

# BETHANY LUTHERAN CHURCH

## The Mustard Seed

January 2018

Volume 12, issue 1

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Dear Sisters and Brothers in Christ,

I pray your Christmas was a blessed time for you and your family. We now move ahead having completed Christmas and the Christmas season into the season of Epiphany, the season of making Christ known to the world. The scripture stories of the season include: The star leading the Magi; the baptism of our Lord; the wedding at Cana and others. We are reminded that our challenge this season and year around is collectively (as a congregation) and as individuals to make Christ known to those around us. This, at times, can feel like an overwhelming task but we also have the opportunity to grow more deeply in our relationship with Christ. Then knowing those around us and knowing Christ the challenge is that of introducing the two. The task becomes Introducing our circle of friends to our friend Jesus, our brother and Savior.

We give thanks that God has given us one another and the power of the Holy Spirit as we face all of the challenges, tasks and adventures that will be 2018.

Your Brother in Christ,

Pastor John

HAPPY  
New Year

## HELPERS FOR JANUARY 2018

### COMMUNION ASSISTANTS

January 7  
 (Servers) Council  
 (Set-up/ Clean-up) Craig & Judy Hagman  
January 14  
 (Servers) Council  
 (Set-up/ Clean-up) Judy Lundberg  
January 21  
 (Servers) Council  
 (Set-up/ Clean-up) Velma Jones  
January 28  
 (Servers) Council  
 (Set-up/ Clean-up) Ed & Shirley Stukey  
February 4  
 (Servers) Council  
 (Set-up/ Clean-up) Ray & Sandy Kephart

### USHERS

January 7  
 Arden & Patti Virnig & Marian Veasen  
January 14  
 Dwight & Bette Hagman & Norma Thompson  
January 21  
 Ed & Shirley Stukey & Judy Waytashek  
January 28  
 Andy & Norma Holen & Marian Veasen  
February 4  
 Ray & Sandy Kephart & Chuck Anderson

### OFFERING COUNTERS

January 7  
 Ed Stukey & Judy Hagman  
January 14  
 Bruce Peterson & Charleen Dahlgren  
January 21  
 Sandy Kephart & Marian Veasen  
January 28  
 Craig Hagman & Eileen Hastings  
February 4  
 Ed Stukey & Dixie Peterson

### LECTORS

January 7  
 Dixie Peterson  
January 14  
 Arden Virnig  
January 21  
 Judy Lundberg  
January 28  
 Colleen Kightlinger  
February 4  
 Sandy Kephart

### PIANISTS

January 7 Barb Bendson  
January 14 Barb Bendson  
January 21 Barb Bendson  
January 28 Barb Bendson  
February 4 Barb Bendson

### FELLOWSHIP HOSTS

January 7  
January 14  
January 21 Hillman Group  
January 28  
February 4

If you can help out in providing treats for fellowship after worship, please call the church office to be put on the list. THANK YOU!

### JANUARY BIRTHDAYS AND ANNIVERSARIES

#### JANUARY

<b>January 4th</b>	Lorraine McKenzie's Birthday
<b>January 14th</b>	Zach Anderson's Birthday
<b>January 17th</b>	Shirley Stukey's Birthday
<b>January 25th</b>	Richard & Elaine Asmus' Anniversary



### HOMEBOUND OR RELOCATED?

If a family member or friend has become homebound or has been moved into Assisted Living or the Nursing Home, please share that information with the church office. THANK YOU!!

### CHURCH OFFICE HOURS

**Monday through Friday 9am-3pm**

Pastor John is in the office on Tuesdays. Please stop in or call for an appointment.  
 Pastor John's phone: 320-676-3130

**DEADLINE** for the February 2018 Mustard Seed will be **NO LATER THAN** Sunday, January 28th. Please have all items in to Darcy by this date. Thank You!

**Minutes for December 19, 2017 Council Meeting**

These minutes will not be approved until the Jan. 16, 2018 meeting at which time they will be approved as is or with any additions or corrections.

Members present: N. Holen, P. Hook, V. Jones, R. Kephart, D. Peterson and Pastor John.

Members absent: P. Olson

Consent Agenda was approved.

Old Business: A. Basement floor-The tiling of the basement floor will be started in the beginning of January. The council approved that a task force be formed to decide what we need to keep and what we no longer need in the basement. B. Lenten Plan- There will be a survey sent out to the congregation in the beginning of January. The survey will ask for input regarding this year's Lenten services. All surveys should be returned to the church office by January 16<sup>th</sup>. The council will make Lenten decisions at the January 16<sup>th</sup> council meeting. Susan Bracken and Colleen Kightlinger will be invited to the January 16 council meeting to help make a Lenten plan.

New Business: A. Pastor Housing Allowance Designation- This needs to be done for tax purposes. The council approved a number that would fit into the IRS requirements. B. Estimated Budget- Pastor John gave the council a rough draft of the 2018 budget. The council will get a more detailed budget to look at in January.

Project Updates: A. The council approved an honorarium be given to Pastor Kate Mensing for a recent funeral that was held at Bethany. B. Thanksgiving Meal- N.Holen reported on the community Thanksgiving meal that was held at Bethany. The council would like to thank everyone that helped make the meal a success. 94 meals were served, 40 of those were takeout meals. One hundred dollars was given to Angels Anonymous with money that was donated for the meal. The council would like to express their gratitude to Norma Holen for organizing this meal. C. Hot Water Heater- A plan was proposed and approved to address the hot water problem in the basement. D. Confirmation plans were discussed. E. The council discussed contacting other churches in the area for future planning. F. Kellie Schmidt will report about her Urban Immersion weekend in the near future.

Next month's council meeting will be Tuesday, January 16<sup>th</sup> at 7:00 PM.

Meeting was adjourned,  
Dixie Peterson, council secretary

**JANUARY COUNCIL MEETING**  
Meeting on Tuesday, January 16<sup>th</sup> at 5:30 pm

**GROUPS, MEETINGS, ETC.**

**Prayer Shawl** - January 2nd at 4pm.

**Quilting** - Will resume January 16th from 9am-3pm.

**SENIOR COMPANIONS** Meet at Bethany on the second Tuesday of each month from 9-11:30am.

Council meeting is scheduled for **Tuesday, January 16th at 7pm.**

**MISCELLANEOUS NEWS AND INFORMATION**



**"SECOND SUNDAY SOUP SUPPER"**  
 You are invited to "Second Sunday Soup Supper" on Sunday Jan. 14 from 5-7 p.m. at Susan and Tom Bracken's home (306 Birch St., N., Onamia). "SSSS" will be hosted by Dale and Colleen Kightlinger, Tim and Darcy DeBoer and Tom and Susan Bracken. We hope that this event will be a chance for fellowship, fun, and a light but hearty supper together. Feel free to invite friends--ALL are welcome!

**LENTEN SURVEY - Please fill out and return the enclosed Lenten Survey to the church before January 16, 2018.**

**THANK YOU... to those who are giving through Thrivent Dollars!! Much appreciation!**

**RUBY'S PANTRY**  
 Food Distribution Program. Everyone who gets hungry qualifies! You receive an abundance of grocery items for a \$20 donation. Bring your own baskets or boxes for food. Located at the Lions Community Center, Onamia beginning **at 10:30 am the FIRST Monday of the month. Registration begins at 10am.**  
**Next three dates will be Feb. 5, March 5 & April 2**

**SHOES FOR HAITI - There is a basket in the church entrance for shoes we are collecting for Haiti. Any new or gently used casual shoes (Sandals/ Crocs) are needed. Children/ youth sizes preferred.**  
**THANK YOU FOR YOUR DONATIONS!**

**YOUTH HAPPENINGS**



**SUNDAY SCHOOL**  
 Youth are dismissed immediately following the gospel reading during worship on Sunday mornings. There will be **no Sunday School on Sunday, January 1st.**

## BE MORE SATISFIED WITH YOUR LIFE!!

### 1) Get out in nature

You probably seriously underestimate how important this is. (Actually, there's research that says you do.) Being in nature reduces stress, makes you more creative, improves your memory and may even make you a better person.

### 2) Exercise

We all know how important this is, but few people do it consistently. Other than health benefits too numerous to mention, exercise makes you smarter, happier, improves sleep, increases libido and makes you feel better about your body. A Harvard study that has tracked a group of men for more than 70 years identified it as one of the secrets to a good life.

### 3) Spend time with friends and family

Harvard happiness expert Daniel Gilbert identified this as one of the biggest sources of happiness in our lives. Relationships are worth more than you think (approximately an extra \$131,232 a year.) Not feeling socially connected can make you stupider and kill you. Loneliness can lead to heart attack, stroke and diabetes. The longest lived people on the planet all place a strong emphasis on social engagement and good relationships are more important to a long life than even exercise. Friends are key to improving your life. Share good news and enthusiastically respond when others share good news with you to improve your relationships. Want to instantly be happier? Do something kind for them.

### 4) Express gratitude

It will make you happier. It will improve your relationships. It can make you a better person. It can make life better for everyone around you.

### 5) Meditate

Meditation can increase happiness, meaning in life, social support and attention span while reducing anger, anxiety, depression and fatigue. Along similar lines, prayer can make you feel better — even if you're not religious.

### 6) Get enough sleep

You can't cheat yourself on sleep and not have it affect you. Being tired actually makes it harder to be happy. Lack of sleep = more likely to get sick. "Sleeping on it" does improve decision making. Lack of sleep can make you more likely to behave unethically. There is such a thing as beauty sleep. Naps are great too. Naps increase alertness and performance on the job, enhance learning ability and purge negative emotions while enhancing positive ones. Here's how to improve your naps.

### 7) Challenge yourself

Learning another language can keep your mind sharp. Music lessons increase intelligence. Challenging your beliefs strengthens your mind. Increasing willpower just takes a little effort each day and it's more responsible for your success than IQ. Not getting an education or taking advantage of opportunities are two of the things people look back on their lives and regret the most.

### 8) Laugh

People who use humor to cope with stress have better immune systems, reduced risk of heart attack and stroke, experience less pain during dental work and live longer. Laughter should be like a daily vitamin. Just reminiscing about funny moments can improve your relationship. Humor has many benefits.

### 9) Touch someone

Touching can reduce stress, improve team performance, and help you be persuasive. Hugs make you happier. Touching may help prevent heart attacks and cancer, improve your immune system and extend your life.

### 10) Be optimistic

Optimism can make you healthier, happier and extend your life. The Army teaches it in order to increase mental toughness in soldiers. Being *overconfident* improves performance.

# JANUARY 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 HAPPY NEW YEAR!	2 10:30am - RUBY'S PANTRY	3	4	5	6 8:30am - Men's Breakfast at UMC
7 9:30am Holy Communion	8	9	10	11	12	13
14 9:30am Holy Communion	15	16 7pm - Council Meeting	17	18	19	20
5-7pm - "Second Sunday Soup Supper" at the Brecken's		23 9am - Quilting	24	25	26	27
21 9:30am Holy Communion	22	23	24	25	26	27
28 9:30am Holy Communion	29	30 8am - Prayer Breakfast at Bethany	31			

**BETHANY LUTHERAN CHURCH  
500 LINDQUIST ST.  
ONAMIA, MN 56359**

**320-532-3366**

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**Council Members:**

**President - Pam Olson  
Vice President - Velma Jones  
Secretary - Dixie Peterson  
Treasurer - Ray Kephart  
Norma Holen - Patti Hook**

**Music Coordinator - Susan Bracken  
Administrative Assistant - Darcy DeBoer**

**RETURN SERVICE  
REQUESTED**

Address:

**WORSHIP SCHEDULE**

**SUNDAY, JANUARY 7  
9:30am - Holy Communion**

**SUNDAY, JANUARY 14  
9:30am - Holy Communion**

**SUNDAY, JANUARY 21  
9:30am - Holy Communion**

**SUNDAY, JANUARY 28  
9:30am - Holy Communion**

**SUNDAY, FEBRUARY 4  
9:30am - Holy Communion**

