

Briefly Bethel

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Bethel
LUTHERAN CHURCH

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Imagine... hearing the bell ring and instantly make a mad dash, arms flailing so that your cabin would be the first to get to a picnic table?



Imagine... having a Bible study on the dock, hearing the lap of water brushing the shore, with your toes dipping in the wetness of Spitzer Lake?

Imagine... seeing your counselor, *15 years later*, your head overflowing with memories of arms flailing, your quiet times in the same spot every year sitting in the middle of the merry-go-round, your group finally accomplishing your first adventure course... and you're memories are interrupted by your counselor's warm smile, and them asking, "How are you, (your name)? It's good to see you!"

The IPoint website (ipoint.org) says on the Camps & Retreats pages,

"At camp, people experience God through the teaching of His Word, through relationships with others, and through the lives of committed counselors displaying a living faith. As fun, fellowship, and faith are integrated throughout the camp experience, it is quite natural for a people to be drawn to Christ."

February is the time of year when Bethel Church comes together to help parents be able to send their children to IPoint. Watch for red envelopes with the Heart for Camp sticker and prayerfully consider joining the Children's Ministries Team in coming alongside parents in sending their children for what could be one of their most powerful summers they'll remember.

We are also looking for individuals who would be interested in sponsoring a child's entire financial need. If feel moved to do so, please contact Jenny by calling Bethel's main office.



Imagine... seeing the joy in the faces of your children, your grandchildren, your friend's children, as they get in the car to go to camp.

Imagine... hearing where their quiet time spot was this year, what their counselors name was, seeing the sign language to their Bible verses, and hear how they were drawn to know and love Jesus...

Parish Nurses

With the coming of the new year, resolutions are on many of your minds. It is a great time to evaluate how you can improve your life, assessing old habits and developing better ones. Two goals many people strive for are:

1. **Eat Healthy/Lose Weight**
2. **Exercise**



Diet/Exercise

These are great goals with many benefits:

- controls weight
- combats health conditions and diseases
- improves mood
- boosts energy
- promotes better sleep

Setting the goal is the easy part. Here are some tips to help you set yourself up for success.

Diet Tips:

1. Start slow and make changes to your eating habits over time
2. Every change you make to improve your diet matters
3. Think of water and exercise as food groups in your diet
4. Moderation is key: Think smaller portions. Try using smaller plates. Try not to think of certain foods as “off limits.” This will make you want them more, so reduce portions and frequency you eat them instead
5. Take time to chew your food and enjoy meal times
6. Listen to you body (stop eating BEFORE you are full!)
7. Eat breakfast- this jumpstarts your metabolism
8. Eat smaller meals throughout the day-this keeps energy up and metabolism going

Avoid processed foods. Eat many fruits and vegetables.

Exercise Tips:

1. Start out slowly and add new physical activities little by little
2. Choose an activity you enjoy and build variety. This will help you from getting bored.
3. Be realistic-even 10 minutes of exercise is better than none!
4. Be active longer each time you exercise, also increasing the number of days you exercise each week. A good goal to work up to is to exercise 3-5 days per week for 30-60 minutes each time.
5. Choose a variety of exercises. This will help you from getting bored.

Best of Luck on meeting your goals in 2012! ~ the Bethel Nurses

Philippians 4:13 I can do everything through him who gives me strength.





Fergus Falls Food Shelf

1512 First Avenue, Fergus Falls, MN

Monday after 2nd Sunday each month, 1-4 pm

Volunteers needed!

Duties include weighing donated food products as they arrive and give receipt to the donor, accept monetary donations and give a receipt to the donor, stock food into the shelves, refrigerate necessary items, fill food orders and weigh products before delivery to those in need, help as needed.



Marriage Weekend | March 2-4, 2012

It's with great excitement that we invite you to participate in Marriage Weekend at IPoint!

Several from Bethel have already registered in support and anticipation of this opportunity to strengthen their marriages and build faith@home. Greg and Janet Anderson, along with Tony and Cindy Rogness, will be your facilitators as we bring the Art of Marriage by FamilyLife! The Art of Marriage is a new video-based marriage conference built on the same biblically-based content as the Weekend to Remember® Getaway. The Art of Marriage brings together some of the most respected and influential pastors and experts on marriage and family to share with you and your spouse. It also brings a fresh approach to a video conference by weaving together the following elements to help couples fully experience God's design for marriage: expert teaching, engaging stories, real-life testimonies, man-on-the-street interviews, and humorous vignettes. Come away to The Point for the wonderful food and hospitality you expect and strengthen your relationship with the Lord and each other.



Registrations are available at the Welcome Center or online at ipoint.org.

Registration deadline is February 17. Cost is \$229-299, depending on accommodations.

Children & Students

This month, we'd like to acknowledge our amazing teachers and helpers!. The following volunteers faithfully partner with parents to build faith@home. Thank you!



Sundays:

LaShawn Malingen
Kim Draxten
Josh & Kate Haus
Lois Rosin
Vonnie Johnson
Brad Martinson
Ethan & Carla Bjornlie
Carol Stender
Jana Emery
Mandy Rich
Catherine Ewan
Diane Selvig
Laird & Karen Rice
Mike & Lisa Scholten
Mike & De Eastvold
Jane Hansen
Janet Olsoe

Nancy Mattson
Matt Lemke
Steve & Lois Undseth
Ruth Swendsrud
Vicki Crowser
Karla Connelly
Sheri McKeever
Astri & Deidre Bjornlie
Julia Christenson
Brittany Christenson
Kathleen Martinson
Kristie Thorkildson
Morgan Fylling
Chelsea McKeever

Wednesdays:

Kevin & Brooke Rogness
Astri & Deidre Bjornlie
Janet & Elise Anderson

Sunday School (3 yrs– gr. 6): Sundays 9:45-10:45 am

KidVenture/Club 56: Wednesdays 3:45-4:45 pm

Bus pick up @ Kennedy parking lot

Junior Choir: (gr. 3-6) Wednesdays 4:45-5:45 pm



Super Bowl Party: Sunday, February 5 (\$5.00)

4:00 pm—Pizza, pop, Inflatable Obstacle Course

Senior High Winter Weekend: February 17-20

Leave Friday, 6:00 pm Register at ipoint.org

Friday-Sunday: \$95 Friday-Monday: \$123

Confirmation Retreat: March 9-11

Leave Friday, 6:00 pm, Return Sunday, noon

HIT Basketball Tournament: March 23-24

Sign up to play (\$20) Play 3 games

Confirmation: Sundays, 9:45 am

JH Youth Group: (gr. 7-8) Wednesdays 3:45—5:30 pm

Bus pick up @ Kennedy parking lot

SH Youth Group: (gr. 9-12) Wednesdays 7:00-9:00 pm





Men's Forum:

Saturday, February 4, 8:00-9:00 am

FEARS. We all have them. Guest speaker Dave Cornell explains how we can we turn them from a boulder in our path to a pebble in our shoe. Men of all ages are invited.

Adults

Heartwarming:

Our February Women's Ministry gathering is Tuesday, February 7, 7:00-8:30 pm in the Fireside Room. Our guest speaker, LeAnn Rogness will share her faith journey and how the love and care of God's people warmed her heart through a time of crisis. Childcare and light refreshments are provided.



Financial Peace University

Classes meet for 2 hours each week for 13 weeks and give practical tools for managing your finances. Cost is \$93 for materials. Class meet Sundays, 4-6 pm. For details, call the church office or visit www.daveramsey.com.



The Alpha Course

A Practical Introduction to the Christian Faith

Alpha is back!

This informal 11-session course is designed for anyone with questions about Christianity and what it means to follow Christ. The next Alpha meets Mondays from 6-8:30 pm and begins February 27.

Song and Testimony—Sunday, February 26

Lift your voice in praise to God through hymns and hear of his work in the lives of Kristin and Marcos Holzner. They will be bring us up to date on their work in Chad at the Welcome Center and with the Bilala. Kristin will also tell us about her trip in January with her sister, Elysia Larson, and 2 other women from Triumph LBC. They helped with a spiritual retreat for missionary women at the Welcome Center in Ndjamena.



Will & Trust Seminar:

Early March (date change due to schedule conflict). God is faithful to provide, and in gratitude we are to be responsible stewards of what he has given us. Attorney and CLB Associate for Biblical Stewardship Roy Heggland explains how to create a will and/or trust so that your loved ones are cared for and your assets are protected. He is joined by CLB Director of Finance Brad Martinson.



This 'n That



Thank you to Bethel Church for the prayers, flowers, Pastor Monson's and Parish Nurse visits and phone calls following my surgery. During the busy Christmas season it was so wonderful for Bethel staff to find the time to continue their ministry in the hospital. What a blessing. I am healing well and hope to return to work in a week or so. Thank you again!
In appreciation . *Sincerely, Mary Rostedt.*



LOST: A size 10 girl's black Pea Coat with removable hood. Call 218-770-0226.

Missing something? There are many coats, mittens, hats and misc. items in our Lost and Found (located in the Coat Room nearest to the Welcome Center). Please claim any lost items by February 26. All remaining items after that date will be donated.



Lent is the period of the church year from Ash Wednesday to Easter. The traditional purpose of Lent is the preparation of the believer – through prayer, repentance, offering and self-denial – for the annual commemoration of Holy Week. Lent culminates in Easter ~ the celebration of the resurrection of Jesus Christ.

New this Lenten season! Worship services will be held on Wednesdays from 12:10-12:30 pm followed by soup and fellowship. In addition, new Home Bible Studies will be available for the Lenten season. If you are not currently attending a Home Bible Study you are invited to attend. Regular Home Bible Studies will continue their normal schedule, but if you wish to switch to one of the new groups for the Lenten season, you are welcome to do so. Watch for details.

Lent is February 22 (Ash Wednesday) through March 28

- **Ash Wednesday Service: February 22, 7:00 pm (no Wednesday Home Bible Studies)**
- **Wednesday Lenten Worship Services: 12:10-12:30 pm (February 29-March 28)**
 Soup and fellowship follows the service
- **New Home Bible Study groups—meeting various times— meet during Lent only**