
- Fish: 145° F (or until flesh is opaque and separates easily with a fork)

## Sources:

[Comp. Rev. Food Sci. Food Safety 10: 52, 2011.](#) [Otolaryngol. Head Neck Surg. 154: 645, 2016.](#)  
U.S. Dept. of Agriculture

## *August Birthdays*

- 03 - Mary Louise Good
- 04 - Clifford Longfellow
- 05 - Dean Cole
- 06 - Debbie Miller
- 08 - James Jenkins  
Joe Nallen
- 09 - Cindy Newell  
Dave Balsler
- 11 - Christopher Brazelton
- 12 - Alayne Riley
- 16 - Jana Snelgrove
- 18 - Joyce Myers
- 19 - Leigh Ann Sweeney-  
Saville
- 21 - Cliff Crowder  
Lily Cupp
- 22 - Adilyn Sikora
- 23 - Tricia Dietz
- 25 - JoAnn Grooms  
Charles Puffinberger
- 28 - Debbie Lee
- 29 - Kristin Siebert  
Betty Puffinberger

## *August Anniversaries*

- 02 - Rob and Kristy Sikora
- 03 - Will and Rebecca Sigler  
Doug and Cindy Newell
- 09 - Clifford & Michele Longfellow (50 years)
- 10 - Eric and Donna Turrill
- 14 - Stephen and Dana Francis
- 15 - Melvin and Bert Poling (60 years)
- 16 - Pat and Donna Shields (50 years)
- 21 - Cliff and Urve Crowder
- 22 - Jimmy and Shirley Strosnider (60 years)
- 24 - Scot and Susan Marsh  
Mike and Sharon Stanfield
- 26 - Bobby and Mary Ann Hawkins



### **W.A.T.T.'s Is Coming Early This Year.**

**Winchester Area Temporary Thermal Shelter**

Please put it on your calendar now.

We will welcome our guest on **Saturday, Dec. 7<sup>th</sup>**  
and they will depart on **Saturday AM Dec. 14<sup>th</sup>**.  
Our online Sign-up Genius will roll out next month.



Thanks, Judy McKiernan & Susie Beyer

### **Executive Director Position**

WATTS (Winchester Temporary Thermal Shelter), a local non-profit, is seeking an interim Executive Director. Candidates should possess compassion for the homeless, integrity, and the ability to lead. The right candidate will also have local roots and strong connections within the community.

Please see our website for a detailed job description, <https://watts-homelesshelter.org/>. Send cover letter, resume, and references to [office@watts-homelesshelter.org](mailto:office@watts-homelesshelter.org). Thank you.

### *Around the Congregation. . .*

Congregational sympathy is extended to the family of Marion Schuttlekorb on her passing.

Congregational sympathy is extended to the family of Earl Watkins on his passing.

# Facts & Figures

## Thank You, Thank You, Thank You!

. . .for your generosity, support, and partnership in ministries here at Bethel, to our community, and to God's world.

"You will be enriched in every way for your great generosity, which will produce thanksgiving to God through us." (2 Corinthians 9:11)

Average  
Worship Attendance

June 161

YTD 186

### Designated Offering Thru June 2019

#### For the World:

World Hunger Appeal  
\$495

Global Missions  
\$6,235

#### For the Community:

CCAP  
\$405

Jones/Joyner Music Fund  
\$810

Good Samaritan  
\$175

#### For the Bethel Community:

Student Missions  
\$290

Jubilee/Mortgage Principal  
\$5,990

Principal Balance on Mortgage as of December 3, 2012	Principal Balance on Mortgage as of June 20, 2019	Overall Decrease in Mortgage Principal (Jubilee Campaign)
\$802,407.55	\$192,235.33	\$610,172.22

	Actual June 2019	Actual Year-to-Date
Actual Income	\$34,146.66	\$214,088.00
Actual Expenses	\$40,156.08	\$237,009.02
Balance (Shortfall)	\$(6,009.42)	(\$22,921.02)

For more detailed information, please visit [www.bethelwinchester.com](http://www.bethelwinchester.com).  
The most current financial update will be located under the "Publications" headline.

# BETHEL LUTHERAN CHURCH

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## Upcoming Events . . .

**God's Work Our Hands Sunday**  
*September 8*

**Sunday School Rally Day**  
*September 15*

**Shrimp Boil**  
*September 15*

### **Council for 2019**

President – **Traci Shoberg**  
Vice President – **Julie Shanabrook**  
Secretary – **Tom Milburn**  
Member - **Rose Pierce**  
Worship Board – **Pastor Dave**  
Prayer and Care Board – **Vonda Wilt**  
Learning Board – **Michael Asmussen**  
Congregational Life Board - **Vacant**  
Servant Board – **Beth Garner**  
Ministry Support – **John Fredericksen**

Non Voting Members:  
Treasurer – **Kim Williams**  
Parish Administrator – **Pat Shields**  
Youth Representative – **Ella Carlson**  
Director of Youth/Family – **Bryan Jaster**

**The deadline for articles for the  
September issue of the  
*Bethel Banner***

**is 3:00 p.m., Monday August 19**

**Please send articles to  
office@bethelwinchester.com**