

March
2020

The Banner

Monthly Newsletter of Bethel Lutheran Church

Lent 2020

Ash Wednesday Worship
12:00 noon and 7:00 p.m.

Midweek Soup/Sandwich Suppers
6:00 p.m. in Discipleship Hall

Midweek Lenten Worship (WOW)
March 4, 11, 18, 25 and April 1
7:00 p.m.

Maundy Thursday, April 9
7:00 p.m.

Good Friday, April 10
12:00 noon and 7:00 p.m.

Easter Sunday, April 12
8:30 a.m. and 11:00 a.m.

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Questioning Jesus?

LENT 2020

I am excited to share with all of you that our Lenten theme for 2020 will be "Questioning Jesus?". The theme will focus on 5 different "questions" that were posed to Jesus during his ministry and during our midweek worship experiences on Wednesday evenings, we will be exploring them. As we have done for the past couple of years, the Lutheran pastors in the area will be sharing with us in this Lenten series.

March 4 - Pastor Dave, "Why this waste?" (Matthew 26: 6-13 - Woman Anointing Jesus)

March 11 - Martha Sims, "Who is the Greatest in the kingdom?" (Matthew 18: 1-5)

March 18 - George Sims, "How often should I forgive?" (Matthew 18: 21-22)

March 25 - Bill Boldin, "Teacher, what must I do to inherit eternal life?" (Matthew 19: 16-22)

April 1 - Jonathan Boynton, "Which commandment is first of all?" (Mark 12: 28-34)

I trust that you will take the time during our Lenten season to consider how you "question" Jesus and especially how Jesus responds. I believe this will be a really engaging exercise for us all.

Blessings and Peace,
Pastor Dave

Council News

Happy March!!! Wow! Two-thirds through the first quarter of 2020 already – can you believe it?

We had a wonderful council retreat in January with tons of awesome ideas and some very good work done. The theme was recruiting and retention. How can we, as a council and congregation, make sure our wonderful members and friends of Bethel feel loved and appreciated for being here – as well as how can we light a pathway for new members and friends? Do YOU have ideas? WE would love to hear them!

The council is also continuing to look for ways to get more volunteers for our committees, as well as leaders. Seems that's an ongoing theme here at Bethel – lots of ideas, but short on volunteers to make it all happen. Life is so busy, but if you feel called to do so, could you please sign up or contact the church office and let us know if you can help with the various ministries here at Bethel? Please come to Coffee w/Council, held each month (check the Banner for dates) with ideas, suggestions, and concerns – your council would LOVE to hear from YOU! Happy Spring (Almost)!

See you in church!
Traci Shoberg
Council President



Lenten Food Drive

March 1-April 5

The Frederick County Department of Social Services is again collecting Food for Easter baskets for the low-income elderly and disabled folks on Their caseloads. Please consider donating food items, paper products, cleaning products, and personal care items. Diabetic and sugar free items are always welcome due to special diets. Any money or gift cards given will be used to buy a small ham with all the fixings to have for their Easter dinner. Any questions, please contact Karen Shipp at 540-667-7677.

Adult Forum

March, 10:45 a.m.

Discipleship Hall

During each Sunday in March (8, 15, 22 and 29) John D. Copenhaver will lead the Adult Forum class. John is Professor Emeritus of Religion and Philosophy at Shenandoah University. For much of his career he taught courses in Christian spirituality, world religions, and philosophy. He attended Washington and Lee University, Fuller Theological Seminary, and the Catholic University of America for the PhD. His is also a graduate of the Shalem Institute's graduate program in Christian spiritual guidance. Ordained in the United Methodist Church, John has served as a pastor, campus minister, and chaplain. He is married to Marsha Childs and they have a son who lives in Denver.

The three traditional disciplines associated with Lent are prayer, almsgiving, and fasting. This Adult Forum series is designed to deepen our prayer, and to explore diverse ways of praying, some of them quite ancient but not well known. We'll be using Professor Amy Oden's book: *Right Here/Right Now: The Practice of Christian Mindfulness* (2017) as our guide.

The class will be a mix of presentations, discussion, and practical exercises in prayer. Reading the book is not required but it is readily available for purchase online. Here is what one reviewer wrote about the book: "Amy Oden know the history of Christian spirituality as well as anyone, and she helps us see what might seem surprising to many—that mindfulness has deep roots in the Christian tradition. The wisdom she shares in this clear, winsome book has already deepened my own life of prayer." Roger Owens, Professor of Christian Spirituality and Ministry, Pittsburgh Theological Seminary.

WOW
WORSHIP ON WEDNESDAYS

Sunday School News

On March 1, we will have a Lenten Day of Service. Join us in the Discipleship Hall during the Sunday School hour. Multiple Service projects will be available. All are welcome and encouraged to join us! Bring a friend!

(WOW) Lenten Edition

Begins AGAIN as part of our Lenten Series

Come and join us as we begin (AGAIN) a new worship experience we are calling "Worship on Wednesday" or "WOW". This service will begin each Wednesday in Lent at 7:00pm, last no more than 40 minutes, include Holy Communion weekly, a "pray ground" for our little ones, a simple message that will be different from Sunday morning, spirit-filled songs/hymns, and will be a "different way" to do church than you have been used to experiencing before.

Perhaps this can become a "recharge" for your week. Perhaps it will be the service you attend when you are out of town on the weekends. Perhaps it becomes your regular worship time. Whatever it happens to become for you, each week will be a time to sing, pray, read scripture, enjoy one another, and have a special time of learning, growing and serving God.

The service is called "WOW" because it is based on 1 Peter 2:9, "But you are a chosen race, a royal priesthood, a holy nation, God's own people, in order that you may proclaim the mighty acts of Him who called you out of darkness into his marvelous light."

These words will shape the spirit of our worship gathering each week as we will seek to proclaim the *mighty acts of God* in our midst, exploring the Bible together, and being a welcome place and welcome space for all people.

Coffee with Council

Sunday, March 15, 10:45 a.m.

Meet in the Library this month

Please come to Coffee w/Council, with ideas/suggestions/concerns – your council would LOVE to hear from YOU!

OWLS

Bethel's newest ministry, Older Wiser Lutheran Servants (OWLS) hosted their first event on February 16. Local elder advocates, Anna Green of ALG Financial and attorney Joshua Hummer of Joshua E. Hummer, PLC spoke to an interested and engaged group of about 20 on the topic of "Ending Well". This is really planning well so that you can live well until the end. Lots and lots of good information was presented and shared. We've had several requests already for a repeat presentation so that more can attend. Maybe...???

Make Your Calendars and Save the Date!

A trip to Charles Town Races is being planned for **Saturday, April 4**. We'd leave in the afternoon so that we can enjoy the buffet and then watch the races - betting is optional... having a great time is not. We're trying to arrange transportation so that no one needs to drive. As plans are made we will keep you informed.

Traci Shoberg (traci@tracishoberg.com) or Lynda Grymala (lrgrymala@yahoo.com) would love to hear your comments or suggestions. We're working hard to get this ministry going if the interest is there.



Jobbies and Hobbies

Watch your email for an opportunity to complete a survey about your skills, occupations, trades and hobbies. Our purpose is to create a reference base of our members and friends for four purposes:

1. Identifying those who are interested in participating with their skills in assisting with the rehabilitation of our Underground, once it is defined.
2. Creating a "go-to" listing of those members and friends who have skills or services to offer (for compensation) when you need something done around your home.
3. Forming common bonds of shared hobbies, which hopefully will then generate group interest and perhaps hobby get-togethers.
4. Potentially increasing our Bethel knowledge base of specific software programs that are critical to our administrative operations. We look forward to your participation in this fun project!

Pat Shields



Bethel's 200th Anniversary

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 at:

janlafollette@gmail.com

Look for Brochures in
the Narthex

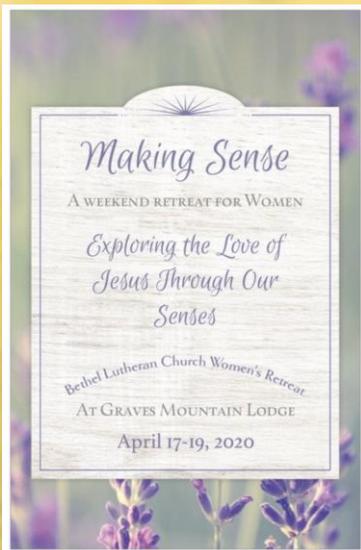
Registration begins!

Join us for the yearly
anticipated Women's
Retreat!

The planning team is eager
to share this incredible
event with you! All women
are welcome and feel free
to bring a friend!

If you have any questions,
please contact
Karen Nguyen 540-303-
1189 or Traci Shoberg 540-
303-7771 or Diane Milburn
540-664-1365!

Registration ends Sunday,
April 5, 2020



Women's Ministry

First Friday Fellowship – Friday, March 6 @ 9:30AM
Firefly Café

We invite all women of Bethel to join us for tea, coffee or goodies. We will fellowship with each other in an informal gathering. Please join us for laughter and fellowship of women. No commitment required. If you have questions, please call Barbara Simmons at 540-664-1965.

Bethel Women Book Club - Tuesday, March 24 @ 6:30 pm
Panera Bread in Winchester (Come earlier if you'd like to have dinner with fellow sisters)

The March book is *Dear Church: A Love Letter from a Black Preacher to the Whitest Denomination in the U.S.*, by Lenny Duncan. All are welcome at our meetings - even if you have not read the book! Come join our conversation! April's book is *The Book of Gutsy Women: Favorite Stories of Courage and Resilience*, by Chelsea and Hillary Clinton. Questions - contact Diane Milburn at (540) 664-1365 or tdmilburn@comcast.net.

Women's Bible Study - Friday, March 13 @ 6:30PM in
Discipleship Hall at Bethel

We will continue our 12 month series on "Twelve Women of the Bible" by Lisa Terkeurst, et al. Next up is a study on Leah- led by Barbara Simmons! If you want a copy of the study guide it is available through Amazon. 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!

Men's Ministry

Men's Breakfast Bible Study – Saturday, March 7 @ 8:30am

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.

Youth Ministry

Upcoming Events:

March 1 – Lenten Day of Service @ 10:45 a.m.

May 10 – Mother's Day Cake Auction

Sunday School each Sunday @ 10:45 a.m.

Girl Scout Recognition Sunday

March 15

If you are a girl scout in any way, please wear your uniform to church on Girl Scout Recognition Sunday, March 15.



2020 Annual Youth Permission and Waiver Slip

In last month's Banner, there was an article about the need to complete a 2020 Annual Youth Permission and Waiver Slip for all youth who participate and attend our youth programs, activities, retreats and mission events. We stated that copies were available in the Church Office and Narthex, or you could download a blank form from the Bethel website.

As a reminder and to make it even easier, all parents with children should have received an email within the past week about this subject and including an attached blank form.

Please complete a form for each of your children (even your youngest ones, who may, for example, attend Vacation Bible School).

Completed forms may be mailed or dropped off at the Church Office (put them in Pat Shields' mailbox in the Copy Room).

Please take care of this important and required task now.

Thank you,
Pat Shields



CCAP News

Volunteers Needed for Mon-Fri during the daytime hours. Have you wanted to volunteer at CCAP? Now is the time as there are many opportunities available. Below is a list of available shifts and departments that need committed volunteers whom have a passion for serving our community and are available during the day.

1. Van Drivers (Tuesdays/Thursdays/Saturdays) Depart 8-8:30am and return approx. 11-11:30am. Can be 2 people or 1 person and we provide a helper. You can select one day, 2 or all 3.
2. Van Driver to Manassas for bread run. 2 people depart approx. 11:30am and returns approx. 2:00pm. Looking for 4 teams of 2 people where a team can each take 1 Saturday a month.
3. Receiving/Warehouse. Shifts are 8:30am-11:30am and 11:30am-2:30pm. The need is as follows: Monday - Friday (2 people for each shift).
4. Clothing House Shift is 8:30am-12noon. The need is as follows: Monday (2 people), Tuesday (2 people), Wednesday (1 person).
5. Baby/Toddler Room Shift is 8:30am-12noon. The need is as follows: Monday (1 person), Tuesday (2 people), Wednesday (1 person), Thursday (1 person).
6. Receptionists are needed. Shifts are 8:30am-11:30am or 11:30am -2:30pm. Days vary.
7. Interviewers are needed. Shifts are 8:30am-11:30am or 11:30am-2:30pm. Days vary.

**If you are interested in a shift above please email Crystal at pruittfamily4army@yahoo.com for a volunteer application and to get started.

Easter Basket Giveaway- April 4. Please bring filled Easter baskets to CCAP the week prior to this date. Thank you!

Global Missions

The Global Missions Team meeting scheduled for March 6 has been postponed until further notice.

Anyone not currently on the team who wishes to join, or just participate in the next meeting should contact team leader Bruce Lothrop for details.

(bruce.k.l@comcast.net)

Servant Board News

- Lenten Day of Service – Sunday, March 1, 10:45 a.m.
- Good Friday Returning Thanks – April 10, 9am. Curt Grymala (304-691-0321) and Sophie Garner (540-868-2140) will be leading this event. Please contact them if you are interested in participating. A signup sheet will be posted the end of March as well.

Thrivent Choice Dollars vs. Thrivent Action Teams

We've been talking about Thrivent Action Teams a lot lately and there is some confusion about the Thrivent Action Teams program vs the Thrivent Choice Dollars program. They're not the same but they are each available to Thrivent members and can each benefit Bethel.

Thrivent Choice Dollars: According to the Thrivent.com website "the Thrivent Choice® program encourages benefit members to recommend where Thrivent Financial distributes an amount of its charitable grant funds. Members make this recommendation by directing Choice Dollars to enrolled nonprofit organizations, including churches. To be eligible to participate in the Thrivent Choice program, you must be a **benefit member**. Eligibility is based on at least one of the following: having one or more Thrivent insurance or annuity products and paying \$750 or more in annual premiums; or having \$20,000 or more in contract value on qualifying products. Eligible benefit members have a minimum of 25 Choice Dollars and a maximum of 5,000 Choice Dollars to be designated per eligibility period (January 1 to December 31)". Eligibility is determined each year. The Choice Dollars are available quarterly and must be designated at least annually. Unfortunately you can't make one designation and have it carry over from period to period. And if you don't designate your Choice Dollars by March 31 of the following year you lose them.

Thrivent Action Teams: An Action Team is a way to help address an unmet need in our community. It is not a direct grant or donation but rather a way to "jump start" a project which will have a wider impact. By providing resources, including \$250 in "seed money", an Action Team can help a group of volunteers raise funds, perform a service project, or host an educational event.

All Thrivent members are eligible to lead a Thrivent Action Team. However, the number of teams each member can lead per year depends on his or her membership type. Benefit members are eligible to lead 2 Thrivent Action Teams per calendar year, and associate members are eligible to lead 1 per calendar year. You must be 16 years of age or older to lead a Thrivent Action Team. In simple terms, **benefit members** are those members with a Thrivent product, either insurance or an annuity. If you don't have a qualifying product you can become an **associate member** by completing an application and paying an annual fee of \$19.95. This is an individual membership.

Membership applications can be completed and submitted online at Thrivent.com, can be downloaded and printed to be mailed in or are available in the church office.

Information about both programs can be found on the Thrivent.com website or by talking with Lynda Grymala - lrgrymala@yahoo.com or 540-222-9408.

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.

Like our Facebook page at <https://www.facebook.com/bethelwinchester>. Also, check us out on Twitter - @LoveOneServeAll.

Healthy Notes

Your blood pressure is recorded as two numbers:

- **Systolic blood pressure** (the first number) – indicates how much pressure your blood is exerting against your artery walls when the heart beats.
- **Diastolic blood pressure** (the second number) – indicates how much pressure your blood is exerting against your artery walls while the heart is resting between beats.

Which number is more important?

Typically, more attention is given to systolic blood pressure (the first number) as a major risk factor for cardiovascular disease for people over 50. However, either an elevated systolic or an elevated diastolic blood pressure reading may be used to make a diagnosis of high blood pressure.

Blood pressure categories:

The five blood pressure ranges as recognized by the American Heart Association are:

Normal - Blood pressure numbers of less than 120/80.

Elevated - Elevated blood pressure is when readings consistently range from 120-129 systolic and less than 80 diastolic.

Hypertension Stage 1 - When blood pressure consistently ranges from 130-139 systolic or 80-89 diastolic. At this stage, doctors are likely to prescribe lifestyle changes and may consider adding blood pressure medication.

Hypertension Stage 2 - When blood pressure consistently ranges at 140/90 or higher. At this stage, doctors are likely to prescribe a combination of blood pressure medications and lifestyle changes.

Hypertensive crisis - This stage requires medical attention. If your blood pressure readings suddenly exceed 180/120, wait five minutes and then test your blood pressure again. If your readings are still unusually high, contact your doctor immediately. You could be experiencing a [hypertensive crisis](#).

If your blood pressure is higher than 180/120 and you are experiencing signs of possible organ damage such as chest pain, shortness of breath, back pain, numbness/weakness, change in vision or difficulty speaking, do not wait to see if your pressure comes down on its own. **Call 911!**

Worship Board News

Lee Braithwaite, Worship Board Chair, inventories and keeps the sacristy stocked with needed supplies (water, wine, Clorox wipes and more tissues).

Bethel Friends,

Thank you for all your thoughts, prayers and beautiful cards. All those expressions of love and friendship are deeply appreciated. See you in church real soon!

Hugs,
Renee Frederickson

March Birthdays

- 01 - Kristy Sikora
- 02 - Stacy Robinson
- 03 - Noah Taylor
- 05 - Darby Garner
Vonda Wilt
- 06 - Michelle Asmussen
- 07 - Joline Schultheis
- 08 - Ella Carlson
- 09 - Amelia Riley
Megan Landis
- 10 - Sandy Hulver
- 11 - Hannah McKiernan
Betty Nichols
- 12 - Gus Brondos
Payton Grooms
Jo Adkins
- 13 - Irene Cockerham
Greg Brondos
Brian Boswell
Edie McGoff
- 14 - Terri Ramsey
Edel Frank
Wayne LaFollette
- 17 - Bert Poling
- 20 - Hazel Eckert
Carol Pyle
- 21 - Rowan Hudson
- 22 - Tom Beyer
- 23 - Ro Cottino
- 24 - Terry Hannon
- 26 - Christopher Francis
Bruce Lothrop
- 27 - Molly Beyer
Jackson Spishak
- 28 - Lisa Nallen
Shari Fletcher
- 29 - Becky Hall
Wes Brondos
Dustie Fisher
- 31 - John Kushlak

March Anniversaries

- 16 - Jim and Karen Shipp
- 22 - Clarence and Loretta Hohner
- 23 - James and Martha Jenkins
- 27 - Jerry and Dustie Fisher

Around the Congregation

New Address:

Clarence and Loretta Hohner
62 Safflower Way
Bunker Hill, WV 25413

Sandra North
1847 Tilghman Lane
Winchester, VA 22601
Home Phone: 540-323-7672

Karen and Jim Shipp
113 Proclamation Drive
Winchester, VA 22603

Cards for Edna Lewis:
c/o Envoy – Room 20
110 Lauck Drive
Winchester, VA 22603



March 8

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

January - 139

YTD 139

Designated Offering Thru January 2020

For the World:

World Hunger Appeal
\$26

Global Missions
\$60

For the Community:

CCAP
\$64

Jones/Joyner Music Fund
\$235

Good Samaritan
\$100

For the Bethel Community:

Student Missions
\$30

Jubilee/Mortgage Principal
\$570

Principal Balance on Mortgage as of January 3, 2012	Principal Balance on Mortgage as of January 21, 2020	Overall Decrease in Mortgage Principal (Jubilee Campaign)
\$802,407.55	\$167,840.48	\$634,657.07

	Actual January 2020	Actual Year-to-Date
Actual Income	\$38,192.63	\$38,192.63
Actual Expenses	\$33,296.79	\$33,296.79
Balance (Shortfall)	\$4,895.84	\$4,895.84

For more detailed financial information, please visit bethelwinchester.com and click on Publications.

BETHEL LUTHERAN CHURCH

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Pastor

pastordave@bethelwinchester.com, Ext. 105

George W. Donovan, Jr.
Director of Music Ministries

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Sue Correll

Associate Director of Music Ministries
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Pat Shields

Parish Administrator & Financial Secretary
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Terri Hollingsworth

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Cliff Crowder

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Eddie McGoff

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Patty White

Parish Custodian
annwhite54@aol.com

Gretchen and Matt Meade
Nursery Managers

office@bethelwinchester.com

Upcoming Events April. . .

Palm Sunday/First Communion – April 5

Returning Thanks – April 10

Easter – April 12

Easter Breakfast – April 12

Women's Retreat – April 17-19

New Member Sunday – April 26

The deadline for articles for the

April 2020 issue of the

Bethel Banner

is 3:00 p.m., Monday, March 23

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**