

the
Wellspring

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

Published quarterly
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Issue 4



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



Bethesda Lutheran Church
GATHER...GROW...GO





The Joy of Christ

~ Pastor Ryan Arnold

And in the same region there were shepherds out in the field, keeping watch over their flock by night. And an angel of the Lord appeared to them, and the glory of the Lord shone around them, and they were filled with great fear. And the angel said to them, "Fear not, for behold, I bring you good news of great joy that will be for all the people. For unto you is born this day in the city of David a Savior, who is Christ the Lord. (Luke 2:8-11, ESV)

For Bethesda's annual Trunk or Treat this year our family opted to dress up as characters from the Disney/Pixar movie *Inside Out*. If you haven't seen the movie yet, it's a story about feelings and memories, visually accented with bright pops of color. In the film feelings represent characters: Joy, Sadness, Fear, Disgust and Anger. All of them come to life in this animated tale. Our family has viewed *Inside Out* several times now, which gets Kathi and me crying in predictable places.

Every. Single. Time. It's just that great.

For our costumes I played Joy, complete with blue hair, beaming smile, and a fun yellow dress. Kathi was Sadness, donning an oversized turtleneck, blue face, and matching look. Daughter Hannah was Disgust, green from head to toe, smirk, eye roll and all. Graham was red with Anger. He is, after all, a spirited six-year old boy.

We, in a very real way, embodied our feelings, using brightly colored body paint from head to toe to complete the effect. Two showers later I'm still trying to un-paint my ears.

As Thanksgiving draws near, we look toward the season of Advent. A season of waiting, in quiet anticipation, for the birth of the Savior of the world. In quiet excitement for a birth that would forever change everything. At the same time our culture amplifies other messages as we move toward Christmas. Buy gifts! Attend parties! Prepare big festive meals!

All of which are wonderful and fun. Yet can be downright exhausting too.

The angelic proclamation heralded in Luke 2 also speaks to the emotions of the season. While God's people gathered around that night, the divine descended down to the shepherds. And it created an emotion. Fear.

But the angel would have none of that. Instead pointing the shepherds toward a more heavenly feeling. Joy. Great Joy, for all people. Not just a select few.

A Joy to the World worthy of song.

As we look toward the birth of the Christ child, let me encourage you to embrace that oft elusive fruit of the Spirit, Joy. Not just for a moment, or a late December day. Or even a season. But all year long. All lifelong. Eternally.

So set aside your anxieties, your fears, your anger. Become one with the Joy of Christ. Make it part of all you hope for. All you speak. All you do. Embody Christ's great Joy, from head to toe. No body paint required. Amen.





Good Things ARE Happening

~ Ron Morgan Council President

Wow! What a fall this has been. So many good things are happening at Bethesda.

Our fall SPLASH Faith Formation year started out with the Amazing Chemistry Show. A big thank you goes to Dan Hinderaker and the Christian Education and Youth Ministry Board chaired by Eric Weber for putting that together.

Just recently we hosted both a very well attended Trunk-or-Treat and the Scandinavian Coffee. It seemed that everyone from our congregation was taking part in making these great activities happen. What great outreach to the community!

Last weekend, we had the beautiful All Saints Services to honor those who passed on during the last year. Those people are missed. Pastor Bryan's message, the candle light cross, and the outstanding music highlighted this important service.

Yet, there is so much more happening and much more to come as we head into the Thanksgiving and Christmas seasons. These are some of the behind-the-scenes activities that I would like to share with you.

1) Bethesda has continued its covenant relationship with Shighatini Parish and the Mwanga Diocese in Tanzania this past year. Four Bethesda high school youth and two adults visited Shighatini in June. In October Glen Rippe visited Shighatini to help unpack the majority of the equipment that arrived from South Africa to be installed in the new milk processing plant. Plans for additional nurses at the Shighatini Health Center were initiated. Tom Walsh is planning to repeat his educational program for secondary school teachers. I ask you to please take part in sending a Christmas card to a member of our sister congregation.

2) Your Council has updated the By-Laws and is close to completing the updating of the Continuing Resolutions. Our goal is to say what we do, and do what we say. If we were not doing something found in these governing documents, we either reactivated it or eliminated it. The Endowment Fund was one activity that was stagnating. The money was just rolling over from one year to the next instead of being used for special improvements or activities in the church. It was our belief that the contributors did not intend



to have that money continue to accumulate, but to be used. We instituted a change to require that the proceeds from the Endowment Fund be used each year.

3) In October, the Council approved a \$1.5 million, 3-year First Fruits Capital Campaign. Some pledges have already been received. Donors may designate their contribution to go towards **a)** sanctuary improvements (audio/visual project, elevator), **b)** debt reduction (mortgage), and/or **c)** endowment growth. I hope you will give careful consideration to supporting this campaign.

Upcoming events of note include a Celebration of Achievements (including dedication of the Crossroads Room) on November 9 and 10, the kick-off of the First Fruits Capital Campaign on January 11 and 12, 2020, and our Annual Meeting on January 26, 2020. We are still looking for people to serve on the Council and Boards.

Bethesda's future is bright.

Budget Planning

Board chairs—it's time to review your budgets and propose the 2020 updates to Andra Reason, Treasurer (andrar-eason@gmail.com). The Budget Team will be meeting soon!



Youth Programming & Family Events

~ **Dan Hinderaker** Director of Youth & Family Ministries



November 17 . . 6:30-8pm

Come on out for a fun-filled night of Bingo, and Bunco, plus our annual paper airplane toss from the choir balcony and more! Enjoy fellowship, fun, games, and food with your Bethesda family.



TRUNK-OF-TREAT 2019



November 20 . . 7-9:00pm

We're heading to **Perfect Games** for a night of Bowling, Laser Tag and Arcade Fun—another great opportunity for our Middle Schoolers and High Schoolers to invite a friend to join in Bethesda fun! We'll carpool—please bring \$10 per person with you. RSVP to Dan Hinderaker.



Our annual Christmas program features all of Bethesda's music ensembles!

- Bethesda Choir
- Carillon Choir
- Choristers
- Saturday Praise Band
- Splash Faith Formation Christmas Pageant

The program will be followed by a cookie reception in the Commons. If you are looking for "the" event to get you in the Christmas spirit, this is it!

TRUNK-OF-TREAT 2019





Intern Pastor in the House

~ **Sonja Gerstenberger** Pastoral Intern

What does a new intern pastor say in her first *Wellspring* magazine article? Introduce herself? Attempt to clarify just what, exactly, an intern pastor does? Fill you in on her long and storied history in an attempt to counter the notion that as “intern” she has no previous experience working in the church, or working, for that matter?

Likely she will do all those things. But first. First, I want to extend my heartfelt gratitude for the leap of faith taken in choosing to add an intern pastor to the ranks of those serving this congregation mid-year, when budgets are set and the year’s priorities are underway. It wasn’t just a leap of financial faith but also a leap of faith that this investment would pay off for this faith community and for the greater church as you participate in helping me prepare as a future leader.

So, thank you. For the leap of faith. For the warm reception. The kind words. The smiles, handshakes, offers of hospitality, and most importantly opening your hearts to the possibility that this leap of faith is worth it.

I have spent the last three years preparing for this day. In the spring 2016, I applied and was granted entrance into candidacy in the ELCA. This simply means they will permit me to study to possibly become an ordained pastor if my preparation is adequately represented in my written documentation throughout the process, articulated by seminary faculty, and confirmed by my candidacy committee at the appropriate checkpoints and I am eventually called to serve in a congregational setting.

Once granted entrance, I was also accepted into Luther Seminary’s Distributed Learning Master of Divinity program. In my first three years in this program I spent fall and spring semesters taking coursework online, engaging in video sessions, submitting written work and responding to the writings of my classmates.

Each January and June I traveled to the seminary in St. Paul for two intensive courses, each one week long. In these intense environments I developed deep bonds with my classmates as we lived, studied, laughed, and cried together.

In spring 2019, I participated in Clinical Pastoral Education at UnityPoint’s Iowa Methodist campus, serving as a chaplain both on a ICU rotation and on-call for Level 1 Trauma emergencies. This involved daylong class sessions each week as I and my fellow CPE interns explored how we faithfully responded to others in crisis and how our own personal experiences played a role.

And now I am here, with you, at Bethesda. Part of “internship” includes creating three-or-so goals I specifically want to work on. Mine include gaining a better understanding of shared leadership and administration, working to grow



and enhance the culture of volunteerism, and experiment with moving from manuscript-based preaching (where it is all written out ahead of time and “learned” to a certain extent but the script still referred to) to a more extemporaneous type of preaching that involves the same amount of research and preparation, just a different delivery.

For someone who loves to write, this is a scary proposition. So far, I’ve only done this on Wednesday nights, and still I had solid outlines. Soon I will be taking a leap of faith on a Sunday morning, abandoning my comfort zone, and leaving it to God whether I fall flat on my face. I am grateful for internship as a place of learning where I can do this as I learn, experiment and grow.

To this role I bring 20 years of post-undergraduate life experience. A degree in English education. A year and a half teaching high school English in Riverside, California. Time spent in a human resources capacity. Three years in corporate communication culminating as editor of employee communications. A year as a provider of supported community living in services for people with disabilities for Lutheran Services in Iowa. And finally, six years at home as we started our family and spent the early years with my children.

During that time I served as a volunteer guide in my church’s Confirmation program I developed sense of call. That resulted in being hired as the director of Confirmation ministry where I taught a large group of 7th and 8th grade students that grew from 30-50, recruited and led a group of 15-20 adults who served as guides on a weekly basis during large and small groups and coordinated related retreats, service nights, and fellowship. This role developed to include responsibilities for intergenerational faith formation, electronic communications, and other duties as needed. And in 2016 I formally followed that call as I started seminary

And here I am. Eager to serve along side you. Excited to learn and grow together. Grateful for the opportunity and excited for all the ways God is at work moving through the power of the Holy Spirit in this time and place. Thanks be to God!



Celebrating God's work, embracing

Some changes are incremental. Brass door handles shine. Coat racks are newly sanded and stained.

Other changes are hard to miss. A fountain bubbles in the middle of a new stone patio. The sanctuary is bright enough for choir singers to read their music. Rooms that once served preschoolers welcome middle and high school youth. The Clothing Closet sports a retail flair, with circular racks and display space.

We've seen many changes in God's house at Bethesda in recent years. From installing a new roof and replacing all windows and doors completed in 2018, to the newest change—the new Crossroads multi-purpose room—the changes have been functional as well as transformative. All have been guided by God for the people of God to fulfill Bethesda's mission to Gather, Grow and Go.

Sometimes the projects themselves were transformational, like new lighting in the sanctuary, which literally lit up worship services. Other projects have changed the people themselves, energizing a cadre of volunteers who care for God's house as if it was their own.

Such is the case for the Facilities Ministry Team led by Kathy Harris. She or members of her team can be found at the church almost daily, checking leaky faucets, clogged drains, locks that don't work and other problems.

"This team is awesome" Kathy says. "The whole team works together and are always there to help. One person not on our team came for the church barbecue but ended up painting because he was here. It's a warm feeling when people just show up to work."

The ministry team also takes on more time-consuming jobs, like tightening screws in all folding chairs in the Commons, repainting lines in the parking lot, enlarging holes in sanctuary pew penholders, and locating a crane to repair the lighted cross in the front yard.

"This building is 50 years old and it's starting to show its age," Kathy adds. "Many projects have been the basics, like painting, repairing floor tiles and ceilings, and cleaning out and organizing storage areas. We've done work in every room in the facility."

The team has removed most of the radiators, which have not been used since the new geothermal system was installed several years ago. This requires repainting walls, replacing floor tiles and other repairs. Updates have been completed in the youth room, Centennial Hall and food pantry.

Organizing storage areas led to consolidating supplies like pencils, caulk and light bulbs into a new resource room,

with additional space for tools and small work projects. For other projects, team members donate not only their time and skills, but also much of the materials. Cost of a new northside storage shed for the grill and snowblower was kept to a minimum, thanks to donated lumber and all-volunteer labor.

"In all my years at Bethesda, I have never seen a facilities team as active as this one," says Denny Howell, who leads the Administration and Finance Board. "Their work has saved us thousands of dollars this year with contributions of time, skills and construction materials in the duplex renovations, women's bathroom repairs, emergency lighting in the narthex stairwell and new storage shed. We owe them all a big thank you for their tireless efforts."



The Facilities Ministry Team has assisted with major projects at Bethesda, too. The team served as project manager for the update and remodel of room 114, formerly the library. Team members did much of the demolition, painting and moving books for the restoration. Dedication of the space on November 9-10 included a celebration of other facilities improvements at Bethesda.

Caring for God's House

Recent facilities improvements include:

- New roof, replacement of all windows and doors
- Installation of stone patio, landscaping and fountain
- Youth room: New carpet, paint, furnishings
- Clothing Closet: Move to expanded space on second floor
- Office remodels: New carpet, paint, asbestos abatement
- Centennial Hall/Food Pantry: Remove radiators/partitions, new paint, wainscoting
- New lighting in sanctuary
- Northside storage shed
- Duplex: Painting, deep cleaning and repair basement water damage
- Room 114 Crossroads: New flooring, paint, furnishings

~ Laura Miller Past President



Crossroads: What is in a Name?

Room 114 has been converted from a library and media center into a multi-purpose space for classes, small weddings and funerals, and other events. The Room 114 Task Force looked at how the space could be used in recommending changes for the remodel. Task Force member Glenn Crosswait explains the name chosen for this space.

The Task Force believed that the name had to encompass three essential elements: our God, the people of Bethesda, and our mission statement. Through much prayer and the work of the Holy Spirit, we believe Crossroads meets that criteria.

As children of God, we are all on a journey of faith. The cross, a Roman instrument of torture and death, is our symbol of freedom from sin through the shed blood of Jesus Christ and eternal life through our belief in Him. This unselfish act of love changes life for all who would believe in Him. Christ's victory over sin and death itself changed the course of human destiny.

Which road is Christ leading us on? No matter which road we find ourselves on, all are in the shadow of the cross. If you believe in Christ as Savior or not, we are cast in its shadow. We are welcome to ponder the significance of Christ's death on the cross to save humanity, but Christ does not force us to love Him. Our journey always takes us to the cross, or we find ourselves carrying our cross for Christ's sake.

The Cross... The Road... The Shadow... thus the name Crossroads. Christ's Spirit will be at work here and the task force wanted an image to reflect Christ's Spirit in all who believe in Him.

A Library Legacy

The space has had many names—library, IMC and later Media Center. No matter what it's called, the library has been central to Bethesda's ministry for nearly seven decades.

It began as a bookshelf in the pastor's home when Bethesda worshipped in downtown Ames. At one time, library services occupied two rooms in the present building and a small army of volunteers delivered books and audio-visual materials to Sunday School classes every week.

At the heart of this tremendous growth is Jan Gray. Jan leads the Library Ministry Team, a post she has held since the Bethesda Council established the first Library Committee on December 1, 1970.

Most Sunday mornings after worship, you will find Jan in the library, ready to greet everyone who comes through the door. She has worked with the library since volunteers in the 1960s first began to catalog books and other materials for parishioners to check out. Later, computers were introduced to the library.

Through the years, library resources were integrated with all aspects of faith development at Bethesda, including Sunday School, confirmation, adult education and small groups. There have been summer reading programs, after-school and Saturday story times, and youth literacy activities.



Every Monday morning, Jan and other volunteers faithfully met to work on the collection. They organized, donated, purchased and processed books, magazines, references, CDs, DVDs, study guides and other materials. They've also staffed the room on Sundays, evenings and other times, just to make the library a welcoming place.

Bethesda was among the first Iowa member of the National Church Library Association, helped organize the Iowa chapter, and often hosted an Ames group of church librarians. Library volunteers also assisted with Bethesda's Centennial in 1998 and have organized many historical records for the church.

More recently, the team supported Bethesda's own Little Free Library, located along the north driveway.

Bethesda Women's Ministries honored Jan for her many years of service on November 10 during dedication of the Crossroads multi-purpose room, which houses Bethesda's library collection.



Bethesda People

Welcome Ruth Brockmeier!

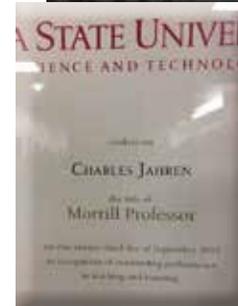
I recently transferred my membership to Bethesda from Memorial Lutheran in Nevada. I have been a Lutheran all my life, having been a member of several different congregations in several states.



My husband and I were members here from 1995 to 2004 when we moved to Arizona. I am now a widow and have three grown children, and a son who is deceased. I've been blessed with eight grandchildren and four great-grandchildren. I enjoy working in the Food Pantry and Clothing Closet at Bethesda. Everyone has been very welcoming and I feel I have a new home here.

Kudos to Chuck Jahren

Congratulations to Chuck on being promoted as a **Morrill Professor**. This is the highest award given at Iowa State University for excellence in teaching. Chuck was only one of two professors who received this award this year (2019).



Welcome Valerie McKernan

Nursery Coordinator

Visit bios at www.bethesdaames.org/about-us/staff



My name is Valerie Olympia Mckernan. I was born at the 1984 Olympics in San Diego, California. I grew up in Southern Iowa on a large farm with animals of every kind. As a youth I was active in 4-H, dance (ballet and Jazz), and equestrian events (dressage, cross country/stadium jumping). I have lots of (half) brothers and sisters, a total of 19. I moved to Ames to be

closer to my grandparents after completing my degree in nursing. I now live in Gilbert with my fiance Michael Koch and our 3 children Kaedan (9), Evoleht (5), and Sawyer (2). After having our 3rd child we struggled to find care for all 3 of our children within the district so I went prn at an urgent care clinic to be home with them and it was suggested that I open my own home for child care. I opened my home for day care in August of 2018 and have since been presented with a larger project to build a center within our community. It is required to build experience credentials as my background is healthcare which is what lead me to Bethesda. I believe there is a larger power working through to serve the community and their youth and I hope that I can carry that forward in serving as well in the nursery at Bethesda Lutheran Church.

Des Moines Register

Iowa's veterinarians have received the education and training necessary to provide the highest quality care



To read **Dan Groom's** article in the Des Moines Register, go here: <https://tinyurl.com/y2ml8kby>

BETHESDA WOMEN

Karla Mortenson (Pres.); **Lindsay Peters** (VP); **Gretchen Mosher** (Sec.);
Barb Conis (Treas.); **Carolyn Ahlstrom, Jo Hutchins**



The current Board will serve through January. The new term will begin February 1, 2020. If you, or someone you know, would like to serve on the board, please contact Randi Peters at RandiP1970@aol.com. Elections will take place December 7.



Scandinavian Coffee

Scandinavian Coffee is now behind us—**thank you everyone who participated** behind the scenes or attended the event. It takes many, many hands to put together an event of this magnitude. We're still crunching the numbers. However, we do know that 510 people came through the Tea Table line. What a wonderful community outreach! The fall theme (with a hint of Christmas) was well received. Our Wrap Up Meeting will be Tuesday, December 3rd, 7pm in the new Crossroads. Please bring your binder and one copy of your updated report. Thank You! Thank You!

Christmas Gathering & Elections

- Theme:** "A Child is Born"
- Date:** Saturday, December 7
- Location:** Bethesda Commons
 - 9am** Coffee & Registration
 - 9:30** Gather Bible Study
 - 10:30** Short Business Meeting & Elections
 - 10:45** Speaker from Mothers of Preschoolers (MOPS) Followed by Christmas Music & Light Lunch

Lutheran World Relief Shipment

As a continuing part of our outreach, we packed up 90 school supply kits and 42 quilts! We transport the boxes to Ankeny (thank you David Hansen), Lutheran World Relief (LWR) gets them to Minneapolis, and from there they are shipped to various locations worldwide. **Thank you to everyone** who helped assemble kits, make quilts, and pack boxes. Many hands make light work!

Benevolent Funds

The deadline for submitting a request for funds from Bethesda Women was Friday, November 1. However, we've extended the deadline to Wed, Nov. 20 (before Thanksgiving). The funds will be distributed by the end of the year. Forms are available at the Welcome Center, or by request to email from the office.

GATHER Circle Bible Study

All the Circles usually meet on the 4th Thursday. However, with the Thanksgiving and Christmas holidays, the meeting dates have shifted (see below). The Bible Study is from *Gather* magazine. Extra copies are available on the Women's Ministries Bulletin Board. New subscriptions to *Gather* magazine are currently half-price (\$9.95/yr)!



4th Wednesday @ 7:15 pm Crossroads (#114)
 November 20
 December 7 (part of Christmas Gathering)
 January 22, 2020

4th Thursday @ 9:30 am Conference Room
 November 21 (one week early)
 December 7 (part of Christmas Gathering)
 January 23, 2020

Bethesda CO\$T \$AVING\$!

With all the exciting new facilities changes this past year there's a palpable buzz in the air difficult to ignore. Many of these enhancements are a financial investment, and Bethesda's members have boldly opted to fund these great initiatives. Your support of this evolution has helped turn several strategic planning goals from dream into reality.

But did you know that some of our more recent infrastructure changes resulted in significant cost savings for the church? Here's a short summary of a few of these budget-friendly efforts, and how much they save us.

Last Fall we added software that interfaces between our HVAC system and church room reservation software. The software manages heating and cooling, automatically, based on when rooms are scheduled to be used. This change lowers our energy use by 17% compared to last year, a nifty result. **Est. annual Cost Savings: \$4,100**

Earlier this year we launched a new website, <https://BethesdaAmes.org/>—check it out if you haven't already. The site is now fully maintained by our Communications Manager, Lisa Ailshie. As a result we've moved away from a vendor that previously managed part of our website. **Est. annual Cost Savings: \$1,675**

And this Spring we switched IT companies, moving from a physical network server to one based in the cloud. Our Database Coordinator, Linda Fevold, has been instrumental in this big migration. Our previous vendor was charging almost \$1,900 a month, our new vendor only \$800, a huge difference! **Est. annual Cost Savings: \$13,140.**

Taken together, these three initiatives result in an annualized **cost savings of almost \$19,000 per year**, freeing funds up to be used for other ministry priorities. As we enter planning season for the 2020 budget, let us give thanks, that as Bethesda Gathers, Grows, and Goes, we continue to do so, effectively, while also being good stewards of our resources. Thanks be to God!

The Wellspring is published quarterly by Bethesda Lutheran Church, a Congregation of the Southeastern Iowa Synod, Evangelical Lutheran Church in America

1517 Northwestern Avenue • Ames, IA 50010-5299 • 515-232-6256
contact@BethesdaAmes.org • www.BethesdaAmes.org

WORSHIP SCHEDULE

Saturdays (Modern) @ 5:30 pm

Sundays (Traditional) @ 9:30 am

Wednesdays (Midweek Renewal) @ 6:30 pm (resumes Sept. 4)

SPLASH Faith Formation / VOYAGERS Adult Forums / Coffee Fellowship
Sunday after service @ 10:40 a.m.

Lead Pastor Bryan Simmons
bsimmons@BethesdaAmes.org

Saturday Worship Coordinator
Ed Kaizer
kaizerjazz@gmail.com

Associate Pastor Ryan Arnold
rarnold@BethesdaAmes.org

Carillon Choir Director
Nick Kaizer
kaizertrumpet@gmail.com

Pastoral Intern
Sonja Gerstenberger
sgerstenberger@BethesdaAmes.org

Communications Manager
Lisa Ailshie
lailshie@BethesdaAmes.org

Youth & Family Ministries
Director

Dan Hinderaker
dhinderaker@BethesdaAmes.org

Administrative Specialist
Lynn Anderson
ljanderson@BethesdaAmes.org

Volunteer Coordinator
Miriam Chadima
mchadima@BethesdaAmes.org

Nursery Coordinator
Valerie McKernan
vmckernan@BethesdaAmes.org

Youth Ministries Specialist
(6–12th Grade)
Lindsay Peters
lpeters@BethesdaAmes.org

Accounting Manager
Clifford McDonald
cmcDonald@BethesdaAmes.org

Director of Music and Worship
Mark Harries-Kretsinger
mkharries@BethesdaAmes.org

Bookkeeper
Cathy Wright
cwright@BethesdaAmes.org

Lead Organist
Mary Nelson
mnelson@BethesdaAmes.org

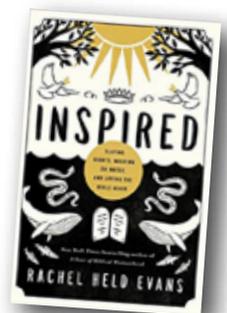
Database Coordinator
Linda Fevold
lfevold@BethesdaAmes.org

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 Spring issue
(deadline January 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 102490764 © Maya Kruchankova | Dreamstime.com

Book Review ~ Jan Gray

The 2018 book, *Inspired*, by Rachel Held Evans, is now donated and being processed soon from the study group at The Memorial Lutheran Church that meets on Fridays. Bethesda members of this group tell me this book is a good read for every adult. The back cover tells us that, “Rachel Held Evans takes the stodgy, ancient bundle of work we call the Bible and makes it accessible without trampling its ancient origins or cultural contexts ... *Inspired* is both delightful and essential.” It is the story of one woman's journey back to loving the Bible.



Stewardship Update

~ **Mike Purcell** Board Chair

The Stewardship Board would like to thank everyone who attended our meals and presentations the weekend of September 12/13.

As active members of Bethesda your support, through sharing of your time, talents and treasures is crucial, and helps us to Gather, Grow, and Go into the world, making a difference through our many ministries. Your commitment is deeply appreciated. If you have not yet turned in a pledge card and wish to do so, we invite you to register to give online—www.bethesdaames.org, click on the “Give Online” link at the top of the page or fill out a pledge card from the Welcome Center.

As we wrap up this year’s campaign we must say “Thank You” for your previous support, and future consideration as we look to begin 2020 by sharing the love of Christ with all.

Youth continued . . .

Bethesda's got Talent

TALENT SHOW & LASAGNA DINNER
January 12 . . 5:30-7pm

Look for our sign-up before early December at the Welcome Center and online. **Sign up (by January 5)** to share your talent—whether you have an individual act or a group—this is your time to shine! *There will also be a separate sign-up for those attending—for food planning.*



Seven Oaks Family Ski Outing Sunday, February 9 . . 4-8:00pm

Join us and bring a friend for this Super Sunday event at Seven Oaks in Boone!

\$25 per person includes ski OR snowboard rental (choose one or the other) and lift ticket. You may want to bring additional funds for food or other items. Sign-ups online and the Welcome Center will be available in early January. Payment deadline is February 2. We'll depart from the Bethesda parking lot with carpools at 3:00pm. Please inform Dan in advance if you are driving separately, then arrive at Seven Oaks by 3:45pm.

Check out our SUPER SUNDAY FUN from last time! —————>

Days for Girls

~ **Lori Woodcock** Team Leader



Bethesda's **Days For Girls (DFG) Team** has been working for a year! For a full year, the team of women at BLC have met every month to trace, cut and organize the pieces of a reusable hygiene kit. We have partnered with the Ames Sewing Team as we get comfortable with the patterns and regulations of a DFG kit. We are excited to announce that we are entering the next phase of production which is the sewing! This means that we will cutting, sewing and assembling reusable menstrual kits from start to finish.

The kits will be distributed all over the world to girls and women in need. According to the World Health Organization, 500 million girls and women lack the basic supplies to manage their periods. They miss precious days of school because of this. A Days For Girls hygiene kit can help girls complete their education by keeping them in school. We have a great team—but there's always room for more, including men! And you don't have to know how to sew. Join us **every 3rd Monday from 6-8:00pm** (except November is the 4th Monday) in the Music Room. You can also support our Bethesda Team by purchasing supplies, gift cards and cash donations (see our brochure at the Welcome Center for a detailed list of donation needs). Contact Jeanne Stewart or Lori Woodcock with questions or your interest.



Bethesda Lutheran Church
1517 Northwestern Avenue
Ames, Iowa 50010

www.BethesdaAmes.org

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Winter Worship & Wonder @ Bethesda

Thursday, December 5

Blue Christmas Worship (healing & comfort) 6:30 pm

Friday, December 13

Beer & Carols (Torrent Brewing Co. . . @ 504 Burnett) 6:30 pm

Sunday, December 15

Christmas Music Festival & Cookie Reception 3-4:30 pm

Tuesday, December 24

Christmas Eve Candlelight Worship 1:00 pm

Pre-service Christmas Concert 3:30 pm

Christmas Eve Candlelight Worship 4:00 pm

Pre-service Christmas Concert 8:30 pm

Christmas Eve Candlelight Worship 9:00 pm

Wednesday, December 25

Christmas Day Worship 10:00 am



weekly worship **SATURDAY @ 5:30 pm (modern)**
SUNDAY @ 9:30 am (traditional)
WEDNESDAY @ 6:30 pm (renewal)

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