

# BETHANY LUTHERAN CHURCH

## The Mustard Seed

January 2019

Volume 14, issue 1

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Dear Siblings in Christ,

I pray that you and your family were abundantly blessed this Christmas and you are ready to move on to the season of Epiphany. Epiphany, a time of making Christ more fully known to the world and more fully known to each of us. We are reminded that our challenge this season and year around as a congregation and as individuals is to make Christ known to our circles of friends and acquaintances. This, at times, may feel like an overwhelming task but we know our own people and we know Christ, let's just introduce them to each other. It is a simple task, introducing our circle of friends to our friend Jesus. Think in terms of making friends, being friends and introducing those friends to your friend Jesus.

We give thanks that God has given us one another and the power of the Holy Spirit as we face all of the challenges and tasks that 2019 may bring.

Your Sibling in Christ,

Pastor John

HAPPY  
New Year

## HELPERS FOR JANUARY 2019

### COMMUNION ASSISTANTS

**January 6**  
 (Servers) Council  
 (Set-up/ Clean-up) Craig & Judy Hagman  
**January 13**  
 (Servers) Council  
 (Set-up/ Clean-up) Velma Jones  
**January 20**  
 (Servers) Council  
 (Set-up/ Clean-up) Judy Lundberg  
**January 27**  
 (Servers) Council  
 (Set-up/ Clean-up) Ed & Shirley Stukey  
**February 3**  
 (Servers) Council  
 (Set-up/ Clean-up) Ray & Sandy Kephart

### USHERS

**January 6**  
 Gordy & Maverine Anderson & Chuck Anderson  
**January 13**  
 Bruce & Dixie Peterson & Dennis DeFrang  
**January 20**  
 Ed & Shirley Stukey & Judy Waytashek  
**January 27**  
 Ray & Sandy Kephart & Marian Veaaen  
**February 3**  
 Dick & Elaine Asmus & Norma Thompson

### OFFERING COUNTERS

**January 6**  
 Ed Stukey & Marian Veaaen  
**January 13**  
 Bruce Peterson & Kaye Mickus  
**January 20**  
 Sandy Kephart & Marian Veaaen  
**January 27**  
 Ed Stukey & Charleen Dahlgren  
**February 3**  
 Bruce Peterson & Kaye Mickus

### LECTORS

**January 6**  
 Judy Lundberg  
**January 13**  
 Arden Virnig  
**January 20**  
 Joan Straw  
**January 27**  
 Kaye Mickus  
**February 3**  
 Colleen Kightlinger

### PIANISTS

**January 6** Barb Bendson  
**January 13** Barb Bendson  
**January 20** NEEDED  
**January 27** NEEDED  
**February 3** Barb Bendson

### FELLOWSHIP HOSTS

**January 6**  
**January 13**  
**January 20** Hillman Group  
**January 27**  
**February 3**

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 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 2019 Mustard Seed will be **NO LATER THAN** Sunday, January 27th. Please have all items in to Darcy by this date. Thank You!

**Minutes for November 27, 2018 Council Meeting**

Members present: P. Hook, R. Kephart, P. Olson, D. Peterson and Pastor John.

Members absent: D. DeFrang, N. Holen, V. Jones

Consent Agenda was approved.

Old Business: A. Review of the Bishop's visit- The council felt the Bishop's visit on November 11 went well. B. Ministry Site Profile update- Dixie reviewed the profile and presented to the council some of the updates that need to be made. The council will review the profile again in the December and January meetings. C. Update on reviews of Pastor John and Darcy- Pam informed the council that Darcy's review hasn't been completed yet and will be done soon. The council discussed Pastor John's review with him. The council approved the motion to continue Pastor John's contract valid from November 1, 2018-October 31, 2019. The contract will continue to be identical to the previous contract. D. Bury basement drains- This item has been tabled until spring.

New Business: A. Designated housing allowance for 2019- The council approved the motion that Pastor John Lundberg may allocate up to \$20,000 of his 2019 salary as housing allowance.

Project Updates by Council Members: A. Thanksgiving Dinner- The annual Thanksgiving Dinner was a success. Thanks for everyone who helped with this important community dinner. There was discussion about an increase in advertising for next year's meal.

Christmas Eve service will be Monday, December 24 @ 4:00 pm.

Next month's council meeting will be Tuesday, December 18, 2018 at 7:00 PM.

Dixie Peterson, council secretary

**Minutes for December 18, 2018 Council Meeting**

Members present: D. DeFrang, P. Hook, R. Kephart, P. Olson, D. Peterson and Pastor John.

Members absent: N. Holen, V. Jones

Consent Agenda was approved after the following discussion. The council will discuss at the January meeting what to do with the debt that Bethany has from the fiscal year 2018.

Old Business:

A. Ministry Site Profile update- Dixie, Pam and possibly Velma will be reviewing the site profile and will recommend changes/additions to the profile to the council at the January 15 meeting. The profile meeting date is set for Tuesday, January 8. B. Darcy's review- Pam informed the council that Darcy's review will happen soon.

New Business:

Project Updates by Council Members: A. The council discussed the paraments and banners we have available for the sanctuary. B. Lent planning will be happening in February. Ash Wednesday is March 6, 2019. C. The council discussed having a theme Sunday during the month of February.

Next month's council meeting will be Tuesday, January 15, 2019 at 7:00 PM.

Dixie Peterson, council secretary

**JANUARY COUNCIL MEETING**  
Meeting on Tuesday, January 15th at 7 pm

**GROUPS, MEETINGS, ETC.**

Prayer Shawl - January 8th at 4pm.

Quilting - January 15th 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 15th at 7pm.**

**MISCELLANEOUS NEWS AND INFORMATION**

**LITTLE FREE PANTRY**  
 The Little Free Pantry is installed and ready to use!  
 Please drop off non-perishable foods to fill our pantry.

**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 two dates will be Jan. 7th and Feb. 4th**

**SAVE YOUR TEAL'S GROCERY RECEIPTS!!**  
 Teal's will give 1% back from receipts. There is a bucket in the Narthex to place your receipts.  
 THANK YOU for saving your receipts!!

**LITTLE FREE LIBRARY!**  
 WE ARE ALWAYS COLLECTING BOOKS FOR OUR LITTLE FREE LIBRARY! WE ARE IN NEED OF INFANT/ TODDLER/ PRESCHOOL BOOKS AND ALSO TEEN BOOKS. WE DO NOT NEED ANY ADULT BOOKS AT THIS TIME. THANK YOU FOR DONATING!

What the New Year brings to you will depend a great deal on what you bring to the New Year."  
 - Vern McLellan

**YOUTH HAPPENINGS**



**SUNDAY SCHOOL**  
 Youth are dismissed immediately following the Prayer of the Day reading during worship.

## 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 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 HAPPY NEW YEAR!	2	3	4	5
6 9:30am Holy Communion	7 10:30am - RUBY'S PANTRY	8	9	10	11	12 8:30am - Men's Breakfast at UMC
13 9:30am Holy Communion	14	15 9am - Quilting 7pm - Council Meeting	16	17	18	19
20 9:30am Holy Communion	21	22	23	24	25	26
27 9:30am Holy Communion	28	29 8am - Prayer Breakfast (watch bulletin for location)	30	31	Feb. 1	

**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 - Dennis DeFrang**

**Music Coordinator - Susan Bracken**

**Administrative Assistant - Darcy DeBoer**

**RETURN SERVICE  
REQUESTED**

Address:

**WORSHIP SCHEDULE**

**SUNDAY, JANUARY 6**

**9:30am - Holy Communion**

**SUNDAY, JANUARY 13**

**9:30am - Holy Communion**

**SUNDAY, JANUARY 20**

**9:30am - Holy Communion**

**SUNDAY, JANUARY 27**

**9:30am - Holy Communion**

**SUNDAY, FEBRUARY 3**

**9:30am - Holy Communion**

