

# Bethesda Life-Line



## 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. 1 Sunday Worship 9:00 AM**  
**Communion**

**Feb. 8 Sunday Worship 9:00 AM**  
**Communion**

**Feb. 15 Worship 9:00 AM**  
**Communion**

**Feb. 18 Ash Wednesday,**  
**Noon worship followed by Potluck.**

**Feb. 22 Worship 9:00 AM**  
**Communion**

**Feb. 25 Lenten Mid-Week Worship**  
**Noon Holden Evening Prayer followed by Potluck.**

## Upcoming Events

**Feb. 11 Seasons of Life Healthcare Directives**  
**11am-Noon (see insert )**

**Feb. 15 Junk Bingo 2:00**

**Feb. 17 9:00am – Pancake Breakfast**



**Snowbirds— Snow Birds have fun in the sun!**



## 2026



### Junk Bingo

Mark your calendars — **Junk Bingo** is set for **Sunday, Feb. 15, from 2:00–4:00 PM**. Bring friends and neighbors to join in the fun.

Someone else's junk just might become your treasure!

We play by **free-will offering**, with all proceeds supporting **Mission and Evangelism's benevolence causes**.

If you have items, games, toys, or other treasures around the house that need a new home, please bring them to the church **Feb. 9–14** so they can be displayed on the prize tables.

We're also looking for a **Bingo caller** — volunteers are welcome!

Questions or interest in helping, contact **Joanne Stueven, 652-208-4273**.

### SEASONS OF LIFE HEALTHCARE DIRECTIVES

Do you have an advanced health care directive? Or have you experienced one of the five D's and it is time to review your current one?

The 5 D's include major life changes of death, divorce, diagnosis of a new illness, a decline of health or a decade since last updated.

Join Kathy C. and Mary V. on February 11 at 11am while they touch on what to consider when making decisions around your health care agent or your choices within the document, how to have those conversations with your family about your choices, or simply update your form and have it notarized while enjoying lunch. A light lunch will be served after the session. Don't forget to bring your completed bingo card from last month's session!

## Pastor Christina

Greetings friends in Christ,



February carries us into the season of Lent, beginning with Ash Wednesday on February 18. Lent has long been a season of preparation and deepening, an invitation to return to what is central to our faith and to the life and

ministry of Jesus. This year, our Lenten journey will be shaped by the theme “Tell Me Something Good,” created by the team at *A Sanctified Art*.

In a world saturated with hard news and heavy headlines, Lent invites us to slow down and listen again for the good news at the heart of the gospel. Jesus’ life and teachings continually draw us back to our roots: radical welcome, love of neighbor, care for the vulnerable, nourishment for the hungry, and nonviolence in the face of injustice. This good news is grounded and embodied, quietly yet powerfully transformative.

Throughout the season, we will explore how this good news takes shape in everyday life, how it tastes like bread shared in abundance, sounds like laughter in unlikely places, and feels like mercy extended where it is most needed. The good news of Jesus remains alive and active, growing among us and calling us to live as people shaped by hope, compassion, and love.

My prayer is that this Lenten season will offer space for honest reflection, meaningful conversation, and worship that grounds us again in God’s expansive goodness. As we walk this path together, may we be reminded that the good news truly is good—and that it still has the power to renew hearts, communities, and the world.

In Christ,

Pastor Christina Kadelbach

## Lenten Worship & Formation Opportunities

- **Ash Wednesday, February 18<sup>th</sup> 12:00 pm.**  
Worship with the imposition of ashes begins at 12:00 pm, followed by a potluck lunch.
- **Wednesday Midweek Lenten Worship at Noon** (following Ash Wednesday)

Wednesdays, February 25<sup>th</sup> through March 25<sup>th</sup>  
Our worship will be guided by the Holden Evening Prayer, Potluck lunch to follow. The noon worship will be live-streamed each week.

- **Lenten Devotional Booklets**  
Devotional booklets will be available beginning on Ash Wednesday. These weekly devotions follow the scriptures of the *Tell Me Something Good* series through Easter Sunday and include commentary, poetry, visual art, hymns, written reflections, and prayer and conversation prompts.

### Shrove Tuesday Pancake Breakfast

Before Lent invites us into reflection, we gather for joy, sweetness, and fellowship. Join us on **Tuesday, February 17<sup>th</sup>, beginning at 9:00 a.m.**, for a Shrove Tuesday pancake breakfast hosted by Mary B. and Pastor.

Shrove Tuesday, observed on the day before Ash Wednesday, has long been a time for confession and preparation and also for using up the good stuff before Lent begins. We’ll honor that tradition with pancakes, bacon, sausage, fruit, and beverages, shared around the table with laughter and conversation.

There is no cost; come as you are and enjoy this faithful, festive pause before the Lenten journey begins.



SHROVE TUESDAY



## Bethesda Church Council Minutes

January 19, 2026

Attendees: Mary Braun, Bob Carlson, Pastor Christina Kadelbach, Dean Malotky, Larry Pantsari, Vicki Vossen, Mark Vukelich, Winnie Zahradka, Sylvia Tapelt.  
The meeting was called to order by Dean Malotky. Pastor Christina offered the opening prayer.

### Secretary's Report

A motion to accept the minutes from the December meeting was made by Mary Braun, seconded by Mark Vukelich, and passed.

### Treasurer's Report

The financial overview and December activity were presented by Mary Braun. A motion to accept the report was made by Mark Vukelich, seconded by Bob Carlson, and passed.

### Pastor's Report

This past month carried us through the close of the Advent and Christmas seasons and into the early days of Epiphany. We give thanks for the ways God has met us in these holy days. We are also beginning to look toward Lent as we prepare our hearts for the next season of formation and renewal. Bethesda's ministry continues to be shaped by attentive listening and shared openness to the Spirit's movement among us.

### Old Business

- The new kitchen stove has arrived and is awaiting propane hookup. Completion is expected by the end of the month.
- Transfer of funds from checking to the high-yield savings account is still in progress (Mary B. and Mark V.).
- Costco membership remains on hold.
- Streaming issues have been resolved; the buzzing sound is fixed.

New Business: Election of Officers and Committee Council Representatives. Motion was made by Mark Vukelich, seconded by Larry Pantsari, and passed.

### 2026 Council Officers

- President: Bob Carlson
- Vice President: Mark Vukelich
- Secretary: Sylvia Tapelt
- Treasurer: Mary Braun

Installation of current council members will be presented to the congregation on February 8, 2026. A motion approving

this was made by Mark Vukelich, seconded by Mary Braun, and passed.

| Committee                            | Council Rep     | Chairperson         |
|--------------------------------------|-----------------|---------------------|
| Mission & Evangelism, Youth & Family | Vicki Vossen    | Joanne Stueven      |
| Faith, Health & Wellness             | Larry Pantsari  | Darlene Christensen |
| Property                             | Dean Malotky    | Darrell Kelly       |
| Stewardship                          | Mary Braun      | Donna Ansell        |
| Worship & Music                      | Winnie Zahradka | Julie Swaggert      |
| Personnel                            | David Brown     | Julie Swaggert      |
| Strategic Planning                   | Dean Malotky    | Open                |

### COMMITTEE REPORTS

Worship & Music Committee Updates  
January 15, 2026

Sound Update for Live Streaming  
Jody Stewart, who installed our tech and streaming system, visited Bethesda and resolved the sound issue. No system upgrades are needed at this time. He also ordered new cords for Pastor's microphone.

### Next Council Meeting

Monday, February 16 at 10:00 AM

A motion to adjourn was made by Dean Malotky, seconded by Vicki Vossen, and passed.

The meeting closed with The Lord's Prayer.

Submitted by: Sylvia Tapelt, Secretary

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### 2025 TREASURER'S REPORT

| <u>General Fund</u>      | <u>DECEMBER</u> | <u>YTD</u> |
|--------------------------|-----------------|------------|
| <i>(Envelope Giving)</i> |                 |            |
| Income Actual            | \$ 9,801        | \$ 132,313 |
| Budget                   | \$ 11,500       | \$ 138,000 |
| <u>All Funds</u>         |                 |            |
| Total Income Actual      | \$ 17,816       | \$ 199,422 |
| Total Income Budget      | \$ 12,654       | \$ 151,850 |
| Expenses Actual          | \$ 32,517       | \$ 188,798 |
| Expenses Budget          | \$ 11,120       | \$ 133,440 |
| Over/(Short)             | \$(14,756)*     | \$ 10,624  |

\*Year End Benevolence Paid Out

*Electronic giving  
doesn't take vacations*



### Offering

Giving is an act of worship—a faithful response to God’s grace. Your gifts support Bethesda’s ministry and help share God’s love. As the table is set, let us give for the healing of the world.

### Ways to Give:

- Place your offering in the plate during worship
- Use Vanco Services (forms in the Narthex)
- Scan the QR code to give through the app



Recurring or one-time online options

<https://app.autobooks.co/pay/bethesda-lutheran-church-of-malmo> Thank you for your faithful and generous support.

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### Craft Swap & Supply Drive

**Saturday, April 11, 2026, - 9 AM to 1 PM**

Hibernating in this cold weather? It’s a good time to clear out those closets, cupboards, and craft bins! As spring approaches, consider donating your gently used art and craft supplies to our upcoming Craft Swap & Supply Drive — a community event where creativity meets generosity.

Whether it’s fabric, yarn, paint, paper, or tools, if it’s in good working condition and can spark a new project, we’ll gladly accept it. This is a great opportunity to declutter your space while helping others discover new hobbies.

We’ll be collecting donations of usable craft materials the week leading up to the event. Then on April 11, come browse and pick up supplies — perfect for teachers, daycare providers, and curious crafters of all ages.

Let your extras become someone else’s inspiration. More details to come — but for now, start gathering your stash!

Questions, contact Judie Birk



A Facebook group where generosity gathers and blessings flow. To join, visit the **Bethesda Facebook page**, click on **Groups**, and request to join — or simply comment on the post to let us know you’d like to be added.

**Free-Bee Market** is for our local community members who wish to share freely, give joyfully, and receive with gratitude. We believe every good gift is meant to be passed along, and this space exists so nothing goes to waste — not kindness, not resources, and not opportunities to bless one another.

### How It Works

#### Post an item

- Take a photo and briefly describe the item you’re giving away.
- Include any preferences you have about pickup time or location.

#### Choose a recipient

- You may receive multiple requests.
- Community members will message you if they’re interested.
- You decide who to gift your item to.

#### Arrange pickup

- Set a time and place for the recipient to pick up the item.
- Most pickups are done by porch drop-off, curbside pickup, or meeting in a public place.

#### Repeat

- Save money and keep usable items out of the trash by reusing them.

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### Temple Talks 2026

When the Blessing Box is passed on the first Sunday of each month, we are encouraged to share our blessings with others. Bethesda’s **Local Benevolence** is divided among five community causes:

- Camp Onomia
- Aitkin County Emergency Fund
- HOPE Domestic Abuse
- Christmas Care
- Bethesda Emergency Fund

Our **Global Benevolence** supports three international ministries:

- Village of Hope in Zambia
- Dara in Mozambique
- Feed My Starving Children

We invite representatives from these organizations to join us and share about their work during Temple Talks.

In addition to these designated benevolence partners, **WELCA** supports many additional causes throughout the year. **WELCA** may also highlight current needs during a Temple Talk. **Let's Go Fishing** is another local organization we are grateful to support.

Do you have an organization or cause you would like Bethesda to know about? Would your committee or group like an opportunity to give a Temple Talk?

Please contact **Mission and Evangelism — Joanne Stueven, 651-208-4273**.

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### Parish Nurse Notes

February is American Heart Month. One in five Americans have some form of cardiovascular disease. Heart disease is the leading cause of death in the United States. It is important for all of us to recognize the warning signs of a heart attack.

### Warning Signs

- Chest discomfort is usually in the center of the chest that lasts more than a few minutes. It can be a feeling of pressure, squeezing, fullness or pain.
- Discomfort in one or both arms, back, neck, jaw or stomach.
- Shortness of breath.
- Other: breaking out in a cold sweat, nausea or lightheadedness.

### Actions to take

- If a heart attack occurs and you or someone with you has any warning signs don't wait more than 5 minutes before calling for help.
- Call 911-this is the fastest way to get lifesaving treatment as the emergency medical services (EMS) have defibrillators (AED's) and are trained in how to revive someone whose heart has stopped.

It is important for you and your family to learn CPR. Starting CPR immediately will help keep the cardiac arrest victim alive until emergency help arrives. Take a CPR class or learn how to use an AED. Check out these short YouTube videos: Hands Only CPR and How to Use an AED.



January 15, 2026

To the congregations, members, and friends of the Evangelical Lutheran Church in America in Minnesota:

We, the six ELCA bishops in the state of Minnesota, are writing today with a word we hope will anchor and sustain all of us in the days to come.

In recent weeks, several thousand ICE and Border Patrol agents have been sent to our state. Their tactics of stopping and questioning our neighbors and their aggressive interactions with the communities where we live have caused fear and anxiety. We grieve the killing of Renee Good on January 7.

All of this comes after other experiences of devastating violence in recent months and years.

We are tired, and our hearts are broken. Yet we are not deterred.

At every act of violence, we have seen you respond with compassion and resilience. This has been a season marked by profound grief. It is also a season in which we have refused to be defined by what the baptismal liturgy names as “the forces that defy God.”

To our pastors, deacons, chaplains and ministry leaders, we say this: we are with you. We give thanks for your faithful leadership, for your courage and discernment, and for all the ways you live into the vocation we share. Dear friends, we believe you have been called and anointed for ministry in this time and place. It is our honor to serve with you.

To all members of our congregations, and our neighbors throughout Minnesota, we say this: we commit ourselves to continue to pray, to advocate and act alongside you, and to use the resources and gifts we have to work toward the fulfillment of the reign of God, so that all may know the abundance of life Jesus comes to give (John 10:10). We encourage you to remain connected to one another and actively support the efforts in your communities to meet the needs of those directly impacted in this time of fear and intimidation.

This past Sunday, congregations across our state marked the Baptism of our Lord. It is a celebration and remembrance of the moment when Jesus himself was baptized, and the voice of God broke through the heavens to declare, “This is my Son, the beloved, with him I am well pleased” (Matthew 3:17).

We believe the voice of God still speaks. We know that all our neighbors bear the image of God. Through the waters of

baptism, we have been named and claimed as beloved children of God.

It is our sure confidence in this truth that sustains us. We know we are God’s children, and we know that you are, too. We pray that this truth will continue to anchor, guide and compel all of us as we work for justice for all people in every place.

We also know there are voices around us that challenge the truth of who we are and who our neighbors are. It is our fervent hope that every one of us would remain deeply rooted in our identity as God’s beloved.

To that end, we write with a word of encouragement: go to church or your place of worship, ground yourselves in Scripture, and surround yourselves with those who will echo the voice of God for you. This is the nourishment that will sustain us.

Along with Presiding Bishop Curry, we “join calls for a thorough investigation into this case, accountability for the shooting and a de-escalation of ICE enforcement across the United States.”

When the challenges that surround us are overwhelming, we cling to what is true. We serve a God who sees us and who enters into the beauty and messiness of human life in the person of Jesus the Christ. Because of what God in Christ has done, we know that God is with us and we are not alone (Romans 8:38-39).

Until the day the reign of God arrives in full, we continue to work for justice and peace, grounded in prayer, rooted in Scripture, and compelled by the power of the Holy Spirit.

In sure and confident hope,

Bishop Regina Hassanally  
Southeastern Minnesota  
Synod

Bishop Amy Odgren  
Northeastern Minnesota  
Synod

Bishop Patricia Lull  
Saint Paul Area Synod

Bishop Dee Pederson  
Southwestern Minnesota Synod

Bishop Jen Nagel  
Minneapolis Area Synod

Bishop Bill Tesch  
Northwestern Minnesota Synod

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## Discipleship & Stewardship During Lent

### Lenten Practices

#### **Fasting**

- Physical hunger reminds us of our hunger for God, and our faith.

- Lent is a time people know, regardless how active they are, they are typically aware of “fasting” on Fri.
- Act of reflecting on the materials goods, foods, physical items we have that control or may cause us to deviate away from the person God wants us to be.

#### **Benevolence**

- Most commonly related to stewardship, as the act of being charitable or giving to those in need.
- Local & World Benevolence funds.

#### **Prayer**

- Out of all the practices, this creates a foundation for stewards in the congregation
- People who are looking for a sacred and safe experience, we will be that for you especially during Lent.

#### **Stewardship Practices**

##### **Stewardship of Time--> Prayer**

- Introducing/building/repairing our relationship with Jesus.
- Sunday Worship, Adoration, Prayer & Confession-don’t miss what is available.

##### **Stewardship of Talent--> Fasting**

- Active, physical response. Don’t just give up, give out also.
- Identifying what barriers we have to being the disciple Jesus calls us to be .
- Looking inward, reflecting and responding.

##### **Stewardship of Gifts--> Benevolence**

- Recognizing abundance vs. scarcity.
- Missions/Ministries.
- Giving of your time, talents or gifts.



# Activities & Events

February 2026

If anyone is unable to fulfill an assignment below, please find your own substitute or notify the coordinator

## USHERS

Feb. 1 Mark & Mary Vukelich  
 Feb. 8 Barry & Donna Ansell  
 Feb. 15 Darrel Kelly & Dick Stebbins  
 Feb. 22 Barry & Donna Ansell

## GREETERS

Feb. 1 Julie Birk & Darrell Kelly  
 Feb. 8 Mary Braun & Linda Gommer  
 Feb. 15 Char Berg & Carolyn Morris  
 Feb. 22 Bev & Wally Swenson

## Altar Care Dianne Jones

February Winnie Zahradka and Sylvia Tapelt  
 March Elsa Carlson and Kat Carlson  
 April Linda Southworth and Carol Pantsari

## Sunday Hospitality

Feb. 1 Cindy & Rocky VanVickle, Darlene Christensen  
 Feb. 8 Bob & Kat Carlson, Bev Wedig, Lynn & Denny Meidlinger  
 Feb. 15 Carol & Larry Pantsari  
 Feb. 22



Feb. 2 Karen Carron  
 Feb. 2 Lance Elliott  
 Feb. 2 Eric Lagerstrom  
 Feb. 3 Isabella Westerlund  
 Feb. 5 Ana Berry  
 Feb. 7 Patti Smith  
 Feb. 8 Nicole Dzubay  
 Feb. 8 Neil Westerlund  
 Feb. 9 Rev. Christina Kadelbach  
 Feb. 9 Svea Modrow  
 Feb. 11 Beverly Wedig  
 Feb. 12 Rocky DeFeyer  
 Feb. 12 Sandi McGibbon  
 Feb. 13 Margaret Garbo  
 Feb. 13 Judy Stahl  
 Feb. 15 Walter Nelson  
 Feb. 22 Joyce Dressely  
 Feb. 24 Lisa Stay  
 Feb. 25 Janet Aho  
 Feb. 27 James Christensen



Feb 14 Cindy & Dan Persson  
 Feb 19 Vicki & Shane Vossen  
 Feb 22 Judie & Jim Birk  
 Feb 25 Brenda & Gary Sjerven





# February 2026

## Bethesda Calendar of Events



| Sun   | Mon  | Tue   | Wed   | Thu  | Fri   | Sat  |
|---|--|---|---|--|---|--|
| <b>1</b><br>9:00 Worship<br>Communion                                 | <b>2</b><br>11:30 Pinochle<br><br>7:00 p.m. AA &<br>Alanon mg  | <b>3</b><br>9:00 Chair Yoga   | <b>4</b><br>9:00 Women's Bible<br>Study   | <b>5</b><br>8:00 R.o.m.e.o.s<br>9:15 Chair Yoga  | <b>6</b>  | <b>7</b>   |
| <b>8</b><br>9:00 Worship<br>Communion                                 | <b>9</b><br>9:00 Women's<br>Devotions<br>10:00 Property mtg<br><br>11:30 Pinochle<br><br>7:00 p.m. AA &<br>Alanon mg | <b>10</b><br>9:00 Chair Yoga  | <b>11</b><br>9:00 Women's Bible<br>Study<br><br>11:00 Season's of Life                      | <b>12</b><br>8:00 R.o.m.e.o.s<br>9:15 Chair Yoga | <b>13</b>   | <b>14</b><br><b>Happy<br/>           Valentines<br/>           Day</b> |
| <b>15</b><br>9:00 Worship<br>Communion<br><br>2:00-4:00 Junk<br>Bingo | <b>16</b><br>10:00 Council mtg<br><br>11:30 Pinochle<br><br>7:00 p.m. AA &<br>Alanon mg                              | <b>17</b><br>(No Chair Yoga)<br><br>9:00 am<br><b>SHROVE<br/>           TUESDAY<br/>           PANCAKE<br/>           BREAKFAST</b> | <b>18</b><br>9-4:00 WIC<br><br>Ash Wednesday<br><br>Lent Worship Noon<br>Pot-Luck to follow | <b>19</b><br>8:00 R.o.m.e.o.s<br>9:15 Chair Yoga | <b>20</b><br><b>Newline<br/>           Deadline</b> | <b>21</b>  |
| <b>22</b><br>9:00 Worship<br>Communion                                | <b>23</b><br>11:30 Pinochle<br><br>7:00 p.m. AA &<br>Alanon mg   | <b>24</b><br>9:00 Chair Yoga  | <b>25</b><br>9:00 Women's Bible<br>Study<br><br>Lent Worship Noon<br>Pot-Luck to follow     | <b>26</b><br>8:00 R.o.m.e.o.s<br>9:15 Chair Yoga | <b>27</b>   | <b>28</b>  |

# Seasons of Life Series

Your Voice, Your Care:

Feb. 11  
11-noon



*A healthcare directive is a meaningful gift—bringing clarity, peace, and guidance to your loved ones during life's most tender moments.*

**Wednesday, February 11**

**11:00 AM – Noon**

**Bethesda Lutheran Church of Malmo**

**21590 State Hwy. 47, Isle, MN 56342**

We will have soup  
and a sandwich  
for you to enjoy  
afterwards!

Join us for a free seminar exploring the importance of healthcare directives. Presenters Mary Vukelich and Kat Carlson will offer a brief, informative session (about 20 minutes) to help you understand what a healthcare directive is and why it matters.

Each attendee will leave with a basic healthcare directive in hand, plus materials and resources to help you complete a more detailed version—either at a future session or by appointment.

**Virtual attendance available!**

Email [blcmalmo@gmail.com](mailto:blcmalmo@gmail.com) to receive the livestream link.

Questions? Call the church office at **320-684-2123**

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            | Christina Kadelbach                 | (320) 684-2123 |
| Council President | Bob Carlson                         | (218) 838-6420 |
| Vice President    | Mark Vukelich                       | (320) 364-6006 |
| Parish Nurses     | Darlene Christensen & Kathy Berland |                |

**To share articles and/or information, mail to:**

**Sue Stebbins, *Lifeline* Editor**

**c/o Bethesda Lutheran Church**

**Email address: [blnews@juno.com](mailto:blnews@juno.com)**

All articles due on or before the 20<sup>th</sup> of the month