

## FROM OUR PASTOR

*“Whoever does not carry the cross and follow me cannot be my disciple.”*

*“So therefore, none of you can become my disciple if you do not give up all your possessions.”*

*“Just so, I tell you, there will be more joy in heaven over one sinner who repents than over ninety-nine righteous persons who need no repentance.”*

*“Just so, I tell you, there is joy in the presence of the angels of God over one sinner who repents.”*

*“You cannot serve God and wealth.”*

*“If they do not listen to Moses and the prophets, neither will they be convinced even if someone rises from the dead.”*

All of these phrases above are sayings of Jesus from our Revised Common Lectionary Gospel readings in September. And there seems to be a common denominator among the types of things Jesus is talking about in Luke 14, 15, and 16.

“The Way” of Jesus, the movement of God incarnate, is always emptying, always giving up something, always pushing toward the edges.

Jesus doesn’t just call us in these texts to carry the cross, he quite firmly demands it. This Christian faith, this life that we have received, is not for our own inheritance, for our own self-gratification, for our own pride or fame. No. It’s all gift and it’s all for others.

Rather than carrying our wealth, our good name, our self-righteousness, our assumptions, or the stuff we possess, or rather, the stuff that possesses us, Jesus invites us to “count the cost” of being his disciple, and then to act.

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**Evangelical Lutheran Church in America**  
God's work. Our hands.

## FROM THE PASTOR (cont'd)

He compels us to follow him in downward-facing stewardship of our lives, emptying our very selves for the sake of others. And not because this somehow saves us, but because we are being made a new creation, formed into the likeness and image of Christ Jesus, who empties himself for us. So, too, should we live emptying lives.

Now, I'm not saying that any of this is easy. It's not.

That's why Jesus continues to hammer the point across to the disciples, and to us, in these chapters of Luke's Gospel. The writer of Luke's Gospel wants us to be keenly aware that glorification is in and through Christ, and Christ's way is the cross.

How are we, Bethesda, emptying ourselves for the sake of others?

Where are we called to abandon our self-security, our wealth, our good name, our pride, that which possesses us? As individuals? As a community of faith? As "bearers of God's creative and redeeming love" to the world?

My prayer for us as we enter the fall is that we would know both the fullness of God's abundant, gracious, self-emptying love in Christ Jesus *and* the radical, world-shifting, cross-carrying life of discipleship that Jesus summons, compels us to enter into.



A handwritten signature in black ink, appearing to read "Pastor Gary".

## The Bethesda Star – Find us Online

August 2022 was the last month  
*The Bethesda Star* will be  
mailed to members.

Beginning September 2022,  
*The Bethesda Star* will be available  
electronically via email,  
[www.bethesdamhd.org](http://www.bethesdamhd.org), and  
Facebook.



### KNOWN TO HAVE BEEN HOSPITALIZED:

Mary Wallum  
Betty Toman

Linda Goodin

### FUNERAL:

Kristine Montis (August 23)

**PLEASE CALL THE CHURCH  
(218) 236-1420 or  
CONTACT THE PRAYER CHAIN  
([lynntkachuk@gmail.com](mailto:lynntkachuk@gmail.com))**

*in the event of any hospitalization,  
a death or birth, so we  
are made aware of your needs.*

**The Bethesda Star** is an informative monthly newsletter  
made available to members and friends.

It is composed at Bethesda Lutheran Church, 401 - 40th Avenue South, Moorhead MN.  
The editor is Roxanne West.

**Deadline for inclusion in the October issue is September 20, 2022.**

# OUTREACH MINISTRY

Bethesda Lutheran Church participated in Pride in the Park, Saturday, August 13<sup>th</sup>, the Interfaith Service at the Fargo Theater and the Pride Parade on Sunday, August 14<sup>th</sup> at 2pm.

Church volunteers set up a booth at the park and we visited with people to let them know all are welcome at Bethesda in Moorhead. Refreshments were served after the interfaith service to all participants, compliments of Bethesda.

On Sunday, August 13<sup>th</sup>, The Pride Parade was held and it was a huge success. Thousands of people lined the streets to cheer for the floats. It was a great experience!

Special thanks to everyone that participated in the events and donated candy and supplies for the float. A very special thank you to Kristine Olson-Johnson and her entire family for all of their help.

Marty Ohren



## Season of Creation

In September we will celebrate the Season of Creation! The theme this year will be "Listen to the Voice of Creation."

Our worship will be infused with images, songs, stories, and prayer about God's good creation.

If you would like to participate please contact Pastor Grant!



**The Burning Bush**  
Ex 3:1-12

# HEALTH MINISTRY

## Memory loss: When to seek help

A number of conditions — not only Alzheimer's disease — can cause memory loss in older adults. Getting a prompt diagnosis and appropriate care is important.

Everyone forgets things at times. Perhaps you misplace your car keys or forget the name of a person you just met.

Some degree of memory problems, as well as a modest decline in other thinking skills, is a fairly common part of aging. There's a difference, however, between normal changes in memory and memory loss associated with Alzheimer's disease and related disorders. And some memory problems are the result of treatable conditions.

If you're having memory problems, talk to your health care provider to get a diagnosis and appropriate care.

### Memory loss and aging

Normal age-related memory loss doesn't cause a significant disruption in your daily life. For example, you might occasionally forget a person's name, but recall it later in the day. You might misplace your glasses sometimes. Or maybe you need to make lists more often than in the past to remember your appointments or tasks.

These changes in memory are generally manageable and don't affect your ability to work, live independently or maintain a social life.

### Memory loss and dementia

The word "dementia" is an umbrella term used to describe a set of symptoms, including impairment in memory, reasoning, judgment, language and other thinking skills. Dementia usually begins gradually,

worsens over time and impairs a person's abilities in work, social interactions and relationships.

Often, memory loss that disrupts your life is one of the first or more-recognizable signs of dementia. Other early signs might include:

- Asking the same questions repeatedly
- Forgetting common words when speaking
- Mixing words up — saying "bed" instead of "table," for example
- Taking longer to complete familiar tasks, such as following a recipe
- Misplacing items in inappropriate places, such as putting a wallet in a kitchen drawer
- Getting lost while walking or driving in a familiar area
- Having changes in mood or behavior for no apparent reason

<https://www.mayoclinic.org/diseases-conditions/alzheimers-disease>

\* \* \*

Please join us to learn more about this important topic on **Friday, October 14 at 1:00 p.m. in the Fellowship Hall at Bethesda** when we welcome Deb Kaul, Executive Director of Memory Café, Red River Valley! See you there!

Tammy Costin, Parish Nurse





**Friday, October 14th**  
**1:00 PM**  
***Please come!***

***All are invited for a presentation on***  
***REDEFINING MEMORY LOSS***  
***by***  
***Deb Kaul, executive director of Memory Café, Fargo.***

# FROM THE PRESIDENT

What a busy August it has been at Bethesda! The ministry of proclamation, showing the love of God for all, is at the center of our mission. This is especially lived out at Pride in the Park, the Pride Parade, and Vacation Bible School, as well as our



Sunday worship and Eucharist. Thank you to the many people who made and continue to make these gatherings possible, meaningful, and fun, too.

Thank you to Sunday Coffee servers, the many people who make and serve supper at Churches United on the fourth Monday of each month (8/22), and those who make bars &/or serve at funerals. Bethesda's ministry of hospitality and comfort continue to welcome all and is central to our mission of healing and seeing Jesus in this place.

A special thank you to those who have cleaned while we are without a custodian. For six weeks, the following people have served Bethesda by sweeping, vacuuming, cleaning bathrooms, taking out trash, some mopping as time permits...: Theo and Tyler Baspaly, Tammy Costin, Deb Fogel, Nancy Lund, Sue Reinhart, Dillon Swanson, Twila Nicholson, Lynn Tkachuk, Rick and Shannon Vanderford, Petra and Grant Vanderford, and Roxanne West. These volunteers made it so the children and staff at



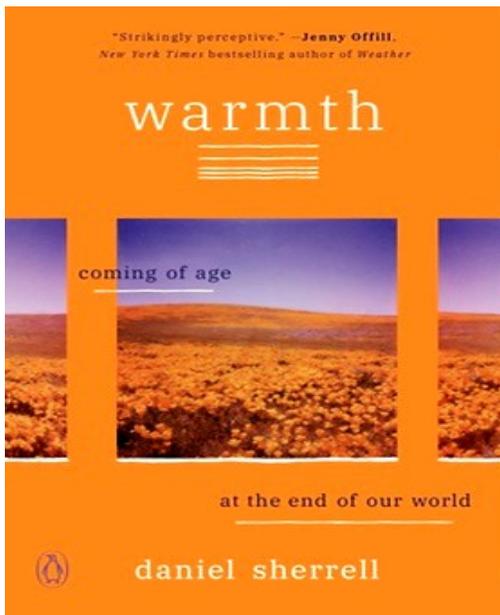
BAS would have a clean space each day, not to mention saving Bethesda both time and money by not hiring a temporary replacement. Thank you for your time, effort, and faithfulness. The phrase 'over & above' comes to mind. Know that you are truly appreciated. Thanks again for stepping up to serve.

As I think about the many ways people care for one another at Bethesda, I am reminded of Bethesda's mission statement of 1993: "To be a place of healing dedicated to offering the community opportunities to experience God and to respond in Christian commitment". I also think of the last sentence of our 2021 Reconciling in Christ Welcoming Statement, "We pledge to live as reconciling people in our life together, working to be a sign in the community that Jesus Christ is here." How exciting and humbling it is to look back and see how mission is carried out both as a place of healing and also showing that Jesus Christ is truly at Bethesda.

So what's ahead for you and me in September and beyond at Bethesda? Check out opportunities for worship, growth, and service at Bethesda highlighted in this newsletter (our first electronic one!). Our active participation leads us to the recognition that Jesus Christ is here in me, in you, in the lives we lead, at Bethesda and throughout the whole world.

Peace to you in Christ, the one who heals, calms the storms, walks with us on our journey, and loves us unconditionally.

Sue Reinhart, President



READING  
RELIGIOUSLY

Wednesday,  
September 28  
@ Noon

Bring a brown  
bag lunch!

# Bethesda Evangelical Lutheran Church

## 2022 Bethesda Budget

### JULY 2022

(Church only)

	MTD			YTD		
	Actual	Budget	over Budget	Actual	Budget	over Budget
Total Income	\$25,400	\$21,618	\$3,782	\$153,421	\$151,326	\$2,095
Total Expenses	\$29,480	\$22,318	\$7,162	\$171,309	\$156,226	\$15,083
Net Income	(\$4,080)	(\$700)	(\$3,380)	(\$17,888)	(\$4,900)	(\$12,988)

## THE RECIPE CORNER



### CHOCOLATE CHIP CARAMEL BARS

Submitted by Tammy Costin

250G (1 cup) unsalted butter,  
at room temperature  
1 cup packed light brown sugar  
1/2 cup granulated white sugar  
2 large eggs  
1 teaspoon vanilla extract  
1 teaspoon kosher salt

1 teaspoon baking soda  
2-1/2 cups all purpose flour  
2 cups semi-sweet chocolate chips  
396g (14oz.) sweetened condensed  
milk  
10 oz. soft salted caramel candy,  
unwrapped (about 40 pieces)

#### Instructions:

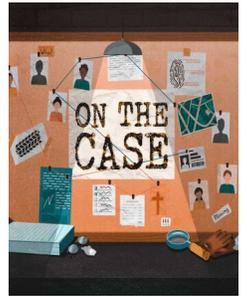
- ◆ Preheat the oven to 350 degrees F. Line a 9x13 inch baking pan with foil and coat liberally with cooking spray.
- ◆ In a large bowl, use a hand mixer to combine the butter and both sugars on medium speed for 2 minutes until fluffy.
- ◆ Add the eggs, vanilla, salt and baking soda and continue mixing until smooth, scraping the sides of the bowl as necessary.
- ◆ Turn the speed to low and add the flour until combined. Stir in chocolate chips
- ◆ Press half the dough into the prepared pan.
- ◆ Add caramels and sweetened condensed milk into a large microwave-safe bowl. Microwave for 20 seconds at a time, mixing each time until smooth.
- ◆ Pour the caramel mixture on top of the dough in the pan and drop the remaining dough evenly in teaspoon-sized amounts on top of the caramel.
- ◆ Bake for 25 to 30 minutes, until the center is just set.
- ◆ Allow to cool completely in the pan before cutting into bars.
- ◆ Bake in 350 degree oven until golden brown. *Enjoy!!*



# YOUTH CONNECTIONS

Bethesda held Vacation Bible School on August 15-18. We had a total of 16 kids from Bethesda, Bethesda All Stars, and the Moorhead community join us for times of singing, praying, Bible Study, arts and crafts, games, and solving mysteries. The theme for the week was "On the Case", where we dug into four different parables to discover how we can grow in our faith. Our big ideas for the week were spending time with God is how we grow, using our gifts is how we serve, spending time with others is how we care, and sharing our story is how we love.

We sang songs which have become VBS favorites over the last couple summers including Sanctuary, Psalm 150 (The Trumpet Song), The Hippo Song, & a new one this year, Go in Peace. We had kids ages 3-8 years old, all of which did so well singing, listening, learning, creating, and playing. Our time together each evening seemed to fly by! A huge shout out to all those who helped out this week, either with dinner before VBS or those that helped with programming. VBS wouldn't have been the same without you and your support of our kiddos is very much appreciated.



~ VBS Class of 2022 ~



\* \* \* \*

**CONFIRMATION** will begin on Wednesday September 14th. This year we will be looking at Luther's Small Catechism and how we live out and grow in our faith in this world. More info to come about times, etc. If there are 7th, 8th, or 9th graders who would like to join us for confirmation this year, please let me know:

[jessicaberndt@bethesdamhd.org](mailto:jessicaberndt@bethesdamhd.org)

# PROPERTY COMMITTEE

Property Committee would like to announce that the process of receiving bids has commenced! We have received some bids, and will continue to wait through November to make sure we have the lowest bid from a quality contractor! We will be accepting donations to our Forward 50 category so that we can have a strong start to this project! There will be more information from the Stewardship Com-



mittee on the exact process of how to make donations to this category.

The Committee will also be working on several projects throughout the church to keep your worship experience as comfortable as possible. Various ventilation maintenance and upgrades will keep our airflow strong so that we can all relax and enjoy our wonderful worship space.

Thank you for all you do!

Theo Baspaly

# COUNCIL HIGHLIGHTS

## — AUGUST MEETING —

Present: Susan Reinhart, Rev. Grant Vanderford, Chris Carlson, Theo Baspaly, Marty Ohren, Connor Henschke, youth representative, and Carol Hamilton. Absent were Mary Wallum, Nancy Lund, and Jay Johnson.

Devotions by Sue Reinhart.

President Sue Reinhart called the meeting to order at 7:05 PM.

Secretary's Report for June. Motion to approve minutes – motion carried.

Treasurer's Report for June. Sue read the report provided by Nancy Lund. We are under budget for income and over budget for expenses. YTD loss is currently at \$19,000. Primary issue driving the net loss is income – both from congregation offering, and partner churches in Table of Mercy. The secondary issue is expenses, where we didn't project a sufficient amount for snow removal, parking lot repair, and copying/printing and mailing expenses. Motion to approve treasurers report - carried.



We are looking to hire a part-time custodian. We have had no applicants after one week posted. We are happy to entertain hiring a younger worker, such as those in high school. The job is not overly difficult and pays better than most jobs which hire younger workers. Marty will see about posting the position at MState, and potentially Concordia and MSUM – a student might want a flexible part-time job. Connor will ask around to see if he has friends who would like the job.

Pastor Grant summarized his written report provided to the council. Pastor had a request to allow a plaque to be posted from the family of Ernest and Ester Nelson recognizing their donation of land for the construction of our church 50 years ago. Council decided that we do not name donors currently, whether with plaques or name plates, and do not want to change that tradition, but thank the family for the gift their grandparents made at the time of construction.

Marty discussed Pride in the Park and the Pride parade. Volunteers are welcome to both parade and the table in the park.



Rally Sunday is September 11. We will begin collecting food for the Dorothy Day Food Pantry on that day (*a list of their needs is on back page*) and will continue through September. On September 18 there will be a potluck, with Sue Koesterman presenting on Churches United for the Homeless.

Su Legatt is passing the baton to Petra Vanderford to maintain the webpage and Facebook page.

Our next meeting will be September 12th.

The meeting ended with the Lord's Prayer and adjourned at 8:45 PM.

Chris Carlson, secretary

## STEWARDSHIP

The Stewardship Committee thanks everyone who has contributed to Forward 50! As we start to gain momentum, there will be more communication coming in the next couple of months as to how much money we will need to raise. We will start using a brand new thermometer to gauge and track our progress!

As we start working on this great project; as always, our mission of stewardship continues. In the coming months we will start our annual pledge drive to fund our mission for the next year. We ask our members to keep us in mind and heart when the time comes for us to ask for our pledges for next year's mission!

Thank you always,

Theo Baspaly and  
Stewardship Committee



# Bethesda Music Series

**SUNDAYS AT 4PM**

September 18th - Quarter Notes

*followed by evening prayer*

October 23rd - "Proclaim in Grateful Songs"

Hymn Festival with RRVAGO

November 20th - Organ Recital

Cantor Dillon Swanson

*followed by evening prayer*

November 27th - Advent Procession with

Lessons and Carols



DOROTHY DAY FOOD PANTRY  
**DONATIONS  
 NEEDED**



2 lb. bags of flour  
 4 lb. bags of sugar  
 brown sugar\*  
 vanilla\*  
 spices\*  
 vegetable oil\*  
 boxed cake mixes  
 boxed dinner kits (hamburger/chicken helper)

\*SIZES SUITABLE FOR  
 INDIVIDUALS + FAMILIES  
 TO TAKE HOME  
 (NO BULK SIZES,  
 PLEASE)



**WORSHIP SCHEDULE**  
**~ SEPTEMBER ~**  
 September 4, 11, 18, 25  
 9:30 AM

**~ DRUM SET ~**  
**WITH SOFT CASES**

**\$150 (or best offer)**



**CHURCH STAFF**

- Pr. Grant Vanderford..... Pastor
- Roxanne West ..... Office Manager
- Jessica Berndt ..... Youth Connections
- Dillon Swanson..... Cantor
- Tammy Costin..... Health Ministry
- Billi Jo Townsend ..... Financials

**OFFICERS**

- Susan Reinhart ..... President
- Mary Wallum..... Vice President
- Chris Carlson ..... Secretary
- Nancy Lund..... Treasurer