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2011

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Bethel
LUTHERAN CHURCH

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Briefly Bethel

Discovery Class

Friday, Oct. 14, 6-9 pm,
Fireside Room

Getting to know Bethel –why we exist, what we're trying to do, what we believe.

If you are considering membership or making Bethel your church home and want to learn more, we invite you to attend Discovery Class.

Sign up at the Welcome Center or contact the church office at 736.5654.



Life Ministries

Life Ministries are our adult teaching and fellowship groups that meet on Sunday mornings from 9:45 to 10:45. Our Life Ministries is a place to Belong, a place to Become and a place to Serve. Further information *may be found at the Welcome Center at Bethel or call the office at 736-5654.*

- Firesiders: "Prayer" (leader: Harold Peterson) - Fireside Room
- Fellowship: Mere Christianity by CS Lewis (leader: Ken Peeders)
- Pilgrims: Luther's Catechism (leader: Mark Erickson)
- Fortifiers: Matters of the Heart (leader: Loren Synstelien)

HOME GROUPS

With fall schedules filling up fast, it's tempting to give up important things in favor of making more room on the calendar.

In Hebrews 10:25 we're instructed to *"not give up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching."*

Home Bible Studies exist to help you connect with others, be encouraged by other followers of Christ, and live out your faith at home. If you haven't already, feel free to sample any one of options this fall. Information is available at the Welcome Center.

Parish Nurses

AaaaChooo!

Once again flu season is here. Many people are confused about what the “flu” is, and why it is important that they have the flu vaccine. One misconception is that the

vaccine is for the nausea, vomiting, diarrhea-type flu. The seasonal flu vaccine is for the respiratory flu. This is a contagious illness caused by a virus that affects the nose, throat and lungs. Symptoms of this include any or all of these: fever, chills, cough, sore throat, runny nose, body aches, headaches, and fatigue. It spreads through droplets when infected people cough, or talk, or by touching surfaces that have the virus on it. It is contagious beginning 1 day before symptoms appear, and up to 5-7 days after becoming sick. The flu can range from mild to severe and there have been many influenza related deaths in the U.S. The CDC recommends the BEST way to prevent the respiratory flu is by getting a flu vaccine each year.



It is necessary to get vaccinated annually because the virus is different each year. Everyone 6 months and older should get the vaccine. The vaccine is most commonly given as a shot, but there is also a nasal-spray form (only used in healthy people age 2-49 years of age who are not pregnant). Another misconception is that you can get the flu from the flu shot. The flu shot is made of a virus that has been killed or is inactivated so it does not cause the flu. Side effects of the flu shot include soreness, redness, or swelling at the injection site, low-grade fever, and aches. You can receive the flu vaccine at many locations including the doctor’s office and local drug stores (Wal-mart, Walgreens, etc.) For more information regarding Influenza and the flu vaccine visit www.edc.gov/flu

-Information received from www.cdc.gov/flu

Parish Nurses :

Mary Lee Gubrud, Jo Ann Gunderson, Erica Jennen, Carol Wester

Women's Ministries

JUMP INTO FALL!!! Warm scones, hot or iced coffee and great fellowship all added to the excited atmosphere at our Fall Women's ministry team kick-off Saturday morning, September 17th. The nicely decorated room was filled with women enjoying visiting as well as taking time to look at the information tables; learn about opportunities for growth, ministry and service. Our guest speaker, Jolene Kavlie Kowalski was inspired and passionate as she spoke about the challenges of raising godly children in today's world. She offered many informative tips, shared great book suggestions for parents as well as sharing many personal accounts as she and her husband raised their children. The morning was enjoyable and we look forward to a fall and winter where women of Bethel grow in God's word!



Apples of Gold is the theme for our fall Women's Ministry Fellowship Night based on the verse in Proverbs 25:11 where it says "A word fitly spoken is like apples of gold in a setting of silver." Our guest speaker will be Michele Foss, wife of our Senior Pastor David Foss, who will share her faith journey with us. Also in attendance will be many of the women of Bethel who work behind the scenes or are the wives of our Pastors/ Administrators. Find out who these women are and come and affirm them as we support each other with "apples of gold." The evening is set for **Tuesday night, October 11th at 7 p.m.-8:30 p.m.** Coffee and dessert will be served as you come in and we will hear from Michele shortly thereafter. Come enjoy a rich fellowship and be encouraged! All ladies of any age are welcomed. Childcare is available. There will be a special gift for all in attendance too!

Candis Berge, Bethel Women's Ministry Team Chairman



Bridal Shower for Kristin Keeling Thursday, October 20, 6:30 pm Fireside Room

All Bethel women are invited to celebrate the upcoming wedding of Kristin Keeling to Joshua Christianson.

One of the ways Women's Ministry blesses our ladies is to bring them flowers when hospitalized. It's the little things that make a big difference! Thanks to the women who faithfully volunteer in this way.

Dear Women of Bethel,

Thank you so much for the cheerful yellow daisy bouquet. I really enjoyed Audrey's visit too. It's was a blessing. We especially appreciate your prayers and support!

With grateful hearts,

Denny, Kathy and Kristen Johnson

Children's Ministry

KidVenture & Club 56 begins THIS week!

KidVenture (1st-4th grade) and Club 56 (5th & 6th) will meet in the downstairs of the Children's wing @3:45pm each Wednesday. We'll have a snack, worship Jesus, and then the two groups will split to play some games and learn more about God's amazing LOVE story - the Bible.

Kids can ride the Bethel bus from Kennedy - meet Jenny at the end of the row of buses to ride over to Bethel! Registration forms can be found on the Bethel website and on the Children's Ministries bulletin board.



JH Youth Group:

Wednesdays 3:45—5:30 pm

Bus pick up @ Kennedy parking lot

SH Youth Group:

Wednesdays 7:00-9:00 pm



Third Day and Tenth Avenue North Concert

Saturday, October 15th

Leave 5:00 PM: Cost \$25

Contact Big Al for a ticket

Mission Trip to Minot: October 20-23

Parents and students are encourage to come and help those devastated by the flood this past summer. This is during MEA break so no school will be missed.

Contact Big Al for more information

Women's Bible Studies

.There will be a variety of days, times, locations and length for our fall Bible studies here at Bethel. Perhaps one is just right for you!

Fall Session #1 will be 5 weeks in length and begins the week of September 26th and ends the week of October 24th.

Fall Session #2 will be 6 weeks in length (with no meeting the week of Thanksgiving.) It will begin the week of November 7th and ends the week of December 12th.

We will start out with 5 studies; two of which will continue into fall session #2. (We may add new studies for fall session #2 as we determine interest levels.)

Fall Session #1:

Monday evenings at 6:45 p.m.-7:45 p.m.

A study in Philippians

Location: Vonnie Johnson's home

817 West Birch

Leader: Patti Zwiers

Childcare available.

***Tuesday mornings at 9:30 a.m.-11:00 a.m.**

A study in the book of Luke

Location: Bethel Lutheran Church

Leader: Ellie Anderson

Childcare available.

***Tuesday mornings at 9:30 a.m. -11:00 a.m.**

Fruits of the Spirit

Location: Bethel Lutheran Church

Leader: Lois Rogness

Childcare available

Tuesday afternoon at 1 p.m.- 2 p.m.

A book study:

"Good News for Anxious Christians – 10 practical things you don't have to do."

Author: Phillip Cary

Location: Candis Berge's home

17195 River Oaks Lane

Leader: Candis Berge



**These studies will continue into fall session #2.*

You are welcome to sign up for these studies at anytime.

Stay connected!

Women of Bethel's blog: www.womenofbethelfergusfalls.blogspot.com

and on facebook: ***Women of Bethel Connections***

This 'n That



Dear Bethel,

Well, we are now Arizonians! Today is the first day of fall and we will reach 104. Last Sunday we started our trek to find a church we can call home. Looking back, we are so glad the Lord led us to Bethel. We knew from the very first visit Bethel would be our place of worship. We have enjoyed your warmth, witnessed true dedication to the Lord's work, heard great sermons and made lifelong friends. I thank the Lord for the opportunity I was given to serve in the church. I

enjoyed my job, the staff and each of you. I miss you all very much. Last Sunday someone said, "You touched me and I have grown." I immediately thought of our time at Bethel. You touched our lives and we grew in Christ. Tom and I want to thank you for the gift and the great send off. We enjoy our devotions on our patio every morning.

Kindness is the heart of God expressed in thoughtful ways. Thank you.

Tom and Dee Stelljes



Minot Mission Trips: Flood relief in Minot, ND.

October 16-22 (reconstruction work - adults) Contact: Arlow Hushagen at 739-6231.
October 20-23 (Bethel youth/parents). Contact Big Al at allen@bethellbc.org.

Mexico Mission Trip: November 13-19. Good news! There is room for five more participants on this trip to partner with YWAM building Homes of Hope in Escenada, Mexico. Contact Doug Thorson at the Alpha table in the foyer today.

Stitch-A-Quilt

A year of stitching has begun Tuesdays at 9:00 am in our new Quilting Room. Quilts are needed throughout the year. If you have a quilt, new or not-so-new, or one from Grandma's trunk, we would love to have the privilege of enhancing it's beauty with hand stitching!

Please contact:

Elaine Kavlie— 218-495-3527

JoAnn Linscheid-218-739-2745

Arlys Svaren— 218-736-7401

Darlene Synsteliën— 218-736-2483

Mary Wold— 218-739-5751

