Out of the believer's heart shall flow rivers of living water Wellspring John 7:38

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Summer 2020



GATHER all people into a living relationship with Jesus Christ GROW as disciples through worship, prayer and study of God's Word GO into the world to share the gospel in word and deed

GATHER...GROW...GO



God Has Our Backs

~ Pastor Ryan Arnold

"Be still and know that I am God." Psalm 46:10a

Cost every month, before paying our family credit card bill, I take a brief look at the charges. It's a quick scan, just to see if everything is as it should be. If everything looks familiar, and no reoccurring payments need be cancelled, the whole review takes a minute or two, tops.

So when I read through our March bill earlier this month, and found myself lingering, line by line by line, for over 20 minutes, well, that's a sure-fire sign something was up.

The credit card month-in-review started out normally enough. A Friday lunch date with Kathi at Macubana. A beer purchase from Alluvial during an Ames Middle School trivia-night fundraiser. Purchases for our daughter's birthday party, including room rental and cake for her big day.

Each of these early March charges brought memories of being out and about, mixing it up with friends, family, loved ones. Each charge a reminder of the busy-ness that was the norm, not so very long ago. A busy-ness that, personally speaking, I very much value, derive meaning from, and relish as part of the typical trappings of life.

And then, towards the middle of the month, with the exception of grocery store trips and occasional curbside meal pickups, most of those local, in-person experiences simply dried up.

And there, in the middle of a mundane monthly bill review, I began to grieve. For so many of the ways of being that, virtually overnight, are no more. In that moment it became abundantly clear that no, everything is not as it should be.

And there is no credit card company 800 number in the world that can make this right.

Le sigh.

I then took a second look through the bill, and noticed narratives missed the first time through. That trip to Cornbred for curbside BBQ and treats? Our family enjoyed every last bite, at home. It had created delightful moments shared, together, over a delightful meal. That monthly charge for Disney+? With it we watched Frozen II, Onward, and so much more, on the couch, husband and wife, kids and dog, bringing joy to our days. And the trips to HyVee and Fareway? Amid newly installed sneeze guards, floor arrows and six-feet reminders, I'd connected with some real uniformed heroes of our day.

Life is less busy than it used to be; there's no way around it. And with that loss comes grief over once what was, even as we hope for what will be, once again.

Yet with that loss comes something else. It's a chance to slow down, and smell the flowers that grow all around. It's a moment to appreciate the tech that keeps us connected, the science that keep us healthy. It's an opportunity to reconsider what truly matters and what we just might be better without.

Most importantly, our oft hyperactive days have been replaced with elements our future selves just might envy.

Silence. Serenity. Stillness.

And to experience that, even more fully, without fear, anxiety, or worry, we're only asked to chill out some. For whatever swills around some things never change.

God's got our backs. Always has. Always will. *We only need be still.*



2

Such a Time as This

~ Joyce O'Donnell Council President

This isn't the letter I thought I'd be writing at this point in my council presidency. But here we are. Another week at home has started for me and many of you. I know many of you are longing for the return of normalcy. Or maybe wondering what normal will mean in the future.

The church doors are locked. Meetings are conducted over Zoom. We communicate by email. Worship is live streamed. We miss our friends and our church family.

We would love to resume live worship services. Now is not the time, however. We are still in the grips of this pandemic and so we must wait. We are following the CDC guidelines and the recommendations from Bishop Burk.

That doesn't mean nothing is happening at church! The office staff is still active. Offerings are still being counted and deposited. Bills are being paid. Communications go out by email and mail.

The pastors and staff, musicians, technical gurus, and lay readers are working really hard and providing outstanding live-streamed worship services. Living Water Wednesdays are back in a new way. Don't you love technology? Think where we would be if this was 20 years ago!

Some ministry teams, committees, and task forces are conducting business by email and Zoom. I have especially witnessed the work of Bread for the World, Ames Sanctuary Interfaith Partners (ASIP), Reconciling in Christ (RIC), the Benevolence team, the Food Pantry, and the Financial Oversight Committee.

The Financial Oversight Committee recently recommended to Council that we move some money from an account we were earning 0.3% on to one earning 1.75%. The Council approved that recommendation.

The warm weather has brought the roofing crew to replace the skylight in the Commons!

The Semi-annual meeting is tentatively scheduled for June. We hope we can have it then, but we will have to wait and see.

In the meantime, trust that we will get through this. Trust God to be with us every step of the way, for God is always faithful.

Do not fear, for I am with you, Do not be afraid, for I am your God; I will strengthen you, I will help you, I will uphold you with my victorious right hand.

For I, the Lord your God, Hold your right hand; It is I who say to you, "Do not fear, I will help you."

Isaiah 41:10,13 NRSV

ISU Choral Scholars Program at Bethesda - Mark Kretsinger-Harries

I want to thank the inaugural group of ISU Choral Scholars who joined the Bethesda Choir this year *(pictured left to right)*: sopranos Olivia Gasper and Gabrielle Lindquist, alto Gracie Rechkemmer, and tenor Lal Siama. It was a joy to have them with us in rehearsals and worship services! This first year of the program was a great success, despite being cut short. Many thanks again to everyone who helped make it possible.









Supporting Bethesda Youth

~ Miriam Chadima Youth Events Manager

It is with a heavy heart that I must announce that our Youthworks Summer trip has been cancelled. Due to factors pertaining to the COVID-19 safety regulations and due to the fact that our trip would require, among other things, housing with a host in Kansas City, sleeping in close quarters with other church youth who have also travelled from other states, and working side-by-side with members of the KCMO community, the decision has been made that these activities would put our and other churches' youth at too much of a risk. Thus, we move forward. Though disappointed, we praise God for Bethesda's and Youthwork's vigilance when it comes to the safety of our members, youth, and parents.

Though we will not be going on the trip this August, we will continue on with the majority of our fundraising efforts to be used for our future youth trips and experiences! This is a great time to reflect on the amazing trips we have been able to fundraise for this past programing year, as well as plan ahead for our time together next year.

We will continue on with both our Trivia Weekend and our Yard Signs, and the proceeds will still go to supporting our amazing youth and their faith endeavors. The GoFundMe has been taken down due to our lack of need for immediate funds. Thank you so much from the bottom of our hearts to those of you who donated. You allowed us to see what the potential for fundraising during this time could be.

Finally, we are still working to plan new and exciting things for this fall and beyond, and I am excited to see where this quarantine creativity takes us in the new programming year.

God bless and thank you for all of your support. Please continue signing up for either of our great fundraisers to connect with friends, our youth, and other members of our Bethesda Family. I hope to see you there!

TRIVIA Youth Fundraiser

Join us (via Zoom we will share your secure link just prior to the event) for our first EVER virtual Trivia Weekend Fundraiser! We will host trivia over four days (June 4–7), with different categories and prizes! Please sign up here: <u>https://bethesdaames.org/trivia-weekend/</u> choosing which events you would like to attend.

- Thurs, June 4 @ 6-8pm Cordial Couples Clash I CATEGORIES: Actors & Actresses; Iowa State University; Lutheran History; Food & Drink; Video Games
- Friday, June 5 @ 5-7pm Family Night CATEGORIES: Disney Movies; Superheros; Bible Stories; Baby Animals; Snacks
- Sat, June 6 @ 6-8pm. Cordial Couples Clash II CATEGORIES: Ames History; Food & Drink; Music; National Parks; Sports

Support Bethesda Youth *Right Where You Are!*

Yes, we have YARD SIGNS available for you to purchase in support of our Youth. Put your heart and soul on your lawn! Inspire neighbors and support Bethesda youth! \$10 per sign is such a sweet way to fund our Bethesda youth, AND show your support!

Please go online to <u>https://bethesdaames.org/bethesda-yard-signs/</u> to order a Yard Sign for your lawn, and our High Schoolers will come and install one for you!





~ Sonja Gerstenberger Pastoral Intern

C s I sit down to write the Faith Formation column for the Summer *Wellspring* amid Covid-19 physical distancing, I wonder, "What is there to say about Faith Formation activities?" If Faith Formation is what happens in the Splash rooms from 10:45-11:30 a.m. on Sunday mornings, I have nothing to report.



But while Splash classes are one way we have sought to reach our young people and form faith at Bethesda, it is certainly not the only way it happens. And it never was. The development of faith is a relational activity. As people who believe Christ came as God to us in a human body (incarnation) and shared what it means to be his followers in word and deed, we understand the importance of passing on faith in an embodied manner – person to person, faith story to faith story. This has traditionally happened in classrooms as Sunday school teachers share faith with children.

Research tells us children benefit from 7-10 solid relationships with adults in their faith community. These connections give children various examples of what it means to be a person of faith. "Dan," may dive into Bible study daily, speak fluently about his faith, and tell stories of how it was a source of strength in a difficult time. "Edna" may show up every time there is a need, fixing leaks, raking leaves, and bringing food to a family in need. The child experiences the love of God in watching, listening to, and being in relationship with them both. The more examples of faithful living a child has, the more rich and robust their understanding of a life of faith. Another important finding is the essential importance of parents as primary models of faith. Talking about faith in the home, modeling faith in our words and actions, and talking and how family decisions are informed by our faith, communicates that faith is as important to parents as being kind, or respectful, or responsible.

The faith formation of the youngest among us continues during this time when we must be apart. And we are all "qualified and equipped" to talk about Jesus. Start with a Bible story. Talk about who Jesus is to you. Ask who Jesus is to your child[ren]. Make connections. Share the love of Christ with one another, and think of a way to share it with the world around you. You've got this. And God's got you.

At Home Faith Formation Resources

Weekly **Sparkhouse Family Sunday school** video, coloring page, discussion sheet, and story emailed by Wednesday afternoon. If you are the caregiver of a child preK to 4th grade, let us know and we'll get you added to the list!



Weekly **Vibrant Faith** at Home activities posted to Bethesda's Facebook page: <u>https://www.</u> <u>facebook.com/BethesdaAmes/</u>

Children's Storybook Bible, Your Bible or <u>www.</u> <u>biblegateway.com</u>

Any way you can connect with, help, serve, or reach out to those in need.

Worship, Music & Arts

~ Priscilla Franken Board Chair

The Worship, Music & Arts Board met in March anticipating special services and themes for worship leading up to Holy Week and the Easter weekend. Much was planned and ready. Palm Sunday branches ordered, Easter flowers memorials ready for display Easter morning.

And then the virus put the brakes on not just worship events but all of our lives in numerous ways.

Our WMA Board will postpone the meeting in May unless circumstances improve. We all want to get back to being together singing hymns, hearing sermons, communing at Lord's Table, and seeing friends at coffee hour. Being together in our familiar dwelling place may not happen as quickly as we would like.

The July Fine Arts Camp series is tentatively (hopefully!) set for Wednesdays in July—and we need your input.



Go ahead and register, using the "pay later" option, so we have a sense of your interest in this weekly program after isolating for so long! The interactive and exploratory learning sessions are not just for young people—it's a fullon family affair, and it's for ALL ages. Please visit <u>https://</u> <u>tinyurl.com/y7uqffap</u> TODAY!

In spite of isolation much work is still carried out by the staff and volunteers on a modified basis. Communications by email, Facebook and weekly messages are appreciated and easy to read with events highlighted.

As I write this I'm listening to recording of sacred music from St. Olaf College *Sing For Joy* <u>https://www.stolaf.edu/</u> <u>singforjoy/</u> for anyone seeking another way to get a music fix during the week that closely follows Biblical themes and music of our church year. This particular recording is from Sunday, April 26, featuring Robert Shaw's Atlanta orchestra plus chorus performing Beethoven's *Hallelujah* from an oratorio he composed later in life. In fact most of Beethoven's greatest works were composed in later years when he had lost all hearing. Think about this when you hear or sing *Ode to Joy*. What resilience Beethoven possessed to persist in making music when he never was able to hear his performances, yet 250 years later millions around the world know and love his glorious music or have sung *Joyful Joyful We Adore Thee*.

On this note from Worship, Music and Arts Board, may you know joy, peace, resiliency and blessings in this new season.

PSALM 84

How lovely is they dwelling place, O Lord of hosts! My soul longs, yea, faints for the courts of the Lord; My heart and flesh sing for the joy to the living God.

Even the sparrow finds a home, and the swallow a nest for herself,

Where she may lay her young, at thy altars O Lord of hosts, my King and my God.

Vol 15 Issue 2



During these unprecedented times, we sincerely hope that everyone is well and staying safe. If you are an essential worker, thank you. If you're able to stay home and social distance, thank you for doing your part. May your faith keep you strong through these trying times. No one is certain how or when we will be able to safely meet again. Rest assured, Bethesda Women will be carefully looking at the data and facts, as well as progress on a vaccine or treatment, and making decisions we feel are in the best health and interest of our women and their families.

Spring-up with Sonja was originally postponed, but now, after prayer and conversation, it is with sadness that we have decided to cancel the event.

After our conversation amongst the board members, we regretfully feel we need to cancel **Scandinavian Coffee 2020**. Even if the new cases of the virus are on the decline come fall, we don't know how we could safely have 600 attendees, plus all the volunteers, gather for our tradition this year. We don't want Bethesda to become a new hot spot. We also needed to decide earlier, rather than later, given the amount of time it takes to set up all the baking workshops leading up to the event date.

We are talking about doing a little *something virtually in lieu of the coffee*, and also have an opportunity to donate money, so we can still deliver at least some benevolence funding to a community that will likely be in need of it this year. The majority of our funds come from Scandinavian Coffee, with another funding source being funeral luncheons, which are not currently possible either. More details will be available in late summer/fall.

Thank you to **Pat Frette** for stepping up to lead the **Prayer Shawl Ministry Team**.

Gather Circle Bible Study is not meeting in person until further notice. However, that doesn't mean you need to forgo the study, or the other great articles in the *Gather* magazine. We are encouraging you to connect with at least one other person, and talk on the phone about what you've read. Or set up a ZOOM meeting, and invite others into the discussion!

Free Bible Studies: www.gathermagazine.org/

Gather, the magazine of Women of the ELCA, offers a mix of articles, theological reflections, devotions and stories of comfort and challenge that help readers grow in faith and engage in ministry and action. *Gather* is published 10 times a year with combined issues in January/February and July/August. A print subscription is \$19.95 a year. Digital access (computer, iPad, Android) is free to print subscribers. For more information, or to subscribe by phone, call 844-409-0576.

Looking Ahead: SEIA SWO 33rd Annual Convention



Fri-Sat, October 16-17, 2020 (Originally June 2020) The Hotel at Kirkwood College, Cedar Rapids

Women of the ELCA Triennial

Phoenix, Arizona ... With no Covid-19 vaccine on the horizon, Women of the ELCA's executive board voted to postpone the organization's convention and gathering until August 5-8, 2021.



Reconciling in Christ Task Force

~ Larry Otteman Task Force Chair

THIS "Reconciling in Christ" is a designation for ELCA communities that publicly welcome and affirm individuals who identify as lesbian, gay, bisexual, transgender, queer, intersex, asexual and/ or more (LGBTQIA+). The individuals listed below began to meet in November 2019 as a core group to determine if this was a time for Bethesda Lutheran to consider becoming a Reconciling in Christ church. We were approved as a Task Force by the Bethesda Church Council on February 18, 2020.

WHAT What is the process for Bethesda to follow to become a RIC congregation?

We are guided by a detailed 12-step process entitled "Building an Inclusive Church," a resource provided by ReconcilingWorks, the leading organization for Lutheran LGBTQIA+ inclusion. The Task Force has used this document from the beginning, and we have estimated that it will take 12-15 months for the process to be completed. We have also reached beyond the core group, seeking input from lay leadership and concluding that there is sufficient support to continue with this process.

Our Task Force is currently on Step Six of <u>https://www.</u> <u>reconcilingworks.org/bic/</u>, which entails providing a variety of educational opportunities to the whole of the Bethesda congregation regarding this topic. The 12th and final step will be a congregation-wide vote to amend our

WHO Kathi Arnold

8

Trace Houge Brakke Miriam Chadima Joyce O'Donnell Jo Hutchins Russ Melby Carole Otteman Randi Peters Jan Peterson Diane Pierce Wendy Robinder Don & Ardi Roehr Lori Woodcock

With support from Pastors Ryan, Bryan, and Sonja



welcoming statement to overtly include people of all gender expressions, gender identities, and sexual orientations.

Our congregation is already welcoming, why do we need to say so?

To communicate who and where we are—the roster of RIC-designated Lutheran organizations is published at <u>https://www.reconcilingworks.org/bic/</u>. Many members of the LGBTQIA+ community, some of them our own family and friends, will use this roster to find an affirming and welcoming community; **Bethesda can provide that community!**

WHY To communicate that we as a people of faith have dedicated time and effort to educate ourselves about the discrimination that individuals face in regard to their gender expression or identity or sexual orientation.

To reach and retain young people: Many RIC churches are aware that the main demographic group drawn to their faith communities are young couples with children. In fact, over 70% of people born after 1980 support same-sex marriages, and want their children to grow up surrounded by diversity and to understand that they will be welcomed and loved to matter how they identify.

To provide a safe space for LGBTQIA+ individuals who have experienced exclusion and harm from people acting in the name of Christianity. Even churches that declare that "All Are Welcome" often demonstrate to these individuals and their families that they are not included in "All," which is why our welcome must be explicit.

AND Finally, to proclaim to the wider Church and to our Lutheran and Ames communities our stance and to help other to be courageous in broadening their own sense of what it means to welcome others in.

Thank you for your time given to reading this important message. Please contact me or other members of the Task Force to share your hopes and thoughts,

Larry Otteman, Task Force Chair

COVID-19 Food Pantry Operations

the Wellspring

~ Donna Grooms, Rod Fischer Team Co-chairs

Since March 16 the Food Pantry has been operating a curbside delivery. Our guests pull up to the curb and stay in their cars. A volunteer goes to the car and collects the current information required by the Food Bank of Iowa (FBOI) and goes through a checklist of our food items. Our guests verbally choose what they would like, and per FBOI instructions we give families as much as they need. We are no longer weighing food. A second volunteer inside the building will transfer the FBOI required information (name, zip code, number in household) to a chart provided by the FBOI and fill out the milk voucher cards. A third volunteer fills the order and places it in a shopping cart. Then the person working outside will place the groceries in the trunk of the guest's car. To the best of our ability we do not let guests touch the baskets and if they do, we sanitize



them before re-using. We also maintain appropriate social distancing inside the food pantry.

We continue to order food from the

FBOI and are receiving delivery twice a month. So far, the FBOI has adequate supplies of most staples, including meat, eggs, canned fruit, cereal, and pasta. We have continued to order ground beef, hot dogs, and chicken breasts from



Fareway. We have also ordered canned beans and corn from Fareway as the FBOI has not had vegetables in stock.

Since March 16 our numbers visiting the Food Pantry have dropped. Normally we have about 50 guests per week and since moving to a curbside service we have about 30 guests per week. We are maintaining normal operating hours and most of our guests are those who had previously visited our Food Pantry.

Our Covid-19 volunteers are all under the age of 65 and include some of the church youth plus Pastors Bryan and Ryan. We are very grateful to all of our new volunteers who have been helping in the food pantry since March 16. We are also grateful to those who have donated food and/or money to support the Food Bank in these past weeks. We are looking forward to the day, though, when we can go back to normal operations and have our regular volunteers back!

COVID-19 Emergency Fund for Immigrants - Diane Pierce ASIP Liaison

t: sanctuary ine Story County partners (including the Ames Sanctuary Interfaith Partners) have come together to set up a COVID-19 Emergency Fund for Immigrants. Funding will provide emergency assistance for rent, utilities, gas, and other necessities (prescriptions, etc.). To be eligible, you must:

- Live in Story County
- Be an immigrant (you moved to the USA permanently to live/work)
- Have an immediate expense (rent, utility, gas, or other basic need) that is past-due, due now, or due within the next 7 days

Visit <u>https://bethesdaames.org/resources/assistance/</u> for more information, and apply online at https://forms.gle/s3zG32cyx5bLs6Mf9, or pick up an application at St. Cecilia Catholic Church.

Financial Peace University ~ Pastor Bryan Simmons

In this time of pandemic and financial uncertainty, now makes more sense than ever to be a part of Financial Peace University! The first FPU held at Bethesda started



on March 1st with 10 people registered and is being led by me and Denny Howell. We were off to a great

start until we could no longer meet in person due to the Coronavirus. But, in that time, our class had learned the importance of an emergency fund and the true value of not going into debt. With the economy offline and many losing jobs or being furloughed while we practice social distancing, the ones with cash reserves and little to no debt obligations are able to weather this storm better. If you aren't in this category of people who are debt free and have 3-6 months of expenses saved for a rainy day like this, don't panic. Before this pandemic, almost 70% of Americans had less than \$1,000 in savings, and of that 70%, ²/₃ had no savings at all! Combine that with an average credit card balance of \$6,200, average student loan debt of \$36,400, average auto loans of \$19,300, and an average mortgage of \$203,000, and it's easy to see that all those payments with a pinch in income and no savings adds greatly to the stress of it all.

If this stress has hit you and you want to learn to do something about it, it's not too late! We invite you to join us for the remainder of Financial Peace University when we are able to resume classes. Contact me at <u>bsimmons@</u> <u>bethesdaames.org</u> for more information. Together, we will learn the seven baby steps that will shape your financial future, allowing you to better take care of yourself and the ones you love as well as support the things you care about. We will get through this together and become even stronger on the other side of this global pandemic.

Library Book Recommendation

The Memorial Lutheran Book Study Group (attended by several Bethesda members until social distancing) is finishing the book, *Red State Christians:Understanding the Voters Who Elected Donald Trump*, by Lutheran Pastor and veteran journalist, Angela Denker, one copy of which will be donated to our church library in Crossroads. Look for it on the New Book Shelf. – *Jan Gray*



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POST COVID-19 WORSHIP SCHEDULE

Saturdays (Modern) @ 5:30 pm Sundays (Traditional) @ 9:30 am Wednesdays (Midweek Renewal) @ 6:30 pm (in academic year)

> VOYAGERS Adult Forums / Coffee Fellowship Sunday after service @ 10:45 a.m.

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NOTE: please contact Lisa Ailshie at 232-6256 or contact@BethesdaAmes.org with requests/comments regarding this magazine, or to submit an article for the Fall issue (deadline July 30, 2020)

All submissions to Bethesda Lutheran Church's *The Wellspring* magazine are subject to editing for clarity, space, and content. Artwork credit for this month's *Wellspring* cover photo: ID 79816680 © Ulianna19970 | Dreamstime.com



~ Pastor Bryan Simmons

When we received the news from Governor Reynolds back in the middle of March that we should not hold services because of the risk of the spread of COVID-19, we were devastated. We look forward to the weekend around here! It's our chance to connect with many of our members and welcome newcomers to our community while we strengthen one another in the reassurance of God's gift of life, healing, and forgiveness, strengthening us to go out and proclaim and serve in God's name. It is central to the rhythm of our community of faith, and now we can't participate in it? Ugh.

One of the immediate priorities we had was connecting with you in a way that could keep our rhythm, recognize



Sonja adapted her dining room for the second virtual worship service. Special equipment: *sugar packets(!)* to stabilize and level some stacked furniture for perfect camera height. Lighting is generously on loan from Peter Conis.

We are working on plans to set the date for the **Semi-annual meeting to be held in June.** A virtual Zoom meeting is an option, depending on the COVID-19 status.

The "Semi-annual Report" will need to be produced regardless of meeting plans. Board Chairs, please **submit your content to the church office by June 3**. Treasurer, we would need your reports by June 16.

Thanks to our Bethesda Leadership!



Continuing to master the new equipment (for livestreamed worship in the Sanctuary) are (L-R): Randy Slocum, Rod Fischer, and Kathy Slocum. Not shown is Allan Schmidt.

that it is different, but gather, reassure, and proclaim all the same. It started with a cell phone. Pastor Ryan presented the first fireside chat, which included the reading for the weekend, the sermon, and a blessing. Then, we continued "Holden Evening Prayer," creating a dedicated space to recognize the uniqueness of our gathering, not quite the same as the sanctuary but familiar. Pastor Chats continued, albeit from a social distance and within frame. We loved being able to bring Bethesda to you, but knew we wanted to do something more, something a little improved each week, especially since Easter was right around the corner. That's when we got the word from RDI, our A/V contractor for the sanctuary upgrade, that we could set up some of our video streaming equipment in time for Holy Week!

What a joy and a privilege it has been to be able to use this professional equipment to stream our worship services! Even though we aren't able to gather in-person, we are able to be in your homes worshipping together as one in the Body of Christ. I am so grateful for our videographers, Rod Fischer and Allan Schmidt, and our sound engineer, Randy Slocum along with Kathy Slocum, for all of their effort in providing you the best experience possible! Hopefully, before long, you won't have to rely on this stream, but thanks be to God it is there for us to Gather, Grow, and Go, even when we can't be together. **Bethesda Lutheran Church** 1517 Northwestern Avenue Ames, Iowa 50010

www.BethesdaAmes.org

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