



Bethesda Outlook

March 2023

Our Mission is to proclaim, celebrate and share the love of Christ
with our neighbors in an accepting, caring community.

Bethesda Staff

Pastor: Rev. Heidi Fish.....360-393-2977

Office Administrator: Judy Rasmussen
425-778-6390 email: officemanager@bethesdalcm.com

Musician: Vic Peters.. 206-789-1699

OFFICE HOURS

Monday—Thursday
9:00am—2:00pm

www.bethesdalcm.com

Everything's up to date at Bethesda!

We are grateful to God for providing the resources to upgrade our sanctuary's sound and video systems. Generous members have poured their time, talents, and financial resources into our worship space. We have been worshipping via Zoom since March 2020, and have no intention of stopping! We now have the capability of livestreaming our services from the sanctuary, and every week we're getting better at it. We are glad to welcome worshippers from all over the country and from just around the corner. Folks who can't get here physically only need a little bit of technological help to get reconnected to this caring community of faith. If you need help, let's see how we can get you hooked up. You can also look up archived services on YouTube.



Grace Notes

Dear Ones,

This Lent we have begun to study the ways that racism has shaped us individually, institutionally, and systemically. We are NOT just reading a statement at the beginning of worship acknowledging that we DO occupy the ancestral lands of the Coast Salish peoples. We are not just SAYING that we are “committed to being better listeners, learners, and to lifting indigenous voices.” We’re beginning to put those words into practice. It starts by educating ourselves.

On our most recent parochial report (an annual filing with the NW-WA Synod & ELCA) we listed 40 members. On the line where we list how many persons of color are members, we had to (again) write zero. The ELCA is described as “the whitest denomination in the US.” If we don’t educate ourselves as white people on the ways that we have benefited due to that skin color, we are turning our eyes, ears, hands and hearts against our sisters, brothers, and cousins in Christ who have been crying out for justice. It’s not up to people of color to educate white people about how we in the Church have allowed ourselves to remain blissfully ignorant of our impact on others. That’s our work.

In the last chapter of her book White Fragility: Why It’s So Hard for White People to Talk About Racism, Robin DiAngelo (a white woman with decades of work as an academic, lecturer, author, and trainer on issues of racial and social justice) writes: *“When white people ask me what to do about racism and white fragility, the first thing I ask is, ‘What has enabled you to be a full, educated, professional adult and not know what to do about racism?’ It is a sincere question. How have we managed to not know, when the information is all around us? When people of color have been telling us for years? If we take that question seriously and map out all the ways we have come to not know what to do, we will have our guide before us. For example, if my answer is that I was not educated about racism, I know that I will have to get educated. If my answer is that I don’t know people of color, I will need to build relationships. If it is because there are no people of color in my environment, I will need to get out of my comfort zone and change my environment; addressing racism is not without effort.” (p.144)*

Reconciling Works (the organization where our Affirmation of Welcome to LGBTQ+ folks is registered) is asking all of its member congregations to update that Affirmation to include specific commitments around anti-racist education and advocacy. Lent is the perfect time to begin our work together and individually. This season of repentance and reflection prepares us to live more fully into our identity as Children of God. Jesus cautions us: *“Why do you see the speck in your neighbor’s eye, but do not notice the log in your own eye... You hypocrite! first take the log out of your own eye, and then you will see clearly to take the speck out of your neighbor’s eye.” (Matthew 7:3,5)*

What we have begun is holy, if hard, work. The good news is that we don’t have to do this alone. Jesus has gone ahead of us, loving us exactly as we are, and will lead us into the shalom of the Beloved Community.

Thanks be to God!



Are you tired of feeling helpless in the face of bullying, disconnection, and the fear of violence? Do you care about the children and youth in our communities? Does the economic impact of violence seem like a tragic waste to you?

And if there was an effective solution, would you want to be part of it?

The [Alternatives to Violence Project \(AVP\)](#) curriculum has a 48 year track record of reducing incidents of violence in prisons, between gang members, in schools, and in war-torn communities around the world. The magistrates who went out with the Truth and Reconciliation Commission in South Africa post-apartheid were trained in AVP. Hutus and Tutsis in Rwanda were brought together post-genocide and found healing in community together. White supremacists have repudiated that hate-filled ideology after one three-day AVP workshop. A school in Philadelphia went from 135 police call-outs to only 15 incidents the following year after all staff went through AVP workshops over the summer.

Sounds too good to be true? Well, this may be the one case where the reality is actually **better** than the hype! We all want to see a positive momentum shift in our schools, families, workplaces, houses of worship, and neighborhoods. This is your chance to make a real difference.

Sign up for a three-day Basic AVP Workshop.

Tuesday-Thursday April 4-6, 9:00 a.m. to 5:00 p.m.

at Bethesda Lutheran Church, 23406 – 56th Ave. W., Mountlake Terrace

OR

Wed-Friday, April 12-14, 9:00 a.m. to 5:00 p.m.

also at Bethesda Lutheran Church, 23406 -56th Ave. W. Mountlake Terrace

Contact Judy Rasmussen, officemanager@bethesdalcm.com or call 425-778-6390 (Monday—Thursday 9am—2pm) to register.

\$60 suggested donation

No one will be turned away for lack of financial resources! But if you can afford more than the \$60, your contribution to Projects for a Civil Society will help fund scholarships for others.

The Alternatives to Violence Project workshops in western Washington are coordinated by the non-profit [Projects for a Civil Society](#), which is co-sponsoring these workshops. For more information contact Judy Rasmussen at officemanager@bethesdalcm.com or by phone at 425-778-6390.

Continued on page 4

For whom? This workshop is designed for participants from 15 to 95 years of age. Students, educators, parents, community leaders, healthcare workers, social workers, school staff or administrators, concerned neighbors, first responders....anyone who wants to gain de-escalation skills, learn about yourself, and help build a healthier, more trusting and trustworthy community.

Dates? Tues-Wed-Thurs April 4-6 OR Wed-Thurs-Fri April 12-14

Times? 9:00 a.m. to 5:00 p.m.

Attire? Wear comfortable clothes and shoes – you’ll be moving around a fair amount!

Food? We’ll provide refreshments in the morning and afternoon. Plan on bringing your own sack lunch.

Cost? Suggested donation of \$60. But if you cannot afford that, pay what you can – money will never be an obstacle. If you can afford more, your contribution will help underwrite others’ participation!

Style? This is an experiential workshop of increasingly more intense communication exercises, punctuated with “Light and Livelies” to get you laughing together. You won’t be sitting through long lectures – just enough to set the stage and share some important information along the way.

Religion? This is NOT a religious program, and there will be no proselytizing, even though it’s held at a church.

Inclusivity? We are committed to the principles of diversity, equity and inclusion. Mutual respect reigns.

Partial participation? Participants are strongly encouraged to commit to the entire workshop; we are building community, and your full presence is requested. We also understand that emergencies are, well...emergent!

Covid protocols? While not required, we strongly encourage you to be fully vaccinated and in good health each day. Masks are not required but are welcomed and provided.



Council Hi-lights

- Need to reimburse the accounts Sue had borrowed. Sue also suggests we need to find ways to cut costs.
- Pastor wants small groups formed for discussion of behavior norms and to prepare questions.
- The mission statement will stay the same.
- Kate is resigning as council secretary but will remain on the council as an “at large” member.
- A visitation calendar will be created and will be on the inside of the office door.

Council
President:
Jeff Molitor

Vice President:
Jaye Lill

Secretary:

Treasurer:
Sue Rasmussen

Kate Kurfess
Paul Larmore

MONTH END FINANCIAL REPORT

As of January 2023

Balance Forward	\$	3,774.58
Offerings	\$	13,504.49
Other Income	\$	4,064.09
Total	\$	17,568.58
Total Expenses.....	\$	11,730.04
New Balance.....	\$	9,613.12



Happy Birthday.....

03/28—Ron Massey



Soup and Bread Wednesdays in March

*Soup and Bread—5:30pm
with
Dialog on race 6:00pm
and
Holden Evening Prayer—7:00pm
For service.*

Sign-up sheet for Soup
Will be posted in February

WE LIFT IN PRAYER:

ANDERSON, DIANE (Rasmussen cousin)
ANDERSON, JULIA
BALL, TAMMY (friend of M. Schwald)
BLEVENS, DEAH (friend of Mickey S.)
BROWN, CHERYL (D. Brown's sister)
BROWN, ALAN (D. Brown's brother)
BRUNO, BERNADETTE (neighbor of Rod Schwald)
BUMSTEAD, GARY (Joy H. cousin)
CARROLL, KAREN
CHRISTOFFERSON, DEBBIE
CORNETT, JAMES & FAMILY
CRONBACH, LEE
EDDIE (K. Kurfess' son)
GASTLER, RUTH (Jessica C. Grandmother)
GATER, DANIELLE
GROVE, VALERIE
HALLADAY, JOY
HALVERSON, ROY (Joy H. brother)
HAMRE, JUDITH
HANDLE, JERRY (Steve W. Family member)
HARPER, MARTI
HAUMAN, SUE
HEDLUND, DANNA
HILLERMAN, TIM
HINSON, FRANCES
JOHNSON, BILL
JUAN, ANTOINETTE
JUPITER, PAT
LEASE, CHRISTINA (Valerie G. Granddaughter)
MARKES, FRANK (friend of Mickey S.)
MASSEY, RON & MARY
MELEENA (friend of Katherine D)
MOLIHAN, RUTHANN (Richard Smith's sister)
PFIFER, JANET & BILL (neighbor – Rod Schwald)
RAEANN (J. Halladay's daughter)
RICE, PATTY (Karen C. daughter)
SHORE, DIANA
SCHWALD, MICKEY
SPENCER, NATHAN
STANTON, PATRICK
STEVENS, DORIS ((Vic P. & Ellen S sister)
WATLINGTON, ANGIE & FAMILY
WILLS, PAT (friend of Joy H.)
WILSON, DOROTHY
WILSON, GARY



Make prayer a key rhythm of your life. Luther memorably said, "To be a Christian without prayer is no more possible than to be alive without breathing.:"

PLEASE REMEMBER TO PRAY FOR FAMILY MEMBERS AND CARE GIVERS.

Please help me keep this list up to date by notifying me of any changes.

Thank you – Judy Rasmussen

MARCH 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
S=Sanctuary FH=Fellowship Hall O=Office Bldg B3=Building 3 Z=Zoom			Soup & Bread 5:30pm (FH) Discussion on Race 6:00pm (FH) Holden Eve Prayer 7:00pm (S/Z)Al- Anon 6:30pm (O)	Handbells Re- hearsal 2-4 (S) Al-Anon 7:00pm (O)		
5	6	7	8	9	10	11
Worship 10:15am (S/Z) Westway Church 12:30pm (S) Gleaning 3:15pm (FH) Compline Ser- vice 10pm (S/Z)	Handbell Re- hearsal 3-5 (S)	Foodie Book Group 6:30pm (FH)	Soup & Bread 5:30pm (FH) Discussion on Race 6:00pm (FH) Holden Eve Prayer 7:00pm (S/Z) Al-Anon 6:30pm	Handbell Re- hearsal 2-4 (S) Girl Scouts (40060) (FH)Al- Anon 7:00pm (O)	Girl Scouts (50529) 6-8pm (FH)	
12	13	14	15	16	17	18
Worship 10:15am (S/Z) Westway Church 12:30pm (S) Gleaning 3:15pm (FH) Compline Ser- vice 10pm (S/Z)	Handbell Re- hearsal 3-5 (S) Sue's Bi- ble Study 2- 3pm (O) Council Meet- ing 5:00pm (O/Z)		Soup & Bread 5:30pm (FH) Discussion on Race 6:00pm (FH) Holden Eve Prayer 7:00pm (S/Z)Al- Anon 6:30pm (O)	Handbell Re- hearsal 2-4 (S)Al-Anon 7:00pm (O)		
19	20	21	22	23	24	25
Worship 10:15am (S/Z) Westway Church 12:30pm (S) Gleaning 3:15pm (FH) Compline Ser- vice 10pm (S/Z)	Handbell Re- hearsal 3-5 (S)GS Team Mtg: 6:30pm (FH)		Soup & Bread 5:30pm (FH) Discussion on Race 6:00pm (FH) Holden Eve Prayer 7:00pm (S/Z)Al- Anon 6:30pm (O)	Handbells 2-4 (S) Girl Scouts (40060) 5:30pm (FH) Al-Anon 7:00pm (O)	Girl Scouts (50529) 6-8pm (FH)	Community Breakfast 8:30am (FH)
26	27	28	29	30	31	
Worship 10:15am (S/Z) Westway Church 12:30pm (S) Gleaning 3:15pm (FH) Compline Ser- vice 10pm (S/Z)	Sue's Bible Study 2:00pm (O) Handbells 3- 5P (S) Community Dinner 5:00pm (FH)		Soup & Bread 5:30pm (FH) Discussion on Race 6:00pm (FH) Holden Eve Prayer 7:00pm (S) Al-Anon 6:30pm (O)	Handbell Re- hearsal 2-4 (S) Girl Scouts (40060) 5:30pm (FH) Al-Anon 7:00pm (O)	Girl Scouts (50529) 5:30- 8pm (FH)	

Puzzle Page



Spring



W H M Z A L K R S G U B E C H T Q I
F T U L Y I J B E P Q N O P A S D X
S J N I B O R H L V M C S U T L E K
P E D W G X E K J O A Z R M C Q F B
R C Y Q U S A V N T S I E K H R O L
O L A M B F D T E U P S W G X T J E
U N P H Y G Z R L K D H O V C E N R
T B E J D W P Q I S G X L M F P A U
V M Z C A I K D H B N U F S E B R T
D K Y T L X G O R F P E J Q B W O A
E P G L E B S U A M O C H I C K S N
B N A R F Y O J T H Z M T D L I P G
G R K E N R T S N A I L Q W U S R V
A D O N P H E M B J S T C E S N I F
K W U F I N L T Q E R M E A Y O N D
I B S E C K F X T D V J R H P A G Z
N E D R A G M W K U L G S O R C L E
H Z M T U L I P V E B A D Y W F X J



BIRDS

BLOSSOM

BUGS

BUNNY

BUTTERFLY

CALF

CATERPILLAR

CHICKS

FLOWERS

FROG

GARDEN

GRASS

HATCH

INSECTS

LADYBUG

LAMB

NATURE

NEST

RABBIT

ROBIN

SNAIL

SPRING

SPROUT

TULIP

WORM



Please consider helping out in these areas...

- Easter Breakfast
- Holy Week schedule (add in Good Friday worship at 7:00 p.m.)
- April 1 Work Party (Fools for Christ!)
- Dialogues on Race -- Wednesday study at 6 p.m.
- Invitation to Worship participation. Would you like to: read scripture? Set up Communion? Serve Communion? Lead the Prayers? Share musical gifts? Decorate the sanctuary?
- Counters needed: It's easy and quick!
- Office volunteers needed:
- Janitorial needs:
- Readers for Palm Sunday reading of the Passion. Rehearsing at 4:00 p.m. on April 1st, after the Work Party.
- Choristers? Choral music to be offered on Good Friday and Easter Sunday. Rehearsing after Holden Evening Prayer (7:45 p.m. on Wednesdays in March)
- Re-launch of Monday Night Community Dinners March 27th
- AVP Workshops here in April
- Plant Sale PR -- plant your seedlings! Dig up your overgrown garden beds! Recruit donations of plant material! Recruit raffle prizes! Help spread the word!
- Big Block Party tentatively scheduled for Saturday, July 22nd. Steering committee volunteers needed.
- Tour de Terrace Parade is Friday, July 28th.
- Finance Committee
- Creative Stewardship
- Let's Talk Turkey about Money!
Compline by Candlelight

Seriously. We've got a lot going on, and need to let folks know about it all!

Save the Date:
Plant Sale Saturday May 6, 2023



A TIME TO PLANT

Bethesda Community Services announces its spring plant and garden sale!

Here's the dirt:

Saturday, May 6, 2023 9 a.m. to 3 p.m.

Bethesda Lutheran Church
23406 56th Ave West
Mountlake Terrace, WA 98043

Phone: 425-778-6390



Bethesda Lutheran Church
23406 56th Ave. W.
Mountlake Terrace WA 98043

Join us for worship Sundays at 10:15 a.m.
either in person (masked) or by Zoom.



23406 – 56th Avenue West
Mountlake Terrace, WA 98043

PH: 425-778-6390

WWW.Bethesdalcmnt.com

