

February
2020

The Banner

Monthly Newsletter of Bethel Lutheran Church



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Annual Congregational Meeting

*Sunday, February 2, 10:45 a.m.
Discipleship Hall*

The meeting will take place at the church in Discipleship Hall on **Sunday, February 2, 2020** immediately following the 9:30 a.m. worship service.

No adult Sunday School classes will meet that day so all members can participate in the meeting. The annual meeting agenda includes reports from our ministry boards, staff, a review of the 2019 financial report along with voting to approve a new 5-year term for our Trustees (Sara Smith, Ron Lauck and Gary Nichols) and discussion about the Underground.

Please plan to attend this very important meeting as we value all member input.

Slowing Down and Giving Thanks

I want to begin by thanking all of you for your prayers and concern while I was recovering from my heart attack. Your support and care are what I have come to expect from such an amazing group of people as yourselves. Still, it was meaningful to me and helped me heal. I so appreciate you and value who you are as much as what you do. You rock Bethel!

I certainly did not expect to have a heart attack over the weekend of January 11-12. Fortunately, I was able to be seen quickly at the ER and diagnosed immediately. To say that it is a seminal moment in your life is an understatement.

What has this taught me? Many things to be sure. The most important one however is that it has taught me to **slow down and give thanks**. Life is a gift, my family is a gift, my friends are a gift, my congregation is a gift, my experiences are a gift, and to be sure each day is precious.

I have so often lost sight of this in the “rat race” of getting ahead and seeking success and becoming the best. Not that there is anything intrinsically wrong with any of that. But if we don’t find time to slow down and give thanks, we are less whole and less than wholly living.

Indeed, the giving of the Sabbath (Genesis 2:2) is our creator’s acknowledgment of the need to rest and give thanks. And Jesus modeled this in his ministry (Mark 1:35).

The challenge for all of us, in 21st century American culture, is to discipline ourselves so that Sabbath time is not merely a recommended activity but a dedicated and mandatory one.

We can do this together. Let us seek to embrace Sabbath, slow down, give thanks, and smell the roses a bit. It can only help us all!

Slowing Down and Giving Thanks,
Pastor Dave

Adult Forum February

During Adult Forum, we will be reviewing and reading in the Gospel of Matthew. It is Year A in the Revised Common Lectionary, and so our Gospel readings will come mainly from Matthew. Why is this? What does this mean? What makes Matthew different from the other Gospels? If you want to learn more about this important Gospel, then come and join us on February 9 and 23.

February 2 Congregational Meeting

February 9 Review of the Gospel of Matthew

February 16 Coffee with Council
(No Adult Forum)

February 23 Christian Spirituality led by
Mel Siebert



WOW (Worship on Wednesday)

This service will be on hold until after the Lenten Season. Stay tuned for details in upcoming issues of the *Banner* and in the weekly Sunday announcements.

Theology on Tap

Tuesday, February 25, 7:00 p.m.

Paladin Bar & Grill

Stephens City



Meet Melissa Siebert: Ministry Intern

I am excited to announce that Melissa Siebert, through her studies at Shenandoah University, will be working with me at Bethel as a “ministry intern”. This is some for which she will receive credit in school. Therefore, you will see her doing “pastoral” things at Bethel as she discerns her own call to ministry. Below, Mel explains the work she will be doing with me.

As an intern for Bethel Lutheran Church I will experience Pastoral leadership from many perspectives. I will serve as Assisting Minister at least 1-2 times a month and will be preaching and leading the children's sermon at least 1-2 times over the semester. Pastor Dave Young and I will read together "Canoeing the Mountains: Christian Leadership in Uncharted Territory" by Tod Bolsinger; and "The Story of God the Story of Us" by Sean Gladding. Having discussion after reading the chapters for the week, and possibly journaling about these books. Once a month I will be visiting members of the church at their homes and journal about that experience. I will teach Sunday School at the pre-school, elementary school and middle/high school level as well as lead an adult forum series. The adult forum series will be on Spiritual Disciplines.

As an intern project I will become one of the leaders of the Renew 145 project. Renew 145 is an intentional effort to strengthen congregational vitality in the Virginia Synod by helping individuals and congregations focus on growing deeper in relationship with God, in relationship with one another and in relationship with their community. In Renew 145, four to six lay leaders and a pastoral leader from a congregation will covenant to spend a year learning, practicing and experimenting to help strengthen the marks of congregational vitality in their context. The teams will participate in a series of retreats and dispersed learning opportunities and will work with a coach to help plan for action. The Cohort will launch with a retreat at March 6-7 at Eagle Eyrie. Other dates to be announced.

I will have 4-5 meetings with Justin/Pr. Dave throughout the semester. I will write weekly journals reflecting on what I have done, my experience of it, what I am learning about the position, what I am learning about myself, and where I hope to go from here. I will share these journals with both supervisors and at the end of the semester will review through all of my journals and write a concluding reflection on my experience.

Please embrace Mel in this endeavor and we look forward to seeing the fruit that God will bring forth through her work with us.

O.W.L.S.

Older, Wiser, Lutheran, Servants

Below is a list of quarterly events the group is planning. If you would like to help with any of these or have other ideas, don't be shy. Please reach out to either Traci Shoberg (540)303-7771 or Lynda Grymala (540) 222-9408.

First Quarter:

Retirement/Financial-Legacy Planning/Wills

Sunday, February 16, 11:30-1:30

Discipleship Hall

Presenters: Anna Green, ALG Financial and Joshua E. Hummer, PLC

Second Quarter:

Charlestown Racetrack Buffet and Races

Saturday, April 4

More information to follow

Third Quarter:

Downsizing/Long Term Care

Date and more information to follow.

Fourth Quarter:

Visiting with our homebound members.



Safety and Security

Pretend "It's Your Home" at Bethel

We continue to experience too many occasions where Bethel's lights, interior fire doors, an exterior door or doors and even once, several windows being left open after a gathering or meeting. This is not really a rocket-science situation. Think of our Bethel facilities as your own home. If you are among the last to leave Bethel at any time, STOP and take an extra few minutes to make sure that all is secure.

We have been very lucky that there have been no incidents of vandalism, or worse, with Bethel being up and away from the street and parts of it not even visible to the normal passer-by.

So, please treat Bethel *not just as your church, but as you would your own home.*

If you arrive at Bethel and observe a door or other issue that is not as it should be, please correct the problem, then email me at administrator@bethelwinchester.com, detailing the specifics of the situation (time, location, problem, etc.). We will make every attempt to follow up with the group or individual(s) involved.

Thanks!
Pat Shields

First Communion Instruction Informational Meeting

Sunday, February 16, 10:45 a.m.
Sanctuary

If your child is in 2nd grade or higher and you are interested in having them participate in Holy Communion Instruction in preparation for First Communion, please meet on Sunday, February 16, 10:45 in the sanctuary.

Please email Terri Hollingsworth at office@bethelwinchester.com if you desire your child to participate.

**First Communion
Sunday will take
place on Palm
Sunday, April 5.**



Bethel on Social Media

Did you know that Bethel has a podcast? It is called the **“Bethelcast”** and you can get it anywhere podcasts are available. It is usually between 5-6 minutes, but it hopes to be a way to keep you connected to what we are about and doing at Bethel.

Also, did you know that each week our Bethel sermons are available? You can listen to both our podcast and our sermons on our website www.bethelwinchester.com. You can also subscribe to both of them via www.podbean.com.

If you have not already liked our Facebook page, do so at <https://www.facebook.com/bethelwinchester>.

Also, check us out on Twitter - @LoveOneServeAll.

CCAP Update

The Board of Trustees (church representatives) voted in the new slate of officers (4 officers) and at large board members (7) on January 17. Frances Salmon remains as CCAP president.

Please see Beth Garner if you have any questions about CCAP.

Fat Tuesday Fiesta

Tuesday, February 25, 6-7:30pm!
Discipleship Hall.

Bacon, sausage & pancakes, mardi gras music/dancing, mask making and king cake eating! Who will find baby Jesus in the cake?



Lent 2020

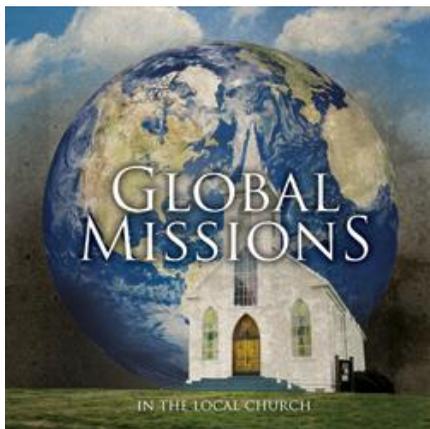
We will offer a simple soup/sandwich dinner each Wednesday evening at 6:00 p.m. in Discipleship Hall before our worship at 7:00 p.m.

Wednesday, Feb. 26	Ash Wednesday Noon & 7:00 p.m.
Wednesday, March 4	Midweek Worship
Wednesday, March 11	Midweek Worship
Wednesday, March 18	Midweek Worship
Wednesday, March 25	Midweek Worship
Wednesday, April 1	Midweek Worship

Global Missions

Thank you to all who participated in the Global Christmas fund raiser. By purchasing gifts for our mission partners in the name of friends and loved ones, Bethel raised \$4,680 that will go directly to support our mission partners in Tanzania, the Philippines, India, and Guatemala. Thank you all for your generous and continued support to our brothers and sisters in Christ.

In addition to Global Christmas, members of the Global Mission team donated \$1550 for our friend Neema Landry. Neema was born into poverty in rural Tanzania. She was selected to attend the Maasae Girls Lutheran Secondary School, where she was sponsored by Bethel. She went on to study Education in Dar Es Salaam. Later, Neema received a Master's degree in Public Health Policy from Brandies University. Last fall Neema reached out to the GM team with a request for aid. She had been accepted to a PhD program in education policy at Concordia University in Montreal, Canada. Neema's ability to enter the program was threatened by lack of funds for travel and visa requirements. After consultation with Diane Jacoby of "Operation Bootstrap Africa", Jane McAllister challenged the team members to raise \$1000 to allow Neema to start her program. The team exceeded Jane's challenge and met some additional needs that Neema will encounter in a new city (with a climate very different from Tanaznia!) We all look forward to Neema applying her skills to help her home country build a brighter future.



Foster Friends!

Our church is part of a coalition of churches in our community that support, pray for, and help provide for local foster kids and their foster families.

On Monday, February 3 at 5:30 p.m. there is a monthly meeting for foster families at Froggy's Closet on Piccadilly St. We have been asked to provide a kid-friendly meal and babysitting from 5:30-7:30. We need donations for the meal and volunteers to serve, babysit, and cleanup.

This is a great opportunity to support our local foster families and the children! Please let Sherry Newman know how you can help! 540-327-1236 or sashipp@verizon.net.

Bible Study

"Twelve Women of the Bible"

Friday, February 7 @ 6-8PM
Discipleship Hall

We will continue our monthly series on "Twelve Women of the Bible" by Lisa Terkeurst, et al.

Next up is a study on Rebekah led by Dana Francis. If you want a copy of the study guide it is available through Amazon and we have one copy left.

Please join us for this rewarding and spiritually moving Bible study where we dig deeper into the stories of these amazing women and apply their lessons into our own lives. Bring a joyful spirit and be ready for laughter, snacking, and sharing!! All women are welcome and feel free to bring a friend!

LOOKING AHEAD:

"Making Sense"

Women's Retreat 2020
April 17-19, 2020
Graves Mountain Lodge

Brochures and Registration will be available starting February 23, 2020. If you have any questions, please contact Karen Nguyen 540-303-1189 or Traci Shoberg 540-303-7771 or Diane Milburn 540-664-1365!

Women's Ministry

First Friday Fellowship – Friday, February 7, 9:30 a.m. at Firefly Café. Call Barbara Simmons for any questions @ 540-664-1965.

Bethel Women Book Club - Tuesday, February 18 @ 6:30 pm
Panera Bread in Winchester

February's book is "Nothing to See Here" by Kevin Wilson.
March's book is "Dear Church: A Love Letter from a Black Preacher to the Whitest Denomination in the US" by Lenny Duncan.
All are welcome at our meetings-even if have not read the book!
Come and join our conversation! If you have questions please call/text Diane Milburn @ 540-664-1365.

Join us on Facebook
Bethel Wild Women of Faith!

Men's Ministry

Men's Breakfast Bible Study – Saturday, February 1, 8:30 a.m.
Come and join the men of Bethel as we start the new year at Backseat Bar and Grill (104 Full House Dr.) on the first Saturday of the month for breakfast and devotions together.

Men's 2020 Planning Session – Tuesday, February 11, 6:30 p.m.
5050 Tapouse (Cork Street) @ 6:30pm

Join us for a planning meeting to look at ideas and events for 2020. Hope you can join us!

Youth Ministry

7th Day

March 7-8, 2020
Eagle Eyrie Retreat Center
Lynchburg, VA

7th Day is our annual overnight event for youth in 5th and 6th grades and their adult advisors. During the weekend participants are part of a “**Shepherd Group**” with other youth and adult leaders and explore a story of the Bible through drama, games, crafts, and music. In the evening youth and adults will have time to relax in their **Cottages** with their congregation and other congregations from Virginia and discuss how 7th Day is going.

7th Day is **March 7-8, 2020, from noon Saturday to 1:30 on Sunday.**

Registration and Payment:

For online registration (www.vasynod.org, click on "Youth Ministry" and scroll down to "Seventh Day") payment must be made at the time of registration. For paper registration (using this form) full payment should be included, or form of payment should be indicated under "Notes for Registrar." MAIL CHECKS AND REGISTRATION FORMS TO: Seventh Day Registrar, Virginia Synod ELCA, PO Box 70, Salem VA24153. Online payment for paper registration may be made at the "Youth Ministry" tab on the website. Checks should be made out to "Virginia Synod ELCA" with "Seventh Day" and the participant's name on the memo line.

Registration fee for all participants (youth and adults): \$125 per person (**Early Registration Discount is \$115 if mailed or paid online on or before Feb. 3, 2020**). All youth and adults (including “Shepherd Group” leaders) must pay the registration fee. **Please RSVP to Pastor Dave if you plan to attend.**

2020 Annual Youth Permission and Waiver Slip

As we begin a new calendar year, all youth who participate and attend our youth programs, activities, retreats and mission events must complete a new Youth Permission and Waiver Slip for 2020.

Copies are available in the Church Office and Narthex. You may also download a blank form for completion from the Bethel website (bethelwinchester.com, then select Online Forms).

All completed forms should be dropped off or mailed to the Church Office. Lists of those youth who have completed the permission and waiver slip will be published as they are received.

Adults in charge of activities or acting as chaperones must ensure that each participating youth has completed a 2020 form.

If you have any questions, please contact Pat Shields.



Healthy Notes-February is Heart Month

HEART ATTACK WARNING SIGNS

January 31, 2019: (data from 2005-2014) the estimated annual incidence of heart attacks in the U.S was 605,000 new attacks and 200,000 recurrent attacks. Average age at the first heart attack was 65.6 years for males and 72 years for females.

Some heart attacks are sudden and intense, but most of them start slowly, with mild pain or discomfort. Here are the signs that can mean a heart attack is happening:

- **CHEST DISCOMFORT.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness, or pain.
- **DISCOMFORT IN OTHER AREAS OF THE UPPER BODY.** Symptoms can include pain or discomfort in one or both arms, the back, the neck, jaw or stomach
- **SHORTNESS OF BREATH.** This feeling often comes along with the chest discomfort. But, it can also occur without chest discomfort
- **OTHER SIGNS:** may include breaking out in a cold sweat, nausea, or lightheadedness

If you or someone you are with has one or more of these signs, call 9-1-1 immediately. Get to the hospital right away. At the Emergency Department, go directly to the Triage nurse and tell them you are having chest pain.

If you're the one having symptoms, and you can't access the emergency medical services (EMS), have someone drive you to the hospital right away. **Don't drive yourself, unless you have absolutely no other option.**

For more information call 1-800-242-8721 or online at www.heart.org



Bert Poling, Jane McAllister, and Betty Nichols take a break from assisting with the 175th anniversary celebration. Photo courtesy of Jane McAllister

200th Anniversary Bethel History Question and Answer

Question: In what year did Bethel become part of the Lutheran Synod of Maryland and Virginia?

Answer: A small group of people formed themselves into a congregation about six miles northwest of Winchester in Frederick County, establishing January 1, 1820, as the organizing date. It was not until June 7, 1824, the organizers unanimously adopted the Formula of Discipline and Government, framed by the Evangelical Lutheran Synod of Maryland and Virginia.

The signers of the agreement were: John Yeakley, James Carpenter, Michael Brill, John Parlett, Dave Freeze, Sampson Glaze, George Yeakley, and Pastor Abraham Reck.

A total of fourteen men and sixteen women were charter members of this congregation together with their children. Twenty-eight persons communed on that Sunday in June. As long as the congregation met in the Yeakley School House, Holy Communion was celebrated only twice a year and offerings were then received.

February Birthdays

- 1 - Will Sigler
- 2 - Pat Clevenger
- 3 - Mack Cain
Micah Young
- 5 - Isabelle Cupp
Arlen Riley
- 6 - Bill Hall
- 7 - Sophia McAllister
- 8 - Gretchen Meade
Amanda Lilly
- 10 - Clare Milburn
- 11 - Renee Fredericksen
- 13 - Matthew Reeves
- 16 - Eva Shifflett
- 19 - Georgia Ruth Boswell
- 20 - Kaylie Riggelman
- 22 - Cara Bere
Kylie Bere
- 23 - Molly Robinson
George Donovan
- 24 - Daniel Milam
George Bagley
- 25 - Connor Lothrop
- 26 - Micah Carlson
- 27 - John Adair
Suzanne Gregory
Jane McAllister
Heidi David-Young
- 28 - Ron Lauck
- 29 - Mia Hudson
Brady Robinson

February Anniversaries

- 14 - Alvin and Joline Schultheis
- 21 - Wayne and Judy McCaughey
- 26 - David and Alice Matvay

Thank you to all who participated in our "Decade Turner" event! Your presence and your fabulous cards and well wishes were amazing to receive. We're so glad to be adopted by this family of God, and hope to enjoy your company for so long as "the Lord willing and the creeks don't rise."

Sincerely,
Charlie and Carolyn Moyer

If you have any photographs or documents related to Bethel's distant or recent history that you are willing to share, please contact Jennifer LaFollette (janlafollette@gmail.com).

Inclement Weather Policy

When weather conditions warrant a change or cancellation of worship services and/or Sunday school, all necessary information will be available by 7:30 a.m. on the following:

- 1) Broadcast on WINC FM -92.5
- 2) Bethel's website
(www.bethelwinchester.com)



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

December – 247

YTD 176

Designated Offering Thru December 2019

For the World:

World Hunger Appeal
\$896

Global Missions
\$20,110

Harvest Sunday
\$2,053

For the Community:

CCAP
\$1,756

Jones/Joyner Music Fund
\$8,510

Good Samaritan
\$965

For the Bethel Community:

Student Missions
\$575

Jubilee/Mortgage Principal
\$20,840

Scatter & Prayer Gardens
\$15,000

Principal Balance on Mortgage as of December 3, 2012	Principal Balance on Mortgage as of December 22, 2019	Overall Decrease in Mortgage Principal (Jubilee Campaign)
\$802,407.55	\$178,910.28	\$623,497.27

	Actual <u>December 2019</u>	Actual <u>Year-to-Date</u>
Actual Income	\$39,964.21	\$423,159.25
Actual Expenses	\$35,021.04	\$446,156.62
Balance (Shortfall)	\$4,943.17	(\$22,997.37)

For more detailed information, please visit www.bethelwinchester.com.
The most current financial update will be located under the "Publications" headline.

BETHEL LUTHERAN CHURCH

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Nursery Managers
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Upcoming Events March . . .

Lenten Day of Service – March 1
Lenten Soup and Sandwich Suppers
Midweek Lenten Worship – Wednesdays
Daylight Saving Time Begins – March 8

**The deadline for articles for the
March 2020 issue of the
Bethel Banner
is 3:00 p.m., Monday, February 17
Please send articles to
office@bethelwinchester.com**

Council for 2020
President – **Traci Shoberg**
Vice President – **Julie Shanabrook**
Secretary – **Rose Pierce**

Worship Board – **Lee Braithwaite**
Prayer and Care Board – **John Fredericksen**
Learning Board – **Michael Asmussen**
Congregational Life Board – **Vonda Wilt**
Servant Board – **Beth Garner**
Ministry Support – **Michael McKiernan**
Pastor David Young

Non Voting Members:
Treasurer – **Kim Williams**
Parish Administrator – **Pat Shields**
Youth Representative – **Ella Carlson**