

Bethany Beacon

MARCH 2023

You Meant It For Evil, But God Meant It For Good



Join us at Bethany this Lenten season as we encounter the series:

“You Meant it for Evil, but God Meant it for Good”

In each service we'll see how faithless disciples, hapless crowds, and Satan himself all work for one evil purpose - Jesus' destruction. God the Father, however, puts their plan to use and then overturns it in the victory that no one expected.

Please note that each service will be preceded by a fellowship meal in the Family Life Center at 6:00 p.m.

Midweek Lenten Service Dates

March 1	March 15	*March 29
March 8	March 22	

**Services with communion*

Schedule

6:00 PM: Fellowship Meal
7:00 PM: Divine Service



Bethany
Lutheran Church

Living and Sharing God's Love

Here are some interesting thoughts on Lenten Discipline from LCMS Stewardship...

✝ Pastor Erickson



During the Lenten season, the church calls to our attention the sufficiency of what God gives. It points to the sufficiency of God's grace in the atoning work of Jesus. It shows us the sufficiency of faith in Jesus' work for us. It makes known the sufficiency of God's Word in faith and life.

But Lent doesn't just remind us of the sufficiency of God's spiritual gifts — the gifts that pertain to our redemption and salvation. Lent also reminds us of the sufficiency of the physical, temporal gifts of God which pertain to this body and life. In other words, it reminds us of the importance of godly contentment and of outward discipline and training of the body.

This outward training of the body teaches us not to give in to every desire of our flesh, but to learn to say no to them. And it does this in such a way that if you fail, it is no sin. It is a way to practice without putting yourself into a compromising situation.

Fasting is a good example of this outward training. When you fast, you are practicing saying no to the desires of your body. But if you fail in this, if you break your fast, you have not sinned. But you have learned something about how your flesh works, how difficult it is to fight against it, and how you need help from above to discipline the desires of your body.

Another example is almsgiving. An increase in giving to the church and its mission during Lent is also a form of outward training. We all know that our flesh finds security in money and stuff. By

committing to give more to the church, you are training your flesh. You are, by this outward discipline, training yourself to be content with what God gives. You are practicing saying "no" to your desires. Again, if you fail, you have not sinned. But you've learned just how powerful your flesh is — it leads you instead of you leading it. You've learned how you need help from above in being content with what God gives.

This is why St. Paul instructs young Pastor Timothy in this way: But godliness with contentment is great gain, for we brought nothing into the world, and we cannot take anything out of the world. But if we have food and clothing, with these we will be content. But those who desire to be rich fall into temptation, into a snare, into many senseless and harmful desires that plunge people into ruin and destruction. For the love of money is a root of all kinds of evils. It is through this craving that some have wandered away from the faith and pierced themselves with many pangs. (1 Tim. 6:6–10)

Our sufficiency is not of ourselves; it is in God. Let us learn this without sin by training our flesh this Lenten season.

Thanksgiving:

Keziah (daughter of *Elms)- baptism on 2/12
 Baby (infant daughter of *Frampton's) born 2/6
 Kathy (sister of *Mark Holt) - lung transplant done
 Jill (cousin of *Karen Pfeffer) - heart transplant done

Illness, injuries, health issues:

Jim (brother of *Ed Schumacher) - recovering after surgery
 Don (friend of *Mary Vezina) - recovering after surgery
 Ann (relative of *Elaine Behrens) - recovering after surgery
 Lorena (sister of *Brenda Heims) - recovering after surgery
 Marcia (relative of *Brenda Heims) - health issues
 Jean (mother of *Kristi Montague) - recovering after stroke
 Raymond (father of Lora Raymon) - health issues
 Trevor (son of *Thomas') - recovering after hospitalization
 Sylvia (aunt of *Patricia Hinrichs) - health issues
 Rhonda (friend of *Larsons) - health issues
 Teri (relative of *Schoens) - health issues
 Dave (relative of *Jennet Volden) - bike accident
 Judy (relative of *Brenda Heims) - health issues
 Tom Mark (former member) - recovering after accident
 Andrew (relative of *B Heims) - recovering after surgery
 Hayden (relative of *Bonnie Bubke) - brain disorder
 Gwendolyn- (friend of *Karen Swanson) - terminal illness
 John (nephew of *Bonnie Bubke) - health issues
 Ruth (friend of *Velma Ziesemer) - health issues
 Rod (nephew of *Bonnie Bubke) - Parkinson's Disease

Safety:

Ben - serving in the Iowa National Guard
 Mitchell & Benjamin (relatives of *Schoens & *Smith)- U.S. Navy
 Harrison (son of *Siecks) - U.S. Army, deployed to Poland

Local/National/World:

Local, state, and national leaders
 Victims of floods, hurricanes, fires and disasters

Grief, family and friends of:

Jerry (father of Missy Gingrich) - died 2/12
 Mike (brother of *Rick Foreman) - died 2/1
 John (brother of *Pat Krekeler) - died 1/27
 Helen (mother of *Angela Sturtz) - died 1/19
 Neva (relative of *Don Hein) - died 1/18

Homebound members of Bethany:

*Wayne Schilling - Linn Manor Care Center, Marion
 Candi Engel - Heritage Care Center
 *Nadine Wax - at home
 *Del Block - The Gardens
 *Tom Stock - at home
 *Larry & *Sharon Easler - Summit Pointe, Marion
 *Darlene Eckert - at home
 *Melba Davison - Terrace Glen Village, Marion
 *Shirley Kellogg - Terrace Glen Village, Marion
 *Dorothy Freese - Keystone Place

Cancer/Hospice:

Alice (friend of *Brenda Heims) - cancer
 Rose (friend of *Kay Karsten) - hospice care
 Chuck (father of *Jim Novitch) - cancer
 Courtney (Monday am coffee friend) - cancer treatment
 Francis (friend of *Larsons) - hospice care
 Patrick (friend of *Mary Vezina) - cancer treatment
 John (friend of *Dunns) - chemo treatment
 Ron (brother of *Ray McGraw) - cancer treatment
 Shauna (niece of *Schmiths) - cancer
 Tony (friend of *Mike Thomas) - cancer
 David (relative of *Hasses) - cancer immunotherapy
 Julie (friend of *Brenda Heims) - cancer
 Chad (son of *Vicki Huschka) - leukemia



Prayer Chain

Are you a prayer warrior? If you would like to receive periodic prayer requests from the congregation via email, contact the church office at:

office.bethanycr@gmail.com to be added to the prayer chain email list.

Bethany Prayers

Do you have prayer requests? Let us know if you would like your request added to the prayer list, the email prayer chain, or both. Call 319-364-6026 or email to nurse.bethanycr@gmail.com.

MARCH CALENDAR

Wednesday, March 1

6:00 am Men's Bible Study
6:00 pm Confirmation
6:00 pm High School Youth
6:00 pm Lenten Fellowship Meal
7:00 pm Lenten Service
7:45 pm Vocal Choir

Thursday, March 2

9:00 am Adult Bible Study
9:00 am Walking Exercise
6:00 pm Human Care Meeting

Saturday, March 4

9:00 am Holy Yoga - Opening Room

Sunday, March 5

1:00 pm Food Pantry Open
4:00 pm Pickleball

Monday, March 6

6:30 am Coffee Outreach
10:00 am Women's Small Group
1:30 pm LWML Board Meeting
6:00 pm Trustees Meeting

Tuesday, March 7

9:00 am Walking Exercise
6:00 pm Evangelism Meeting
6:30 pm Handbells Practice

Wednesday, March 8

6:00 am Men's Bible Study
6:00 pm Confirmation
6:00 pm High School Youth
6:00 pm Lenten Fellowship Meal
7:00 pm Lenten Service
7:45 pm Vocal Choir

Thursday, March 9

9:00 am Adult Bible Study
9:00 am Walking Exercise

Saturday, March 11

9:00 am Holy Yoga - Opening Room

Sunday, March 12

12:15 pm Board of Education Meeting
1:00 pm Food Pantry Open
2:00 pm LWML General Meeting
4:00 pm Pickleball

Monday, March 13

10:00 am Women's Small Group
6:00 pm Stephen Ministry Supervision
7:00 pm Elders Meeting

Tuesday, March 14

9:00 am Quilting
9:00 am Walking Exercise
6:30 pm Handbells Practice
7:00 pm Council Meeting

Wednesday, March 15

6:00 am Men's Bible Study

4:00 pm Cottage Grove Devotion
6:00 pm Confirmation
6:00 pm High School Youth
6:00 pm Lenten Fellowship Meal
7:00 pm Lenten Service
7:45 pm Vocal Choir

Thursday, March 16

9:00 am Adult Bible Study
9:00 am Walking Exercise

Saturday, March 18

9:00 am Holy Yoga - Opening Room

Sunday, March 19

1:00 pm Food Pantry Open
4:00 pm Pickleball

Monday, March 20

6:30 am Coffee Outreach
10:00 am Women's Small Group

Tuesday, March 21

9:00 am Walking Exercise
6:30 pm Handbells Practice

Wednesday, March 22

6:00 am Men's Bible Study
6:00 pm Confirmation
6:00 pm High School Youth
6:00 pm Lenten Fellowship Meal
7:00 pm Lenten Service
7:45 pm Vocal Choir

Thursday, March 23

9:00 am Adult Bible Study
9:00 am Walking Exercise

Saturday, March 25

9:00 am Holy Yoga - Opening Room

Sunday, March 26

9:30 am Blood Pressure Checks - Office
1:00 pm Food Pantry Open
4:00 pm Pickleball

Monday, March 27

6:30 am Coffee Outreach
10:00 am Women's Small Group
6:00 pm Stephen Ministry Cont. Ed.

Tuesday, March 28

9:00 am Walking Exercise
6:30 pm Handbells Practice

Wednesday, March 29

6:00 am Men's Bible Study
6:00 pm Confirmation
6:00 pm High School Youth
6:00 pm Lenten Fellowship Meal
7:00 pm Lenten Service with Communion
7:45 pm Vocal Choir

Thursday, March 30

9:00 am Adult Bible Study
9:00 am Walking Exercise

MARCH BIRTHDAYS

3/2	Darlene Eckert		Travis Godbey	3/27	Mark Gutman
	Pat Krekeler	3/16	Melissa Loney		Lisa Freese
	Lee Rathje		Ella Bricker		Barb Phillips
3/3	Ryan Corey		John Schaub	3/28	Marcedes Henderson
3/4	Brittney Stepanek	3/18	Ryan Theriault	3/29	Aiden Erickson
	Alivia Corey	3/19	Philip Hackbardt		Nora Crawford
	Sharon Easler	3/20	Randy Schmith	3/30	Mitch Myers
3/6	Josh Keldgord	3/21	Luke Zimmerman		Logan Milbach
3/7	Louise Holtz	3/22	Rick Heller		Tracy Moffett
3/8	Erin Heller		Angela Keslar		Darrell Chiavetta
3/9	Sophie Knudson	3/23	Rick Thorington	3/31	Norma Sirotiak
3/11	Mark Elias	3/26	Sylvia Stepanek		Colton Stevens
3/14	James Mosel				

MARCH ANNIVERSARIES

3/2	Colby & Janine Schmitt	3/27	Aaron & Tracy Moffett
3/19	Adam & Rachel Henderson	3/27	Larry & Sue Kroemer

Office Staff Updates

- Maren Elm will return to the office from maternity leave the first week of March but now in a part-time capacity. She will be our Communication Coordinator and in the office on Tuesdays and Thursdays. She will continue the communications portion of her previous position (publishing bulletins and Beacons, managing Bethany's website and social media pages, creating announcement slides, and emailing out news updates).
- Tina Freese will join us as the Office Administrator the first week of March. She will be working all day Monday and Wednesday and mornings on Tuesday and Friday. Her position entails keeping track of members and visitors, being the face of Bethany when people stop by or call, ordering supplies, and a myriad of other things that keep an office functioning. Tina is a long time member of Bethany.
- Anne Railsback is our new Financial Manager and starts the second week of March. She will be handling the bookkeeping and payroll needs and be in the office Monday, Tuesday and Wednesday. Anne was recently married to Joseph on New Years Day and will be joining Bethany after the new member class.

January Stats	
Average Sunday Attendance	158 Souls
Total Income	45,047.78
Total Expense	39,550.99
Income Less Expense	5,496.79

Council Connection

Welcome to the Council Connection! The purpose of this section is to keep you updated on status, decisions, and other happenings from the Church Council. Look for the latest in each month's Beacon.

Our most recent Council meeting was on February 20th. Here are the highlights:

- More Bible studies! During the recent focus groups, it came across loud and clear that the congregation desires Bible studies of varying topics and times. In the next few weeks, you will receive a survey to better understand the best times and topics for you. Please take a few minutes to fill it out. And soon after, look for announcements on the results and new ways to spend time in the Word.
- Who is your Elder? Our Elders care for the spiritual and emotional welfare of each soul in the congregation. Each Church family is assigned an Elder. You will soon be contacted by your Elder for an introduction and check-in.
- Let's serve the community! We are working on several service opportunities in our community for the congregation. The team has been in contact with His Hands, the Humane Society, House of Hope, Bridgehaven, and more. Watch the Beacon for more details.
- A dog in school? That's right. Joy the Comfort Dog will soon be making appearances at our Sunday School. Students will soon be able to enjoy our wonderful K9 on Sunday mornings while learning about God's Word.
- Hit the road to spread the Word. Are you interested in going on a mission trip? We have set aside some funding this year for those who feel called to go on a mission. Please consider if this is you and we will let you know the details soon.
- Trapped at Church! Darin and Kierra are planning a youth lock-in for the end of March. This sleep-deprived frenzy of games and fellowship will bring our youth closer to God and one another.
- Put the Vision into action. Now that the Vision has been adopted by the congregation, it is time to develop action plans to bring it to life. Each board will be documenting ministries / plans that support the Vision. We will describe what we will keep doing (things that are going well), things we will sunset / discontinue (mission accomplished!), and new ideas / areas / ministries to best support the Vision. If you have ideas in these areas, please contact the board chairs listed below.
- Women's small groups. They have started again with two sessions: Monday mornings (10am) and Thursday evenings (6:30pm). The study covers the book "Emotions and the Gospel: Created for Connections". There is still time to join! Contact Nurse Ronda for information.
- Wanna get involved? Currently, there are vacancies in the Council Vice Chair and the Board of Trustees Chair. If you would like to learn more about these positions, please contact Darrell.
- Come as you are! The congregation is welcome to attend Council meetings. We meet monthly (next one is March 14th at 7pm). During these meetings, we ask visitors to be "spectators" instead of active participants. Thank you!

Please pray for your Church Council!

Ronda Anderson (Parish Nurse), Darrell Chiavetta (Council Chair), Julie Elias (Council Treasurer), Pastor Erickson, Kelly Frampton (Recording Secretary), Steve Hanchera (Elders Chair), Laura Holt (Financial Secretary), Dave Johnson (Endowment Chair), Debbie Mills (Education Chair), Mary Nanke (Stewardship Chair), Lissa Novitch (Evangelism Chair), and Rita Tiedt (Human Care Chair)

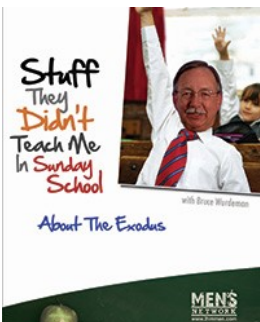
Women's Small Group

The Women's Small group has started a new study, *Emotions & the Gospel*.



Monday Morning Outreach

On Mondays during the school year we set up a tent out front to serve free coffee and cocoa to Washington High School students and any neighbors who stop by. This outreach is very well received by the community! We hand out about 80 cups each week. Each Monday we need volunteers at 6:30-8:00 a.m. to help serve warm drinks and smiles. If you would like to serve in this unique ministry, sign up for a Monday at www.bethanycr.org/serve.



Men's Bible Study

Bethany men meet via Zoom on Wednesdays at 6:00 a.m. They are studying various New Testament topics in their "Stuff They Didn't Teach Me in Sunday School" study. All men are welcome and encouraged to participate in this group for study and fellowship! The group also meets occasionally for breakfast. If you would like the link to the Zoom meeting, please contact the church office at office.bethanycr@gmail.com.



Joy Coming to Sunday School

Sunday school is going to be starting a new opportunity coming March 12. We want to give the kids a chance to interact with Joy and get to share some love and joy with her and others. Joy The Comfort Dog will be attending Sunday school at the bottom of the steps waiting to greet all the kids! We are really looking forward to this new opportunity. We hope the kids enjoy getting to interact with Joy and give her lots of pets and attention. We want to make sure everyone is safe so parents, if one of your kids has allergies or any concerns please contact Becky Thur or Kristi Montague or the church office.



JOIN us for Sunday School

The Sunday School hour is between the services and starts at 9:45. Our recent lesson was about the Israelites return from exile. The kids played a game where they had to rebuild the city walls with one hand and defend the city with their other hand.



March Evangelism Challenge

There are ways we can all live and share God's love with those around us. This March you are challenged to perform an **act of kindness**. Share your ice cream cone, pay for the person behind you at the drive through - how can you be Jesus with skin on for someone else?

Senior Worship

**There will be no Senior Worship in March but will return in April.
Join us at a Lenten service!**



Joy's Journal

Hello, Bethany FURiends!

February was a fun month, wasn't it! I handed out some Valentines that reminded people that God loves them. They liked them!

I have some exciting news! I am going to start coming to Bethany's Sunday school in March and will hang out with the children there. Look for more news about this in this Beacon from the Board of Education. I can't wait! I will also continue my usual appointments - visiting two nursing homes each month, Cottage Grove, and Trinity Lutheran School every week.

If you or anyone you know would like a visit from me, please email comfortdog.bethanycr@gmail.com or talk to one of my handlers to get something scheduled. I would love to visit!

Love you!



Christian Faith Class

Interested in becoming a church member at Bethany? Or, would you like to learn more about the Christian faith? Starting on March 23, Pastor Erickson will teach a Christian Faith Class on Thursdays at 7:00-8:30 p.m. All are welcome to attend. If you are interested in taking this class, please sign up at the Welcome Center. For more information, contact Pastor at pastor.bethanycr@gmail.com.



Ways to be Active at Bethany

- ⇒ Walking to a video on Tuesday and Thursday mornings at 9am. Contact Lynn Madsen
- ⇒ Holy Yoga on Saturdays at 9am. Cost 5 bucks. Just bring a yoga mat or something to stretch on.
- ⇒ Pickleball on Sundays at 4pm. We often play on two courts and focus on helping new players learn the game.

If you have high blood pressure, you are not alone

Nearly half of American adults have high blood pressure. Many don't even know they have it. The best way to know if you have high blood pressure is to have your blood pressure checked.

The 4th Sunday of each month Emily Kroemer RN or Nurse Ronda are available to check your blood pressure in the parish nurse office between 9:30 and 9:50



**American
Heart
Association®**

High blood pressure is a “silent killer”

Most of the time, there are no obvious symptoms. Certain physical traits can put you at greater risk for high blood pressure. Left untreated, high blood pressure is a significant contributing factor to heart attack, stroke and other health threats.

Preventing and managing high blood pressure

Healthy lifestyle choices are a great place to start. With proper treatment and management, you can control your blood pressure to help you live a long and healthy life.

**Save the Date - Blood Drive**

An American Red Cross blood drive will be held at Bethany on Tuesday, April 27. The drive will take place 1:30-5:30 p.m. in the Family Life Center.

To schedule an appointment, call 1-800-REDCROSS or go to redcrossblood.org and enter ZIP 52403 in the “Find a Blood Drive” box.

SEWING QUILTS FOR WORLD RELIEF

On Tuesday, March 14, the Special Projects Committee will be tying quilts for Lutheran World Relief in the Family Life Center. We will start at 9:00 a.m. and end around noon. Stop in for an hour or stay the whole time. We appreciate any time that you can give. If you plan to stay through the noon hour, bring a sack lunch. The Special Projects Committee is in need of used sheets to be used for the insides of our quilts. We are also taking cotton fabric and worsted weight yarn. Any questions can be directed to either Betty Happel or Donna Bogner or they can be dropped off at the church office.





Bethany Lutheran FOOD PANTRY

Our Volunteers are the BEST!

Bethany has many opportunities to serve. Hopefully you have found something you love to do! We have some fabulous servants in the food pantry. Let me tell you about a few...

Pete Larson— is our HACAP (Hawkeye Area Community Action Program) Platoon Captain.

Pete reviews the weekly HACAP food orders that are placed. Anywhere from 400 to 1700 pounds of food is ordered and picked up usually on Friday mornings. Pete has a convoy of pickup trucks that take turns, usually two at a time. They are loaded up at the HACAP food reservoir, drive to Bethany and deliver the food. Another small army of workers are in the lower level to unload, unbox, stock or store the items in the Bethany Lutheran food pantry shelves, freezer, refrigerator or in the storage closet.

This week we have 2 pound bags of shrimp for every neighbor that wants one! Pete checks the HACAP “white board” email for available items most days at 8am and makes trips to the food reservoir frequently during the week to pick up free items for the pantry neighbors.

Kris Larson— Most-every-Sunday-afternoon food pantry volunteer. You will find Kris keeping a watchful eye on “2nd base” assisting neighbors with shopping. From time to time you find out that one of the neighbors is a former sewing student of Kris! She knows many of

the neighbors by their first name. Kris keeps the other volunteers busy by having them fill sandwich bags with laundry pods, dishwasher pods, dryer sheets or tying 2 clean kitchen trash bags together for those that visit the pantry.

Linda Patten— is a great registrar! She is often one of the first people to greet our guests. She shows great respect to those who come to the pantry. She helps first time people feel at ease.

Thank you to these and many others who help serve our neighbors in the food pantry!

Sign up is done through SignUpGenius on our website. (bethanycr.org/food-pantry)

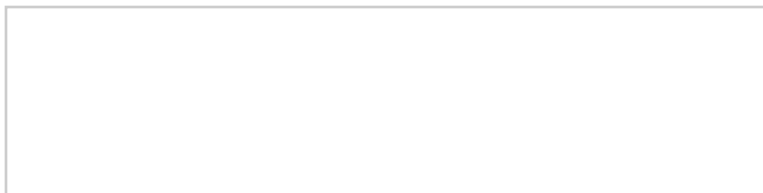
If you haven't visited the pantry yet, Nurse Ronda or Pastor Erickson would love to show it to you. Thanks for your support!



BETHANY LUTHERAN CHURCH
2202 FOREST DR SE
CEDAR RAPIDS IA 52403-1654

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CHANGE SERVICE REQUESTED




Living and Sharing God's Love

WORSHIP WITH US

Sunday Mornings

8:30 am	Traditional Service
9:45 am	Education Hour
11:00 am	Contemporary Service

CONNECT WITH US

Website	www.bethanycr.org
Email	office.bethanycr@gmail.com
Phone	319-364-6026
	facebook.com/bethanycria