

# Briefly Bethel

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*Bethel*  
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**Happy New Year** to all of you faithful readers of Briefly Bethel. It seems that these years slip through our fingers so quickly when we observe the changes in our children and grandchildren from one year to the next. Other things within our lives seem to have lost momentum and we feel as though nothing is happening.

About two years ago we adopted the Bagirmi Unreached People Group in Chad Africa. Our next step following that adoption was for Bethel to go through a fund raising project to partially make a financial commitment to train and send a missionary family to bring the Gospel of Jesus Christ to these people. We completed that with much excitement and satisfaction.

Then we waited. We waited for the assigning of a couple to go as our missionaries to the Bagirmi. In December, our waiting ended and we were informed that out of several potential couples, Nathanael and Carrie Szobody were chosen to become our missionaries to the Bagirmi. We rejoice in that choice and now want to faithfully pray for their preparations that are necessary for their missionary work.



This coming January, Bethel is offering a class called "Bridges". Why Bridges someone may ask? Why would I want to attend this class?

There is a direct link between Bridges and our adoption of the Bagirmi People Group. The following may help you in your decision to attend this class:

- Bridges seeks to replace concerned fear and intimidation with love and gentle boldness, reshaping the way Christians view and respond to their Muslim neighbors.
- Bridges is one-of-a-kind because it focuses on similarities, not differences.
- Bridges meets you where you are.
- Bridges is practical and biblical.
- Bridges removes the fear of becoming friends with a Muslim.

Bridges will be offered at Bethel in the Conference Room during our regular Christian Education hour from 9:45 to 10:45 beginning January 8<sup>th</sup> 2012. Enjoy a fresh look at people whom Jesus loves very much and whom He died to redeem.

~ *Pastor Ed Monson, Bethel Mission Team member*

# Parish Nurses



## DEPRESSION

Have you felt sad or blue, unhappy and not interested in anything? Perhaps you have difficulty sleeping or your sleeping all the time and do you get up tired? Are you eating all the time or not eating at all and losing weight? Life is full of ups and downs, but sometimes the down lasts for weeks or months. The winter and following Christmas seem to be the time we become overwhelmed with life. The above symptoms are symptoms of a medical illness called depression, which involves the body, mood and thoughts and affects the way you eat and sleep. If you should have these symptoms PLEASE see a doctor, he can help you. This illness is not uncommon among all age groups and either gender.

### CAUSES?

There is no single cause however, there are some strong links between the illness and the following:

Genetics – if someone in the past has suffered with depression you may be at a higher risk

Chemical imbalance

Hormonal factors – mostly common among women

Stress – Loss of a loved one, job, relationship, etc.

Medical illness – chronic illness such as MS, PD, Heart disease, stroke, asthma, etc.

### What can you do to help yourself?

(If you are depressed – see a doctor, it is treatable!)

Should you be sad, or blue:

- Exercise - even only 15 minutes per day will make a difference
- Get some fresh air, walk for a bit, dress warm if it is cold.
- Get together with some friends who are fun to be with
- Go to the movies (choose a Comedy) with friends or watch a COMEDY at home
- Stay away from people who will be negative or drag you down!!
- Diet – try a diet slightly higher in carbohydrates and low in protein.
- Carbohydrates transport amino acids to the brain and in turn become into Serotonin. (A feel good chemical)
- But – above all – TRUST IN THE LORD – JER. 29:11

***“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future”***

Carol J. Wester

Parish Nurse





## Mission Sunday — January 22!

### INTEGRATING MISSIONS

Please pray for and plan to attend Mission Sunday on January 22nd, with guests Rev. Paul Larson (Pastor at Bethesda Lutheran Church in Eau Claire) and Ethan

Christofferson (missionary to Taiwan) both morning and evening.

### Sunday Morning:

9:45-10:45 am, Fellowship Hall: Guest speakers Ethan Christofferson and Rev. Paul Larson



Rev. Paul Larson

### Sunday Evening: 6-8 pm (2 options)

Ethan Christofferson  
Hunan Springs  
Buffet dinner (\$5/person )

Matthew Rogness & Rev. Paul Larson  
Bethel Church  
Pizza supper (\$5/person)

Watch the weekly bulletin for details.



Ethan Christofferson

## Stitch-a-Quilt

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:

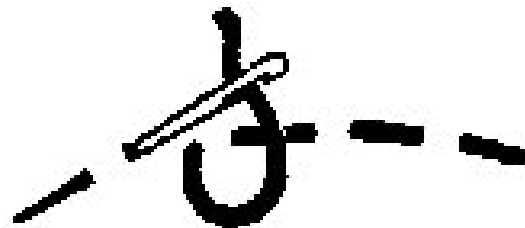
Elaine Kavlie— 218-495-3527

JoAnn Linscheid-218-739-2745

Arlys Svaren— 218-736-7401

Darlene Synsteliën— 218-736-2483

Mary Wold— 218-739-5751



# Children & Students

This Christmas there 2 weeks of PRAISES from Bethel's Sunday school children. On Dec 11<sup>th</sup> the little ones (ages 2 through Kindergarten) sang during the 9:50 service, and on Dec 18<sup>th</sup> grades 1-6 led the 11:00 service. What a BLESSING it is to have our children involved in the church services! Our prayer is that the children would continue to be a part of the services as they grow up, and maybe one day be an Usher, Worship Leader, or maybe even a Pastor!



Many thanks to all who helped make it a success! All of the teachers in ALL the classes were wonderful guides and encouragers to their classes. The teachers of the younger ones were right in the mix with their students singing along – Could you spot them? Trena Martinson led the kids in the carols and Kevy Konynenbelt accompanied beautifully! Ruth Swendsrud guided the girls in their reading of Luke 2, and Ethan Bjornlie was a wonderful help as well!



*May God bless all of the Sunday school children RICHLY over this Christmas break! THANK YOU for all your hard work kids!! See you January 8<sup>th</sup>!*



**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:** Wednesdays 4:45-5:45 pm



## COMING EVENTS

**Super Bowl Party: Sunday, February 5**

4:00 pm—end of game

**Senior High Winter Weekend: February 17-20**

**IPoint Bible Camp — REGISTER NOW!**

**Cost:**

Friday-Sunday: \$85 (if paid by Feb. 3)

Friday-Monday: \$113 (9f paid by Feb. 3)

**Fundraising Dinner: Monday, January 30**

Sign up to serve

**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



## New Study Topics for Sunday Life Ministry Groups

### Firesiders

Study: The book of Galatians

Location: Fireside Room

Teacher: Richard Risbrudt

### Fellowshippers

Study: The book of Job

Location: Archive Room

Teacher: Allan Bjerkaas

### Pilgrims

Study: The Old Testament (viewed through the Gospel of John)

Location: Stillpoint Café (lower level)

Teacher: Daniel Berge

### Fortifiers

Study: TBD

Location: New Addition (lower level)

Teacher: TBD

# Beginning January 8!

## Adults

In addition to these Life Groups, BRIDGES — a six-week course on building understanding between Muslims and Christians is offered at 9:45 am in the Conference Room.

Sign up at the Welcome Center or call the office.

**Christmas** is now tucked away in our photo albums and memories as we begin the gift of a new year. The Women of Bethel enjoyed a blessed Christmas event in early December at our Women's Ministry fellowship night where we focused on keeping Christ in Christmas.

We had a joyous time of singing with almost 100 voices joining together under the capable accompaniment of our worship leader, Erika Lundberg. Thanks also to JoAnn Gundersen, Denise Risbrudt, Trena Martinson and Barbara Egge for participating on a panel discussion, sharing their thoughts, memories and suggestions for our Christmas festivities. The evening ended with some wonderful door prizes, many baked by our top Bethel cooks! The beautifully decorated tables and the tasty dessert added a special touch to the evening. A hearty thank you to all who made the evening special!



***Now we look forward to a New Year!*** Our Ladies Bible Studies will resume at Bethel at 9:30 a.m. on Tuesday, January 24th with a two studies;

- A study in the book of **Luke** led by Ellie Andersen
- A new Beth Moore study entitled "**Mercy Triumphs**" facilitated by Lois Rogness.

On Wednesday, January 25th an early bird gathering, meeting at 6:30 a.m. at Cafe 116, will be offered for women led by Christine Lawson and Jodi Gundersen. Our hope is for it to be a time for encouragement and fellowship, focusing specifically on **parenting**.

All women are welcomed to join any study at any time!

# THANK YOU



Dear Bethel Lutheran Church Family,

It is with deep gratitude to the Bethel Church family that we extend our sincere thanks for all the prayers that have been extended for Arnold during his long illness. The friendship, love and support that has been extended to our family as been overwhelming and we THANK YOU ALL. A BIG THANK YOU for prayer for traveling and for all family members.

We sincerely extend a thank you for the many get-well cards Arnold received while at Broen with words of comfort, the memorial cards in Arnold's memory, the hugs and tears we shared, the food that was delivered to our home, we have all been blessed. We extend our thanks to Pastors Ed Monson and David Foss, the parish nurses, the deacon board members and Bethel family for visiting with Arnold. He always enjoyed their many visits. We extend thanks for the friends and family attending Arnold's service and also the WMF ladies for serving lunch. Special thanks to Pastor David Foss for leading the service, Pastor Ken Austin for his comforting words, Carol Folden and Pastor Mark Tungseth for their music, and Glende-Nilson Funeral Home for their services. We are thankful to God for the precious memories we have of Arnold's life. May the Lord bless you in return for the kindness and support shown to our family ~ *Marlys Schmidt and family*

Dear Bethel family,

Though we've had a chance to express our thanks to some of you in person or through thank you notes, we need to write this letter to more clearly thank you, Bethel Church family, for the countless ways you've provided us with support over the past days since our Heidi so suddenly went home to be with Jesus. Gifts of food, monetary memorials, wonderful words of encouragement through notes, visits, and phone calls all have helped to bring us comfort. Most of all we thank you for your prayer support. Dear friends, never have we experienced God's power in the way that we have these past days. It is so easy to tell someone that we'll pray for them. But at times it only goes as far as the time it takes to make the promise, even though we have good intentions. However, you have, without a doubt, been interceding for us along with believers from across the nation who loved Heidi and us. By earthly standards, we should be totally devastated. Certainly we have many times of deep sadness and loneliness. That's the way God has made us. But he has lifted us up in a way that can only be attributed to the faithful prayers of his people. Thank you for making that commitment. We would value highly, your continued prayer support in the coming days, as well.

We also want to thank you for welcoming Heidi to the Bethel family 24 years ago, and providing a place for spiritual growth and service for most of those years. She was brought to the Lord in baptism here and in later years, was lead to realize that the gift of salvation in Jesus Christ was for her. She received wonderful biblical teaching through Sunday School, confirmation, LBYP, and other Bethel ministries. You, church family, provided her with multiple opportunities of service through teaching Sunday School and mentoring in confirmation and high school youth programs. Upon moving on to make her home in the Fargo-Moorhead area, the wonderful experiences afforded her at Bethel served to help her step right into ministry to children, young people, and families both at the Y South Early Childhood Center, as well as in the Triumph and Triumph West congregations. How could parents ask for anything more for their daughter. We will be ever thankful for all that God was able to do through her as a result of your ministry to and mentorship of her.

We pray that God will bless you in every way for all that you did for Heidi over the years, and for us in the past, as well as during this difficult time. We encourage you to look for other children and young people in our midst to encourage, shepherd and bathe in prayer that many more might go out to minister as she did. We have been given the opportunity to make a huge difference for Christ through the generations that follow us. May that be so by God's grace.

~ *Love, Heidi's mom and dad, John and Terri Helland*

WMF: Thank you so much for the flowers and visit during my surgery this fall. ~ *Love, Sally Overgaard*