

Bethany Lutheran Church

26418 Mountain Hwy E, Spanaway, WA 98387 ~ Janeen Smith, Pastor

"... and sent to serve."



**Evangelical Lutheran
Church in America**

God's work. Our hands.

October Newsletter 2019

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October Worship

Sundays

8:00 AM & 10:30 AM

Sunday School Begins

Sundays, 9:15 AM

Office Hours

Monday – Thursday

10:00 AM – 4:00 PM

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Focus on Stewardship: Discerning our Spiritual Gifts

"We have gifts that differ according to the grace given to us"

Romans 12:6

This year, as we each prayerfully consider the financial commitment we make toward the ministries of Christ's church here at Bethany in 2020, our focus will be on finding our spiritual gifts. To help discern what those are and how they might be used in ministry, we are asking for your participation in a *Finding Your Spiritual Gifts* inventory. Details can be found in your stewardship packet (ready for pick up in the narthex.) While we will be exploring biblical passages related to gifts during our stewardship moments on Sunday mornings during the Stewardship Drive, it is our hope that you will fully participate in this gifts study either individually or in small groups. After working through these steps, you may find yourself filling out the Ministries Response Form from a fresh and renewed perspective!

Deadlines:

- Sunday, October 20 – turn in *Financial Estimate of Giving Form* for 2020
- Sunday, December 29 – turn in *Ministries Response Form* for 2020

All Church Auction

Saturday, Oct. 12th at 5:30 PM, doors open at 5:00 PM.

Tickets for the Auction and Dinner are on sale now! Get your advance dinner ticket sales Sunday, Oct. 6th in the narthex. This will help with meal planning, and what a meal! There will be traditional Oktoberfest fare, including brats and sauerkraut, pretzels, and more. Creig Kuwitzky will be our chef and Clay Ching will be our auctioneer. All proceeds will benefit the Heating and Air System fund. Please see the sign-up poster in the narthex for auction donation ideas, volunteer opportunities, etc. Solicitation letters are available in the office for those seeking donations from local businesses.

Reformation Sunday, October 27th

– WEAR RED –

Worship at 8 & 10:30 AM ~ Potluck beginning at 11:45 AM ~ Halloween Activities for all ages from 12:00 – 2:00 PM

Join us as we celebrate the heart of our faith: the gospel of Christ—the good news—that makes us free! We pray that the Holy Spirit will continue to work among us as we reach out with Word and service to the world. You are invited to wear red to signify the activity of the Holy Spirit among us.

For the potluck, bring a hot dish, salad, or dessert; drinks will be provided. Between 12:00 and 2:00 PM there will be crafts and games for the children, pumpkin painting, and trick or treat stations inside and out (car trunks?).

Senior Social

Please join the "Lunch Ladies" for the October Senior Social on Thursday, October 17th at noon. The theme this month is Fall and on the menu are soup, bread, and Caesar salad, with apple crisp for dessert. All are welcome!



We Pray For ...

- Beulah Parsons – OFF hospice
- Leanne Wells – vascular parkinsonism
- Obie Estby – ongoing health concerns
- Chris Popek – spinal arthritis diagnosis
- Jamie Lima – hospitalization
- Marc Olson – ongoing treatment of ALS
- Sean Gallagher – (friend of Judy Scott's) undergoing experimental cancer treatment

Calendar of Monthly Events

Property Meeting

Tues. Oct. 1st, 11:00 AM, Library

Gadley Memorial Service

Sat. Oct. 5th, 2:00 PM

Auction Meeting

Sun. Oct. 6th, 9:30 PM, Litzer Hall

Bethany Connect

Sun. Oct. 6th, 11:30 AM, Rm. 8/9

Finance Meeting

Mon. Oct. 7th, 5:30 PM, Office

Council Meeting

Tues. Oct. 8th, 7:00 PM, Litzer Hall

Bethany Quilters

Thurs. Oct. 10th, 9:00 AM, Litzer Hall

All Church Auction

Sat. Oct. 12th, 5:30 PM, Sanctuary

Youth & Sunday School Pizza Party

Sun. Oct. 13th, 11:45, Litzer Hall

Senior Social

Thurs. Oct. 17th, 12:00 PM, Litzer Hall

Confirmation

Sun. Oct. 20th, 9:15 AM, Rm. 8/9

Yahweh Yarners

Sun. Oct. 20th, 9:15 AM, Library

Reformation Potluck/Party

Sun. Oct. 27th, 11:45 – 2:00 PM, Litzer Hall

Who Is Marc Olson?

Marc Olson is Karen Andrascik's brother and he was diagnosed with ALS in February of this year. Because Marc is an avid marathon runner with 35 marathons under his belt, Marc's family is promoting the upcoming Portland Marathon on Oct. 6th, gathering donations for the ALS Foundation in honor of their dad. His daughter Leah says, "Although dad will not be physically running the marathon, his fight against ALS is a marathon all the same." Follow his story at:

www.marcsmarathon.com

Financial Update

| | August | |
|-------------------|---------------|---------------|
| | Anticipated | Actual |
| Beginning Balance | | \$10,826.20 |
| Receipts | \$17,351.00 | \$15,242.26 |
| Disbursements | (\$20,093.00) | (\$17,983.84) |
| Ending Balance | | \$8,084.62 |
| | | |
| | September | |
| | Anticipated | Actual |
| Beginning Balance | | \$8,084.62 |
| Receipts | \$17,350.00 | \$17,162.02 |
| Disbursements | (\$17,243.00) | (\$18,020.03) |
| Ending Balance | | \$7,226.61 |

Operation Christmas Child

Yes, it's that time again! We fill shoeboxes with prizes and send them to the poorest children in over 104 countries (including the US). As a mission, Operation Christmas Child hits a home run. It feeds their bodies with the hygiene supplies; their hearts with the toys; their minds with the school supplies (most often their first chance to go to school); and their souls with their exposure to Jesus. They receive a book about Jesus and a 12-week discipleship course for the family. Each box profoundly affects the child and family in amazing ways. Be a part of this miracle ministry and change lives!

Your first step is to decide what shoeboxes to use: plastic ones like the ones sold in dollar stores; cardboard boxes (any size); or the preprinted ones sold for about \$3.00 at Hobby Lobby. There are also free pre-printed boxes available under the table in the narthex.

Step two is to choose a gender and age group for your box. Fill with hygiene supplies, school supplies, and toys. Put a check (made payable to "Samaritan's Purse") or cash inside for \$9.00 for shipping. Money envelopes and gender/age labels are available on the table in the narthex - along with more information.

- NO TOOTHPASTE OR LIQUIDS.
- Wrap if you wish, but wrap the cover separately.
- Pray for the child and volunteers.
- Make one or two-consider making several.

Council Members

April 2019-March 2020

Nori Cash

President

Nancy Woodward

Vice-President

Wendy Smitherman

Secretary

Inez Hollmann

Treasurer

Cathy Keyes

Lisa Olson

Frank Putnam

Pastor Janeen Smith



A Shoebox Story

LIVIA: Livia received her shoebox in a Romanian orphanage when she was 12. "All my life, I really wanted hair clips...but could never get them. Then a shoebox came with a big packet of hairclips sitting at the top. I tore it open and put every single one of them in my hair! Before we even got the shoeboxes, they shared the Gospel with us. The shoebox made me realize that there is a God who loves me. I wish I could tell everyone in the world that I accepted Christ."

Food Bank Focus

The "urgent need" for October is canned fruit. Thank you!

Learning the Four Rs* ~ Pastor Roger Bruns, Trinity Lutheran Church, OKC

When the cares of my heart are many, the consolations of the LORD cheer my soul. *Psalm 94:19*

I knew a woman who said it always started with what she called “stinking thinking.” A boy I read about called it “the ant attack.” Whatever you call it, depression, self-doubt, low self-esteem, and distorted self-image can be devastating for the one who suffers and for their loved ones.

Martin Luther, whom we honor during October for his pivotal role in changing the course of Western civilization, was plagued by depression and self-doubt. His wife, Katherine, did what she could to turn him away from his “ants” and his “stinking thinking.” Once, when Martin was especially depressed for many days, Katy dressed in her black mourning clothes and walked into Luther’s study. He looked up and asked, “Who died?” Katy didn’t miss a beat, replying, “The way you’ve been acting, I assume God did!” That’s all it took for Luther to redirect his emotional energy and focus on the positive instead of dwelling on the negative.

Over the years, in my own life, in the lives of family members, and with numerous church members who’ve come to me with complaints of depression, self-doubt, and self-image issues, I’ve found that getting back to basics is an excellent first step toward healing and wholeness. Here are the “Four R’s” that I’ve used for myself and others:

Reject, Redirect, Rehearse, Rejoice.

Reject immediately any feelings, voices, or attitudes that try to diminish your worth as a valued and loved child of God.

Redirect your thoughts toward positive images of you cradled in God’s arms, held by the hand of your Brother Jesus, sustained by the Holy Spirit.

Rehearse your new positive thoughts and images about yourself in constructive daily, perhaps hourly, new behaviors: walk the dog, volunteer at a community agency, get involved in a Bible study or Small Group, take a cooking class, get a sponsor and attend a 12-Step program that fits your need.

Rejoice that God is giving you this “new day of grace!” Thank God who is the source and center of your healing!

Returning to the boy who calls his depression “the ant attack,” I think it’s helpful to explore this further. His name is John; he’s 11 years old. Every time he is criticized, even in the most positive and constructive ways, John immediately goes to the worst interpretation—every infraction is a major offense and every setback is an unredeemable disaster. John sinks deeper into self-blame with each new thought, saying that he’s bad or he’s the worst person in the world. John’s therapist started calling these quick response bad feelings, ANTS, an acronym for “Automatic Negative Thoughts.”

This is helpful if you’re 11 years old...or 67, or 32, or 81! Everyone who deals with depression, self-doubt, and low self-esteem can imagine the negative thoughts that automatically threaten us like creepy, busy black ants crawling all over our arms and legs! In order to stop the ants, we have to set out traps to catch them and short-circuit our negative thinking. That’s where the third “R” comes into play...Rehearse new images, thoughts, and behaviors. Your new Bible Study, Small Group, cooking class, or 12-step meeting becomes a trap that contains and finally kills the menacing ANTS (Automatic Negative Thoughts) that bring you down and can ultimately spell disaster for you and those who love you.

My prayer is that God will fill your life with goodness and hope as you learn the Four Rs and put them into practice.

*Inspiration from *Invasion of the Ants* by Andrew Attaway, PLUS, Vol. 70, No. 4, part 1, June/July 2019, p. 10.