



FROM THE PASTOR

This Is Why People Burning Down Fast Food Joints and Whatnot

by Jacqueline Allen Trimble

- Q. *How do others sin against you?*
 A. *By cursing me—telling lies about me—or striking me.*
- Q. *What must you do to those who thus sin against you?*
 A. *I must forgive them.**

See, I learned my catechism well.
 Learned to offer my cloak and coat, my cheek
 again and again as the skin was splayed
 from my body. I can quote
 Martin Luther King Jr. with ease,
 praise the Americana of his martyrdom,
 the sweet, unselfish beauty of that bullet's velocity.
 Shall I sing "We Shall Overcome" while
 I swing? I have wanted so long
 to believe in justice, to think of each blow
 as recompense for my wickedness.
 How can I continue?
 How can I continue?
 How can I continue
 to take and eat this image
 of myself, choke on the eloquence
 of my dissent, speak love fluently
 to someone with his knee
 on my neck, his bullet in my child?

**excerpt from "A catechism, to be taught orally to those who cannot read: designed especially for the instruction of the slaves, in the Protestant Episcopal Church in the Confederate States"*

(continued on page two)

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

FROM THE PASTOR *(cont'd)*

As we trample across the doorstep of Black History Month, February 2023, we are again bearing witness to black Americans being beaten to death by those who have taken an oath to “serve and protect.” Tyre Nichols is his name this time.

Maybe you’ve become numb to the violence that rages around us. That’s how Rodney King’s daughter, Lora, describes her feelings after watching the video released by Memphis Police on Friday, January 27th. “I’m sick. I don’t know how to feel.” She was 7 years old when her then 25 year old father was beaten by Los Angeles Police in 1991.

Maybe you’re feeling ambivalent about this “situation,” wondering how it matters to you. Maybe it feels a world away. I challenge you to dig a little deeper into your heart and humanity, to picture the face and body of your own child, your own niece or nephew, your own father, your own mother experiencing this trauma, this grief, this inhumanity. Perhaps empathy, “feeling-with” another, is a muscle that we exercise much too little.

Maybe you’re just so damn tired, so damn defeated, so damn drained that you just can’t anymore. Maybe you, like the poet Jacqueline Allen Trimble, are asking, “how can I continue?” over and over and over again.

You know me, and I know you. And in this relationship, this bond of pastor and people that we have, sometimes hard realities and whole truths need to be spoken, need to be aired. If we want to be reconcilers, peace-makers, healers and repairers of the breach, then we, beloved Bethesda community, have work to do.

We can’t pray away the reality of our complicity, or, at best, our convenient ignorance of the systematic suffering and active oppression of our siblings, particularly our siblings of color. We can’t sing away the disparities in wealth, housing, healthcare, and the thousand other ways that white supremacy has shaped and continues to influence our community, our neighborhoods, and even our church.

I don’t have any easy answers for you. I don’t have a grand nugget of wisdom. I can remind you of some passages of scripture that may comfort you. But more often than not, scripture won’t ease the discomfort you’re feeling, scripture won’t make



KNOWN TO HAVE BEEN SICK / HOSPITALIZED:

Barb Bernhardson

Joyce Swenson

Nate Magloughlin

Scott Videen

Brad Forness

Emmy Falco

you feel ok about any of this. Scripture has a way of calling our attention ever more deeply to the needs of our neighbors, and, indeed, to our own deep needs.

What we can do, however, and what we must do, is look to Jesus and his cross as the way of reconciliation. Only by living as Jesus lived, a cruciform life, is there any possibility of reconciliation, of healing, of repairing the damage, of resurrection out of this death.

Perhaps we, in these days of violence, need to re-member and embody Jesus as he came to Bethany when his friend Lazarus died.

³³ When Jesus saw Mary weeping and the Jews who came with her also weeping, he was greatly disturbed in spirit and deeply moved. ³⁴ He said, “Where have you laid him?” They said to him, “Lord, come and see.” ³⁵ Jesus began to weep. (John 11:33-35)

Perhaps we are called in these times to bear witness to the voices of the mothers, sisters, cousins, aunties as their “cry is heard in Ramah – weeping and great mourning.” (Matthew 2:18)

Perhaps we are called in these times to “come and see” where our siblings lay, dead, and to begin to weep.

Perhaps we need to lean into lament as a spiritual practice - as we enter Black History Month, as we approach Lent, as we grieve and wonder about how to be more human with one another.

I don’t know where this journey will take our feet, but I know that I’m ready to walk. Will you join me?

A handwritten signature in black ink, appearing to read "Pastor Grant". The signature is fluid and cursive.

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 March 2023 issue is February 22, 2023.

COMFORT FOOD COOKOFF

Judge:

Pr. Rebel Hurd

Director for
Evangelical Mission
of the NW
Minnesota Synod

WINNERS:

JUDGE'S CHOICES:

Ham & Potato Casserole

Sue Reinhart

Gluten Free Chili

Sharon Larson

Cream Puff Dessert

Kristin Ohren

PEOPLES' CHOICE:

Chicken Potpie

Kevin Kouren

Beef Stew

Julie Phillips

Oreo Cheesecake

Selah & Ingrid

Vanderford

CREAM PUFF DESSERT

Made by Kristin Ohren

1 cup Water

1 stick Butter

1 cup Flour

4 Eggs

2 small pkgs instant Vanilla Pudding

8 ounce Cream Cheese

2-2/3 cups Milk

8 ounce Cool Whip

Chocolate Syrup (to drizzle over dessert)

Bring water and butter to boil. Remove from heat and add flour.

Add eggs, one at a time, beating well after each addition.

Pour in greased 9X13 inch pan. Bake at 400 degrees for 30 minutes.

Cool. Soften cream cheese. Beat in instant pudding and add milk.

Spread on cooled crust. Top with cool whip.

Drizzle with chocolate syrup and refrigerate. *Enjoy!!*



DAD'S HAM & POTATOES

Made by Susan Reinhart

4 or 5 Baking Potatoes

1/4 cup Butter or Margarine

1/4 cup Flour

1/2 teaspoon Salt

2 cups Milk or Light Cream

1/2 teaspoon Worcestershire

Sauce

2 cups cooked Ham,
cut into chunks

1/2 cup grated Cheddar Cheese

Wash potatoes; drain but do not dry. Place in slow-cooking pot.

Cover and cook on low for 6 to 8 hours. Cool slightly.*

Peel and slice. In saucepan, melt butter. Add flour and salt; stir until blended. Slowly add milk, stirring constantly. Cook several minutes,

Stirring until smooth and thickened. Stir in Worcestershire sauce,

then potatoes and ham. Spoon into

1-1/2 quart baking dish. Sprinkle

with cheese. Heat in 350 degree F

oven for 30 to 40 minutes. Makes

4-5 servings. This recipe not suitable

for Cornwall or Sears tray-type

Crockery Cookers.

- At this point, potatoes may be refrigerated and the recipe continued the next day, if desired.



winter wonderland

FAMILY FELLOWSHIP

SLEDDING AT THE PARK + HOT CHOCOLATE AT CHURCH

Hill at Riverview Estates Park
3801 5th St. S (just north of Bethesda)
Sunday, Feb. 12 at 2 p.m.
bring your own sled

FAMILIES COME IN ALL SHAPES + FORMS
LITERALLY EVERYONE IS WELCOME!
WHETHER YOU HAVE KIDS WITH YOU OR NOT
COME TO THE PARK OR JUST FOR TREATS

LIFELONG LEARNING

As I reflect from my new home with my sister's family in Eden Prairie, the season, and thus the word "epiphany," come to mind. The season recognizes the star, the light, that led the Magi to the baby Jesus.

In our everyday life as God's children, God enjoys our process of discovery. I recall reading many years ago about the four pillars of learning: learning **to do**, learning **to be**, learning **to know**, and learning **to live** together.

More and more I see the architecture of these pillars, how each supports and influences the others. Bethesda has these structures in place.

I struggled as a first-time council member thinking I was not doing enough by not creating more opportunities for learning. My epiphany is wondering if "more" distracts us from the essential. There is enough in the simplicity of the Word from Psalm 56:9 "This **I know** that God is for me."

Pastor Vanderford read Jan Richardson's poem "How the Light Comes" not once, but twice in worship:

I cannot tell you
how the light comes.
What I **know**
is that it is more ancient
than imagining.

May we **open**
and **open more**
and **open still**
to the blessed light
that comes.

I pray your learning to be, to do, to know and to live together will ever increase. And that your epiphanies of Love will be brighter and deeper in 2023.

Submitted by Carol Hamilton

BETHESDA FELLOWSHIP

VALENTINE'S DAY PARTY

Tuesday: February 14th
Event: Games and Desserts
Time: 1:00 p.m.

LOOKING AHEAD:

Tuesday: March 14th
Event: Cooking for 1-2 people
presentation
Guest Speaker



~ More details later ~

A SEASON OF HOPE

LENT

This Lent, we're putting God's love in action by making Lutheran World Relief Personal Care Kits. The loss and uncertainty of COVID-19 continues to hit our poorest neighbors around the world even harder. And we ourselves are restless after two years of wandering in the wilderness of a pandemic.

We want to announce to the world that Christ makes a new season possible: a **Season of Hope**. We're excited to engage in this project as a community during our Lenten journey this year.

HERE'S OUR COLLECTION SCHEDULE:

WEEK 1 - February 26

Bars of Soap

(2-3 bars, 4 to 5 oz., any brand, in original wrapping)



WEEK 2 - March 5

Bath Towels

(light-weight, maximum 52" x 27", dark color recommended)

WEEK 3 - March 12

Toothbrushes

(adult size, in original packaging)



WEEK 4 - March 19

Combs

(Sturdy with larger tines).

WEEK 5 - March 26

Nail Clippers

(metal, attached file optional)



Your gift to Lutheran World Relief spreads hope and saves lives in the poorest parts of the world.



LUTHERAN
WORLD RELIEF



~ Memorials ~

FLOWER FUND

In Memory of:

Dr. James Kaplan

From:

Swedish Cultural
Heritage Society of the
Red River Valley

BETHESDA presents MEXICAN NIGHT

MOVIE NIGHT



(for all ages)

and MEXICAN THEME

POTLUCK

February 25, 2023
5:00 PM



Parish Life will provide
the taco meat —

Please bring items to accompany
the meat, such as:

Enchiladas, hard and soft shell Tacos,
Lettuce, Tomatoes, Sour Cream,
Olives, Cheese and/or
Cheese Sauce,
Red Sauce, Salsa or Queso,
Mexican Desserts (or American)
Mexican Casseroles (or American),
and Fruit.

Please SIGN UP in the kitchen!

HEALTH MINISTRY

A Winning Winter Attitude: Staying Positive in the Winter

After the hustle and bustle of the holidays, there can be a letdown. It is colder, the days are shorter and we tend to be more isolated with no holiday gatherings and other activities to keep us busy. Sometimes it is easier to let the “blues” take over. This year, make a decision to find ways to make winter time fun and productive. Follow these tips for staying positive this winter.

#1: Make the Best of It

Look for ways to continue to be active in the winter and get outside and enjoy it. Try something new, like ice skating outside, snow skiing or snow tubing, or taking a walk in the snow.

#2: Take up a New Hobby

Find something you have been interested in and take time to investigate it more. Do something creative, for example, knit, paint or take an art class. Try photography or take a drive to capture the beauty that winter brings.

#3: Stay Active

Even if you would rather not be outside, you can still be active. Use indoor exercise options. For example, go to the gym, use the treadmill that has been collecting dust, take up rock climbing with an indoor climbing wall or walk at the mall. If you really need to get warm, try something new, like hot yoga – and feel the burn!

#4: Organize

Winter can be a wonderful time to tackle those indoor projects that get put off when the weather is nice. Clean out a closet or your basement, and donate used items to a charity. Get your home office or workspace in order so you are ready for tax season. Get the year's photos together and make a new photo album or organize your photos on the computer. Do things you do not want to do when the summer sun is calling us to go outside.

#5: Plan

Plan for the spring and think about what you want to grow in your garden or in your yard, or consider what cleaning or remodeling projects you might want to do. Think about summer and/or vacation and how you want to spend that time.

#6: Keep in Touch

Winter is a great time to connect with friends and family, near and far. For those close to home, have a family night and play games, watch a movie, pop popcorn and enjoy each other's company. Sit around the fire and share stories and reminisce. When friends and family are farther away, take time to write letters or call. It can be such a positive boost to our spirits to touch base with those we love.

YOUTH CONNECTIONS

Let me tell you about Bethesda's young people. I feel very thankful to grow along side them each week. In Sunday School we follow the lectionary, reviewing the gospel we just heard in worship. This month we have talked about Jesus' baptism, what it means to follow him, and what it means to fish for people. Our three year olds through 6th graders ask good questions and know a lot of things! It is a bright light on my Sunday mornings to spend time with our young people to explore God's love. We will have extended Sunday School during the annual meeting on February 5th.

That brings us to Wednesdays. Our 7th - 9th graders this month have looked at the Ten Commandments, and the first two articles of the Apostles' Creed this month. We had Food & Fellowship at the end of the month where we ate dinner, had good conversation together and had a game night. We played a competitive game of Confirmation Guess Who.

Coming up, we have a family fellowship event of sledding and hot chocolate on February 12th at 2 pm. All are welcome - hope to see you there!

Jessica Berndt

#7: Nurture Yourself

There is no better excuse to read a book or complete that crossword puzzle than when it is too cold to be outside. Check out a TV series you have wanted to watch from the library. Bake a batch of cookies. Build a fire, wrap up and just watch the snow fall. It can be such a gift to have that time for ourselves and our family.

#8: Appreciate

Appreciate the quiet, the peace and the restful state that comes after the holidays are over. It is in our nature to “hibernate” during the winter. See it as a time to reflect, be still and relax.

#9: Eat Well

Winter is a great time to try new recipes and the best time for crockpot meals. Try a new stew or soup. There are wonderful low-fat, healthy recipes online or at your local library. Look for crock pot recipes that allow you to return home to the cozy smell of a home cooked meal.

<https://www.trihealth.com/dailyhealthwire/wellness-and-fitness/a-winning-winter-attitude-staying-positive-in-the-winter>

I hope this helps us all to enjoy the beauty of this season!
Tammy Costin, Parish Nurse

Churches United CEO Pastor Sue Koesterman honored with MoorHeart Award

Winner is committed to helping people in need throughout the community

Congratulations to Sue Koesterman! On January 23, the Moorhead City Council and Mayor Shelly Carlson presented her with the MoorHeart Award.

Pastor Sue Koesterman is CEO of Churches United. She is committed to her service of reaching out and helping our neighbors in need, whether that be through shelter, food, or some other compassionate act. Sue encourages everyone in Moorhead to remember and advocate for those around us who are struggling with homelessness and poverty. Her nomination includes the following statement:



“Pastor Sue Koesterman is known for her achievements as the current CEO of Churches United. For the past six years, her leadership and guidance have impacted countless individuals through her steadfast commitment to treating others with compassion, concern, dignity, and respect. In everything (Churches United does), Pastor Sue is at the forefront setting the example and advocating for our community. She even took an extra step – or paw – by having her rescue dog, Wanda, certified as an emotional support animal. As an employee of Churches United, my nomination is more than professional, but also personal, as I strive to be the leader she is today because Pastor Sue Koesterman truly is here for every neighbor in need.”

For all she does for Moorhead – and especially for the way she was able to navigate the effects of the pandemic through her adaptable work ethic – the MoorHeart selection committee chose Sue Koesterman to receive the MoorHeart Award. Sue is a great example of the MoorHeart spirit. Her relentless drive, problem-solving and compassion for everyone around her makes Moorhead a better place.

The MoorHeart award is an opportunity to recognize individuals who go above and beyond to demonstrate community within our City by their actions and service. A team of volunteers from city boards and commissions selects award recipients. The MoorHeart award is commemorated with a piece of art commissioned from Moorhead-based



Information on nominating individuals/organizations for the MoorHeart award can be found on the City of Moorhead website. Contributions large and small are worthy of nomination!

COUNCIL HIGHLIGHTS

— January 10th, 2023 —

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

Devotions by Pastor Grant using Luke 10: 1-12.

President Susan Reinhart called the meeting to order at 7:05 pm.

Secretary's Report (Minutes) for December. Minutes approved.

Treasurer's Report by Nancy Lund. We continue to run behind in income. We ended 2022 at a deficit of \$15,000. Table of Mercy was robustly supported by the congregation. Nancy reminded all of the reports they are responsible to submit for the annual report. Treasurer's report approved.

Nancy presented the BAS budget report and lauded BAS for their well-considered, realistic, and bold budget. Like BLC, BAS must account for increases in utilities, wages, cleaning and operating expenses. They accomplished meeting this budget challenge while remaining competitive in their market. Motion to approve the BAS financial report is approved.

Pastor Grant and Nancy presented the final budget report for the annual report. Motion to approve the financial report for the annual meeting approved.

Pastor Grant led a discussion regarding Forward 50. We are stymied by the dramatic increase in costs for the projects we have intended to commit the campaign towards. Pastor sought advice from Jon Olson who has extensive experience with capital campaigns. We are looking for guidance on how to proceed.

Pastor presented to the council an opportunity to travel to the Holy Land through Concordia. This will be an opportunity to cover continuing education while having a unique and valuable experience. Cantor Dillon will be traveling on the same trip as part of his PEAK experience with Concordia. Nancy moved that we add \$4,500 to the line item in the annual budget for continuing education. Motion approved.

Annual Meeting is set for February 5th.

Reports for the annual meeting are due by January 18. Our next meeting will be our council retreat on Saturday, February 11th.

The meeting ended with the Lord's Prayer and adjourned at 8:55 pm.

QUILTING



Come and enjoy quilting and fellowship.

WHEN: Thursdays

12:30-4:00 PM



Annual Meeting

Sunday, February 5th

@ 10:30 a.m.

Fellowship Room

Members who are snowbirds or homebound may attend via Zoom. Link available closer to date

amazonsmile
You shop. Amazon gives.

Unique AmazonSmile link

When customers sign up for AmazonSmile, they're asked to select one of over a million charities to support. When customers click on the unique link, they skip this charity selection process.

Instead, they're taken to smile.amazon.com and are automatically asked if they want to support Bethesda Lutheran Church.

Our unique charity link is:

<https://smile.amazon.com/ch/41-0742488>

Amazon donates 0.5% of the price of eligible purchases to the charity selected. Thanks!



CANTATA CHOIR

COME SING WITH US
FOR THIS SPECIAL EVENT!
SMALL COMMITMENT
ONE PERFORMANCE

SUNDAY, APRIL 2 | 4 P.M.
ALL ARE WELCOME TO JOIN!

CONTACT CANTOR DILLON
FOR MORE INFO



WORSHIP SCHEDULE for February

- February 5 — 9:30 AM Eucharist**
10:30 Fellowship; 10:45 Sunday School
10:45 ANNUAL MEETING
- February 12 — 9:30 AM Eucharist**
10:30 Fellowship; 10:45 Sunday School
- February 19 — TRANSFIGURATION**
9:30 AM Eucharist; 10:30 Fellowship;
10:45 Sunday School
- February 22 — ASH WEDNESDAY**
5:30 Lenten Supper; 6:30 Worship
- February 26 — 9:30 AM Eucharist**
10:30 Fellowship; 10:45 Sunday School

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