

Bethesda Life-Line

Worship Services*

Bethesda now has a YouTube channel! Please check out last week's service



(<https://www.youtube.com/BethesdaLutheranChurchMalmoMN/videos>), as well as on our Facebook page



Bethesda Mission Statement:

We will **LIVE** and **SERVE** through **FAITH**
we will **ACT** with **LOVE** and **KINDNESS**
we will **GIVE** hope and **SUPPORT** to all

Feb.5 Sunday Worship 9:00 AM
Communion

Feb.12 Sunday Worship 9:00 AM
Communion

Feb.19 Sunday Worship 9:00 AM
Communion

Feb.26 Sunday Worship 9:00 AM
Communion

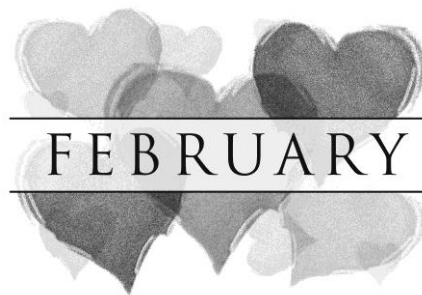
Upcoming Events

Feb. 22 Ash Wednesday service 5:30, no potluck.

Please pick up your 2022 Offering Envelopes and year end statements



Snow Birds have fun in the sun!



2023

Parish Nurse Notes

February is National Heart Month and a time to focus on heart health. High blood pressure, high cholesterol, diabetes, obesity and smoking cigarettes are all factors that can increase the risk of heart disease. Steps that can be taken to lower the risk are controlling blood pressure, eating healthy and getting more exercise.

Another important part of this month is learning how to use an AED (automated external defibrillator) and how to perform CPR. An AED is a medical device that can analyze the heart rhythm and deliver an electric shock to victims of ventricular fibrillation to restore the heart rhythm to normal.

Did you know there is an AED at Bethesda? Do you know where it is and how to use it? During February there will be short training sessions offered to the various groups that meet at church and during a coffee fellowship.

Go to YouTube "New Hands-Only CPR Instructional Video" to learn how to perform lay person CPR.

TEMPLE TALK in FEBRUARY



Remember to bring items for Hope Lodge on February 5th. We will be assembling Go Bags for patients in treatment after worship service in the

Fellowship Hall. Items needed for the bags are granola bars, pudding cups, cookies, pretzels, crackers or other prepackaged snacks. The list of other items needed by the lodge are on the board in the Fellowship Hall or online at www.cancer.org/hopelodgeminneapolis. Make sure your search opens to the Richard M. Schulze Family American Cancer Society Hope Lodge in Minneapolis. Lets fill the lodge with hope.



From the Pastor

Blessings to you this February! As you can see elsewhere in this newsletter, our church has dedicated 2023 as a Year of Service! Each month we will lift up various organizations and service projects in

our community and encourage both financial support and hands on involvement.

For January, a group of Bethesda folks helped serve a community meal at First Lutheran in Aitkin. You can see some photos in these pages, and I have heard so many positive comments, so hopefully this will be something we will participate in again!

For February, the focus is on Hope Lodge, which offers a free place to stay for those battling cancer and who may have to travel long distances to receive treatment.

This is such vital support for rural communities and families that are not only facing a difficult diagnosis but also difficult financial challenges.

For March, I was asked to highlight an organization that concerns our Native American brothers and sisters, and I managed to narrow it down to two. The first is the **Pine Ridge Reconciliation Center** in South Dakota (www.pineridgereconciliationcenter.org), the ministry where I spent my internship year in seminary. During my sabbatical, I was able to reconnect a bit with the Center and its current director, Pastor Dan Johnson.

The Reconciliation Center continues to do an incredible amount of work on the Pine Ridge Reservation in SW South Dakota, home of the Oglala Lakota Sioux people. Their mission statement - "Fostering mutual trust, respect and understanding while addressing the deep poverty that exists on the reservation" – reflects the dual nature of their ministry.

On one hand, they are deeply embedded in the life of the community. They work to address homelessness and hunger. They run the Lutheran/Lakota Job Corps to help provide job training and employment experience. They lead a youth ministry for kids and teens, serve as a hub for distributing other donations of food, blankets, and diapers, to just name a few.

The other half of their work is their group ministry. From their website: "As a group, you will be invited into a cross cultural immersion that includes programming and presentations that strive to provide space for mutual conversations and greater understanding of each other." As someone who spent a year involved in this ministry, I am a big advocate for this kind of group experience.

Many mission trip types of experiences focus on work projects. You come, build something, and go home. You may meet some locals here and there, but often your group mostly just stays with your own group. But at the Reconciliation Center, groups spend time getting to know the place, the history, and the culture. Groups get to meet and learn from a variety of people from Pine Ridge. While building something physical can be an important part of our mission as Christians, building understanding and relationships is just as important. So, in addition to asking for your support in March, I would also love to see if there is interest in forming a group of our own for a trip out to Pine Ridge. Please let me know if you are interested!

The other organization I would like to highlight is the **National Native American Boarding School Healing Coalition** (www.boardingschoolhealing.org) or "NABS" for short. They are based out of Minneapolis, and, though it is a fully independent, native-led organization, it does have ties to the Lutheran Church. Vance Blackfox, the ELCA's Director for Indigenous Ministries & Tribal Relations, is a former NABS board member, as well as the late Rev. Marlene Helgemo, the first Native American woman ordained in the Lutheran Church.

As they share on their website: "NABS was created to develop and implement a national strategy that increases public awareness and cultivates healing for the profound trauma experienced by individuals, families, communities, American Indian and Alaska Native Nations resulting from the U.S. adoption and implementation of the Boarding School Policy of 1869."

The boarding school era is one of the most painful chapters in our country's history, but, for many years, was known by few outside of native communities. It is also one that has ramifications into the present day. There is a growing field of study around the way that stress and trauma can affect people on a genetic level, and impact health over generations.

NABS works both to help support healing among native people, but also to help educate and build understanding among people in general. We may not always like to talk about these painful parts of our history, but true healing can't happen without it. In next month's newsletter, I will provide additional updates on both organizations, ways to support them, and any upcoming educational or service opportunities. But for now, many thanks to all of you for your support thus far in our 2023 Year of Service!

Blessings,
Pastor James Muske

2022 YEAR END TREASURER'S REPORT

<u>General Fund</u>	<u>December</u>	<u>YTD</u>
<i>(Envelope Giving)</i>		
Income Actual	\$ 7,644	\$129,131
Budget Actual	\$11,667	\$140,000

All Funds

Total Income Actual	\$25,306*	\$207,940
Total Income Budget	\$12,454	\$149,450
Expenses Actual	\$27,112	\$207,628
Expenses Budget	\$12,739	\$152,872
Over/(Short)	(\$1,806)	\$ 312

*Unused Sabbatical Reserve Funds transferred back to miscellaneous income.

Bethesda Lutheran Church of Malmo Minutes of January 16, 2023 Council Meeting

In attendance:

Dennis Hennessy, Mary Braun, Judie Birk, Darlene Christensen, Dean Malotky, Dick Stebbins, Joanne Stueven, Donna Ansell, Gary Sjerven

The meeting was called to order by council president Dennis Hennessy. Pastor James gave the opening prayer.

Secretary's Report:

Motion was made to accept the minutes of the December meeting by Dick Stebbins and seconded by Mary Braun and passed.

Treasurer's Report:

Financial view and current month activity for December was presented by Mary Braun. She reported that we should be proud of our congregation for all the donations towards benevolences which was over \$22,000. Motion was made by Darlene Christensen to accept the treasurer's report, seconded Donna Ansell by and passed.

Pastor's Report:

Some items of note for this month's meeting:

- Thanks to the winter weather, taking a few sick days, and the post-Christmas crash, it has been a bit of a chaotic month, but there has still been plenty of activity at Bethesda this past month.
 - Christmas services went well, but the weather seems to have kept a number of folks home (or families from coming up to visit).

- 2023 will pose another tricky schedule with Christmas Eve falling on a Sunday.

- Hosted our first movie day of the winter, went well, though only a handful of people showed up. But no worry about our game day conflicting with a Vikings game. 😊
- Planning for a baptism next week. Wilder Rono, son of Melanie White and Devin Rono. Sherri mentioned that her grandson has another child they would like to have baptized soon too.
- Met with the Mutual Ministry Committee again. Would like to meet with Personnel committee again in the near future to discuss goals, which would then be brought to council.
- My Friday morning class (every other week) out of United Seminary is going well. Need to start planning a project that would combine community outreach and service with an emphasis on helping communities navigate difficult conversations.
- For long term reflection: the synod has been noting more and more the pastor shortage, and the need to think creatively about how pastoral needs are met across our area.
- Approximately 5 in-person pastoral visits and 10 calls. Darlene and all our visitation & phone-calling folks continue to be a great support to our pastoral visitation ministry.

Many thanks to our outgoing council members and blessings to our new members!

Old Business

Notification Email List response from Time & Talent Survey — Mary reported that we received 25 responses from this survey, with 20 indicating they would like to be on the email list. Mary Braun will make a group email list of those that said they wanted on this list.

New Business

- **Welcome to new Council Members:** We welcomed Gary Sjerven, Donna Ansell and Dean Malotky to the council.
- Dick Stebbins made a motion to accept Gary Sjerven as Council President and Donna Ansell as Council Vice President. Motion was seconded by Dean Malotky and passed.

- **Assignments of Officers to Committees: Mission, Evangelism, Youth and Family**

Council Rep: Judie Birk

Chairperson: Joanne Stueven

- **Faith, Health and Wellness**

Council Rep: Darlene Christenson

Chairperson: Darlene Christenson

- **Property**

Council Rep: Dick Stebbins

Chairperson: Darrell Kelly

- **Stewardship and Finance**

Council Rep: Mary Braun

Chairperson: Barb Forrester/Donna Ansell

- **Worship and Music**

Council Rep: Pastor James

Chairperson: Julie Swaggert

- **Personnel**

Council Rep: Gary Sjerven

Chairperson: Julie Swaggert

- **Strategic Planning** Dean Malotky

- New Water Softener Request – Property Committee recommended we replace the softener as soon as possible with a system supplied by Aquarius Home Services located in Baxter MN. This system uses no electricity, generates soft water only when needed, uses one-third the amount of salt as our current system, has a changeable filter and is warranted for ten years. The expected life span of this system is thirty years. The cost of this unit installed is \$6899 and could be totally paid for from the Property Accrual Fund. Also noted was that WELCA has donated \$500 towards the softener. A motion to accept the purchase of a new water softener by the Property Committee was made by Dick Stebbins, seconded by Mary Braun and passed.
- Ushers — Gary Sjerven reported that he has made a list for ushers and greeters. It was also suggested that an usher ask (from a list of communion assistants) prior to the beginning of the service. Otherwise, Pastor will ask someone.
- Thank you to Dennis Hennessy for his two years as council president. And thank you to other council members for their service.

- Lent — Pastor plans to do the Lent rotation with other pastors.
- Remember Project will be at Bethesda on April 20th (1 pm) and June 29th (10 am). There will be a Zoom Play on Alzheimer's.
- Lock Box was frozen a few times lately. Suggest property committee look at other options.

A motion to adjourn the meeting was made by Darlene Christenson and seconded by Mary Braun and passed.

The next council meeting will be Tuesday, February 21 2023 – 1 pm.

Respectfully submitted by Judie Birk, council secretary.



Ash Wednesday

LENT

The Season of Lent begins on Ash Wednesday, February 22, this year. It lasts 40 days and 40 nights – the same amount of time Jesus prayed and fasted in the wilderness. It is a time to think about your relationship with Jesus. Is He your Lord? Is He your Savior? Does He mean anything in your life? Is your life changed because of Him?

Take some extra time these days to pray. Or read the Bible. Or worship. Or give someone a hand. This Lenten discipline will give you new insight into your life.



Thank you's

I want to thank everyone who prayed for me as I was going through my two surgeries. I'm doing pretty well now. Thank you all and I would like to thank the people in charge of getting a Christmas dinner sent to us. Thank you very much.
Ruth Jaszczak

Thank you for your cards and goodwill wishes for my Birthday! It made me feel very good and almost younger again. You are an amazing group of friends! I am blessed. Love you all, Wally



SIGN UP TO RECYCLE There is a signup sheet in the Fellowship Hall to take recycling to Westerland's in Malmo every 2nd and 4th week of the month. If you can help, please sign up.

FIND OUT WHAT'S HAPPENING at Bethesda - like us on Facebook, view live streaming worship services on Sunday mornings on our YouTube channel

<https://www.youtube.com/c/bethesdalutheranchurchmalmomn>, or visit our website at:

www.blcmalmo.org

Newsline articles are due on the 20th, email to blnews@juno.com

BLESSING BOX The first Sunday of every month we pass the "Blessing Box". If you feel blessed, please contribute to the Blessing Box today to help others. All donations will go to local area benevolences. Thank you! What a Blessing

The Loan Closet

Bethesda's Loan Closet has medical equipment such as walkers, crutches, commodes, toilet risers, wheelchairs, etc. that is available to members who want to borrow them on a short term basis. If you need to borrow a piece of equipment contact the Parish Nurses.



Welcome to new Council Members:

Gary Sjerven,
Donna Ansell
and Dean Malotky.



WELCOME and thank you for your service!

St. Valentine's sacrifice

Every February 14, we celebrate the loved ones in our lives with cards, flowers and chocolate. But Valentine's Day has another meaning that's been lost.

First declared a holiday by King Henry VIII of England in 1537, it commemorates the beheading of St. Valentine on February 14, 270 A.D. His crime? Performing wedding ceremonies after Roman Emperor Claudius II had outlawed marriage.

Valentine was martyred for faithfully doing the work God had given him. Although it's good to celebrate love and marriage, let's also remember the courage of a man who gave his life following his convictions.



Real-life sacrifice

"I love to help the people who need it most. ... Seeing people who are needy motivates me to help." Amazingly, these aren't the words of a wealthy or comfortable person but of a teenager who, herself, is among the world's poorest. Her family lives in a Chilean slum and is assisted by a Christian human-services agency.

When fire broke out near the 16-year-old's home, leaving 220 already-destitute families homeless, the girl and her mother donated their own blankets, towels and other supplies to people who'd lost the little they had. Her mother even gave away clothes she'd planned to sell for much-needed household income.

I was humbled to read of this girl and her mom. So often I "have contributed out of [my] abundance"; but this pair, "out of [their] poverty ... put in ... all [they] had to live on" (Mark 12:44, NRSV).





WELCOME TO THE ECOFAITH NETWORK OF THE NE-MN SYNOD!

Our mission is to live out God’s call to be stewards of the earth for the sake of the whole creation.

The EcoFaith Network of NE-MN is made up of congregations, individuals, and other partners across the Northeastern Minnesota Synod and beyond. The current co-chairs of the EcoFaith network are Kristin Foster, retired pastor, and Dave Carlson, pastor at Gloria Dei in Duluth.

Please reach out to Rachel Wyffels,

EcoFaith Network Communication Coordinator, with questions and connections.

The EcoFaith Network will have our own website launching February 2023! It will be linked here on the synod website.

<https://nemnsynod.org/ecofaith-network/>

The EcoFaith website will include resources including creation care resources and stories, information about EcoFaith microgrants, past editions of Green Blades Rising, Green Tips, Theological Resources, and more!

In the meantime, access Green Blades Rising Newsletter for resources and current information.

Green Blades Rising Newsletter contains:

- Green Tips for use in your church’s bulletins, Facebook, and other publications
- Creation Connections for Sunday worship
- Green Blades Preaching Roundtable
- Eco-book review
- Stories from congregations and synods
- Upcoming events

What are the Benefits of Solar Power for Churches?

Churches and other places of worship are designed to accommodate a large number of individuals. But big indoor spaces mean high power requirements for lighting, heating, and cooling — and high power bills.

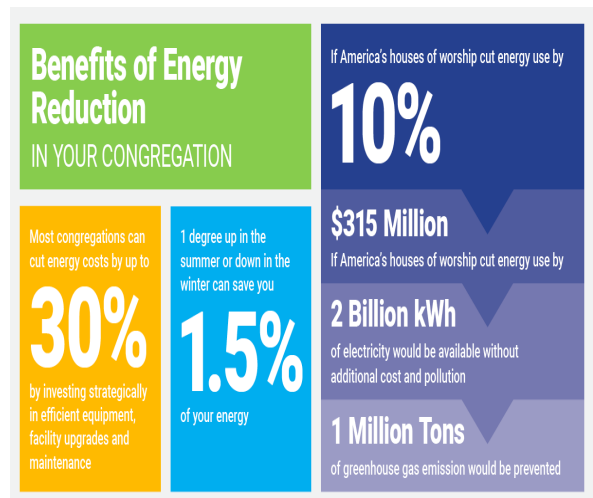
In today’s age of decreased giving, religious institutions are seeking to reduce their operating expenses without cutting services to their congregation and community.

Unfortunately for churches (synagogues, mosques, and temples, too), saving money on electricity can be tough. And the larger the building, the harder it is to cut back on electricity costs.

Turning off the lights and unplugging equipment between services can help, but only to an extent. The good news is that the large size of church buildings and other houses of worship actually presents a shining opportunity: lots of space for solar panels!

Wondering if installing a solar energy system is the right choice for your church and congregation? Let’s explore the various ways in which a solar project benefits non-profit organizations in the long term.

Data credit: [Interfaith power and light](#)





Bethesda Lutheran Church assisted with the Loaves & Fishes Free Community Meal in Aitkin on Monday, January 9th. The meals are ready for pickup on Mondays from 5:00-5:30pm at First Lutheran Church in Aitkin. It was a wonderful experience which we will participate in again in the future. Julie Swaggert, Donna Ansell, Carolyn Morris, Mark, Mary Vukelich

reaching negative effects on physical and mental health.

According to the Minnesota Department of Health, **Minnesota ranks 7th worst in the nation** for the share of residents with access to healthy foods.

The American Academy of Pediatrics recommends that pediatricians **screen all children for food insecurity** because of the inherent short and long-term adverse health impacts associated with it.

BEFORE COVID-19: The United States Department of Agriculture found that 15.0 million U.S. households were food insecure at some time during 2017; and Feeding America reported that 1 out of 11 Minnesota households were affected by hunger, Minnesotans miss 100 million meals each year because of need even when food banks are considered, and Minnesota's child food insecurity rate was 13.8%.

POST COVID-19 OUTBREAK: A study released May 2020 by the Brookings Institution found **a doubling of household food insecurity rates** following the COVID19



Both food insecurity and hunger disproportionately affect the young and the old and have far-



Pickle Lady Donna Ansell

Bethesda Lutheran Church of Malmo
21590 State Highway 47
Isle, MN 56342

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Aitkin, MN 56431

ADDRESS SERVICE REQUESTED



The *Lifeline* Mission

We will **LIVE** and **SERVE** through **FAITH**
we will **ACT** with **LOVE** and **KINDNESS**
we will **GIVE** hope and **SUPPORT** to all



Bethesda Telephone Directory

Church	blcmalmo@gmail.com	(320) 684-2123
Fax		(320)-684-2836
Toll Free		(877) 684-2123
Church Web site		blcmalmo.org
Facebook page	Bethesda Lutheran Church of Malmo	
Pastor	James A. Muske	(320) 583-5796
Council President	Gary Sjerven	(651) 231-6556
Vice President	Donna Ansell	(320) 537-1893
Parish Nurse	Darlene Christensen	(320) 279-0097
Parish Nurse	Kathy Berland	(218) 838-6181

To share articles and/or information, mail to:

Sue Stebbins, *Lifeline* Editor
c/o Bethesda Lutheran Church
Email address: blnews@juno.com

All articles due on or before the 20th of the month

Activities & Events

February 2023

Ushers, if you are unable to fulfill your assignment, contact the coordinator. If anyone else is unable to fulfill an assignment below, please find your own substitute

Ushers by Gary & Brenda Sjervin

Feb. 5: Barry & Donna Ansell
Feb. 12: Mark & Mary Vukelich
Feb. 19: Gary & Brenda Sjervin
Feb. 26: Dick & Sue Stebbins

GREETERS by Gary & Brenda Sjervin

Feb. 5: Darlene Christensen
Feb. 12: Carolyn Morris
Feb. 19: Mary Braun
Feb. 26: Darrell Kelly

Altar Care Dianne Jones

Altar Care could use a few more people to help prepare for communion. Please let Dianne Jones know if you are interested.

February..... Patti Smith and Elsa Carlson
March.....Linda Southworth and Sylvia Tapelt
April.....Winnie Zahradka and Karen Elias
May.....Barb Forrester and Dianne Jones
June.....Cheryl Malotky and Dianne Jones

Sunday Hospitality

Feb. 5: Sue & Dick Stebbins; Sylvia Taplet
Feb. 12:
Feb. 19: Chuck & Elsa Carlson; Don & Donna Myhre
Feb. 26:

HOSPITALITY SERVERS NEEDED

Please take a turn and sign up on the bulletin board next to the serving counter in the Fellowship Hall. Treats are in the freezer to serve if you don't bake.



Feb.14 Cindy & Dan Persson
Feb.17 Vicki & Shane Vossen
Feb.22 Judie & Jim Birk
Feb.25 Brenda & Gary Sjervin



Feb. 1 Elizabeth Lagerstrom
Feb. 2 Karen Carron
Feb. 2 Lance Elliott
Feb. 2 Eric Lagerstrom
Feb. 2 Nicholas Lagerstrom
Feb. 2 Violet Sorby
Feb. 3 Cody Trotter
Feb. 3 Isabella Westerlund
Feb. 5 Ana Berry
Feb. 7 Patti Smith
Feb. 8 Gavyn Bruesewitz
Feb. 8 Nicole Dzubay
Feb. 8 Neil Westerlund
Feb. 9 Svea Modrow
Feb. 11 Beverly Wedig
Feb. 12 Rocky DeFeyerter
Feb. 12 Sandi McGibbon
Feb. 13 Margaret Garbo
Feb. 15 Walter Nelson
Feb. 17 Yvonne Nelson
Feb. 22 Joyce Dressely
Feb. 24 Lisa Stay
Feb. 25 Janet Aho
Feb. 27 James Christensen
Feb. 27 Raymond Dooley
Feb. 27 Demetries Mickelson

QUILTERS REQUEST the Quilters need clean old mattress pads or blankets to use as filler for the quilts they make for Lutheran World Relief. You may drop them off by Crafter's Closet door or in the office.



February 2023

Bethesda Calendar of Events



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 9:00 Women's Bible Study	2 8:00 R.o.m.e.o.s	3	4
5 9:00 Worship Communion Temple Talk Hope Lodge Mpls	6 11:30 Cards 7:00 p.m AA & Alanon mg	7	8 9:00 Women's Bible Study	9 8:00 R.o.m.e.o.s	10	11
12 9:00 Worship Communion	13 9:00 Women's Dev 11:30 Cards 7:00 p.m AA & Alanon mg	14 9:00 Quilters Happy Valentines Day	15 9-4:00 WIC 9:00 Women's Bible Study	16 8:00 R.o.m.e.o.s	17	18
19 9:00 Worship Communion	20 11:30 Cards 7:00 p.m AA & Alanon mg Newsline Deadline	21 1:00 Council mtg	22 Ash Wednesday 9:00 Women's Bible Study 5:30 Lent Service	23 8:00 R.o.m.e.o.s	24	25
26 9:00 Worship Communion	27 11:30 Cards 7:00 p.m AA & Alanon mg	28 9:00 Quilters				