

# Bethlehem Star

March, 2018

## Wednesday Lenten

### Worship Schedule

March 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>

Heart Fire: 5:30-6:30pm

Worship: 7:00pm

Holden Evening Prayer

Last Seven Words of Christ

## Holy Week

### Palm Sunday

Sunday, March 25<sup>th</sup>

### Maundy Thursday

Thursday, March 29<sup>th</sup>

6:00pm: Passover Seder

### Good Friday

Friday, March 30<sup>th</sup>

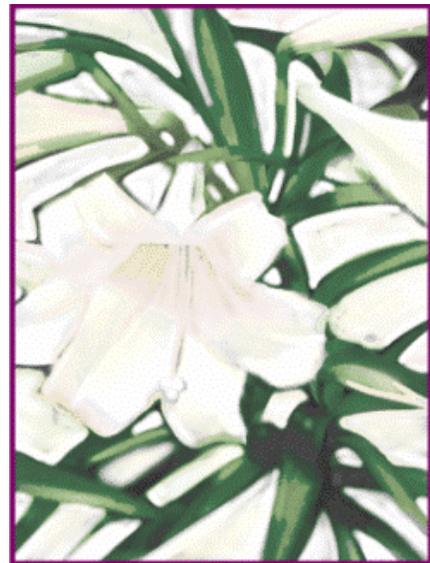
7:00 pm: Worship

## Easter Sunday:

April 1<sup>st</sup>

6:00am: Easter  
Sunrise Service  
*(bring a blanket)*

9:00am: Easter  
Celebration Service



# Easter

## FROM THE PUGH...

I recently watched the movie, "42" about the baseball player Jackie Robinson. I was struck by the fact that the Brooklyn Dodgers owner Branch Rickey, played by Harrison Ford, wanted a winning team and realized the way to get one was to bring Negro players into the league. Rickey knew the player could not just be good in baseball but also have a strong moral compass and possess self-control. After several successful players were considered Jackie Robinson was chosen. Besides Robinson's amazing baseball skills he also was a Methodist, as was Rickey. It was thought having this strong religious base would help Robinson see the bigger picture and to literally and figuratively turn the other cheek. Something that was needed time and time again being the first Negro playing amongst a group of white players.

Since watching this movie, I have really been questioning myself about how strong am I really in my faith? Would I have the strength to take having obscenities yelled at me repeatedly? Would I have the strength to receive death treats for myself and my family and still keep going? Would I have the strength to be segregated and ostracized and offered facilities that were separate but equal - knowing that there was nothing equal about them and accept them and not quit?

It takes a special person with courage and perseverance to stand strong in the face of adversity and to believe in something so wholeheartedly that if death comes prematurely at the hands of others - then it comes.

In Jackie Robinson's case death didn't come at the hands of the angry mob. He changed history and for that matter sports in America. To this day, each year teams wear the number 42 on their jerseys to hold high the legacy and hard earned fight of Jackie Robinson. He is indeed a sports legend, inducted into the baseball hall of fame in 1962. Even though this fight of racial segregation began before I was even born, I was proud to claim a piece of the pride in Robinson and his hard won fight as I watched the movie.

There was another man that was strong enough to take the obscenities yelled at him. He received the blows of a whip and those from the front and back of a hand. He was segregated, spit on, stripped, ostracized, his family and friends threatened, nailed to a cross, and pierced in the side. Yet he still continued on for the greater good; even accepting a painful premature death for his beliefs. Today many wear necklaces and clothing identifying themselves with his struggle. But he will never be placed in a hall of fame, win a world series, or have his number retired.

His legacy is one of eating with the marginalized, welcoming the stranger - especially refugees. Money was not a motivator for him nor was power. He spoke of casting no stones lest they be cast back at you. He told of removing the stick from your own eye first. He hung out with the sick, lame, possessed and hungry. He was murdered for his beliefs! He could have stopped it any time - but he did not. His name was Jesus. He died that we may live. He died for the forgiveness of our sins. He died - not because we deserved it. He died because he loves us. It is just that plain and simple - Jesus loves us. Amen.



## Church Office Hours:

Monday - Thursday: 8:00am - 1:00pm.

Friday: 8:00am - 12:00pm.

Please have announcements and prayer requests to the church office by **10:00am Friday**.

## Face Book:

If you are already on Face Book be sure to go to the Bethlehem Lutheran Church Face Book page and like us. If you are not on Face Book, consider joining, and then like Bethlehem Lutheran Church. If you want more information on how to join Face Book let us know and we will walk you through it. Tell your friends, neighbors, family - spread the word to like Bethlehem Lutheran Church on Face Book and the Good News of the gospel!

<https://www.facebook.com/pages/Bethlehem-Lutheran-Church>

## Blue Stone Ministry:

### A Gift of Stephen Ministry.

The Blue Stones in our baptismal font are sponsored by Stephen Ministry. When you pass by the baptismal font, you are invited to take one of the Blue Stones and carry it with you at all times. If you meet someone, friend or stranger, who is having a difficult struggle in their lives, this Blue Stone can help. Hand that person your Blue Stone and explain the following: *"Please take this blue stone and carry it with you. Let this be a reminder that God loves you, and you will always have God's love no matter how difficult your life may become. Let this also remind you that you have someone here on earth who cares about you and will keep you in their prayers."* After you have given away your new stone, please replace it with another from our baptismal font.

**Heart Fire** is the church's band. If you play an instrument, sing, or want to learn guitar, come join us. All levels of players are welcome. We lead worship on the 4<sup>th</sup> Sunday of each month. Rehearsals are Wednesdays from 5:30 to 6:30pm.

## Newsletter Deadline:

Articles must be received in the church office by **Monday, March 19<sup>th</sup>** to be included in the April Newsletter. If at any time you have an article for the newsletter, there's no need to wait until the deadline - write it up while it's fresh in your mind and send it in. It will be included in the following month's newsletter. **Receive the newsletter via email and save postage and paper costs.** Plus, it arrives in living color with occasional bonus items.

## Bethlehem's Web Site: [blcmesa.org](http://blcmesa.org)

Share it with your friends, neighbors, and families. Our website was recently updated so our content displays to best advantage on today's newer technology of smart phones and tablets.

## PowerPoint Pictures:

Taken any really good pictures lately? Want to share it on the PowerPoint overhead on Sunday? Email it to Laurel in the church office. Most of the pictures we use were taken by members, and we always enjoy receiving new ones. **Thank you for sharing!**



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A **Special Thank You** to Brian Myers of **PM Pest Control**. He volunteers his time and services to Bethlehem and Noah's Ark for free. **PM Pest Control** can handle all of your pest and weed control needs. Call 602-920-7032.  
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Thank you **Sparkletime Window Washing!** They are donating the cleaning of Bethlehem's windows for free. Your windows can sparkle, too. Call 480-225-5141 and tell Nathan and Bradley that you attend Bethlehem Lutheran Church. **They will donate 10% of your window cleaning cost to Bethlehem.**  
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Thank you, **Your Computer Lady!** Pamela volunteers for Bethlehem to do social media work. Call *Your Computer Lady* for email marketing or social media needs.  
480-929-0335 [www.YourComputerLady.com](http://www.YourComputerLady.com)  
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**Bethlehem Lutheran Church  
is a Stephen Ministry Congregation.**

**Caring Evangelism  
How to Live and Share Christ's Love**

Sometimes in the face of illness, yours or others, you may find it hard to express to God what is on your heart or mind. The words just won't come. At times like these, you can turn to someone whose has gone before you on a similar road of suffering. Prayers offer comfort and hope for times of deep physical, emotional, and spiritual suffering. They will help you renew your trust in God the Healer. They give voice to your pain, despair, and doubt. Sometimes these prayers become a word from God to lead you or rest silently in the presence of God.

Let one of Bethlehem's Stephen ministers share those words of healing with you. Our caregivers are from all walks of life. We have been blessed with talented, committed, Christ-centered individuals who continually develop their skills to support and deliver life-changing resources to our community.

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**E-Blast:** Sent from the church office every Thursday via email. It allows you to get up to date information on what is going on at Bethlehem delivered straight to your computer, phone, pad, or other wireless device you use. If you are not receiving it and want to, please contact the church office and let Laurel know.

**Newsletter:** Receive the newsletter via email and save postage and paper costs.

**Thank you:**

- ❖ **to the Garden** for the mission project of trimming the mesquite trees on the north side of the church.
- ❖ **to X Gonzalez** for making the 2 new candle holders for the votive candles. This will make the candle lighting go so much faster!

The **World Hunger Basket**, located in front of the altar, is a continuing mission activity. You are invited to donate before, during, or after worship. 1/2 of the funds are sent to the ELCA World Hunger program, and the other 1/2 remain at Bethlehem to purchase food for the food bank at First Lutheran when their shelves are empty. The second page of the monthly calendar reports how much we sent to World Hunger the previous month, and how much of the funds on-hand were used to purchase food for the food bank. The cash raised at the annual Souper Bowl event is handled in the same manner.

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**4<sup>th</sup> Wednesday of the month:**

**Stitch 'n Knit:**

March 28<sup>th</sup> at 1:00pm in the NCO.  
Bring your project of choice and join us for a couple of hours of camaraderie and quiet. Don't have a project? Just join us anyway.  
Questions? Just ask the church office. 480-832-0462.

**Prayer Shawl Ministry:**

Anyone who is making Prayer Shawls (or wants to learn how to make them) is encouraged to come to Church on the **4<sup>th</sup> Wednesday of every month from 1:00-3:00pm**. This is when the Stitch & Knit Group meets and we enjoy getting together for fellowship with them.

The Prayer Shawl makers are also welcome to join the quilters on Tuesday mornings to knit & crochet while the quilters do their quilting.

If you have any questions, please call the church office. 480-832-0462.

## **The Nurse's Corner:**

Each month I highlight a health topic in the newsletter. Feel free to suggest health concerns that you would like to see added in future months.

Blessings,  
Carol Savoie R.N.

### **March is Kidney Health Month**

#### **Why Are the Kidneys So Important?**

Most people know that a major function of the kidneys is to remove waste products and excess fluid from the body. These waste products and excess fluid are removed through the urine. The production of urine involves highly complex steps of excretion and re-absorption. This process is necessary to maintain a stable balance of body chemicals.

The critical regulation of the body's salt, potassium and acid content is performed by the kidneys. The kidneys also produce hormones that affect the function of other organs. For example, a hormone produced by the kidneys stimulates red blood cell production. Other hormones produced by the kidneys help regulate blood pressure and control calcium metabolism.

#### **The kidneys are powerful chemical factories that perform the following functions:**

- remove waste products from the body
- remove drugs from the body
- balance the body's fluids
- release hormones that regulate blood pressure
- produce an active form of vitamin D that promotes strong, healthy bones
- control the production of red blood cells

#### **Where Are the Kidneys and How Do They Function?**

There are two kidneys, each about the size of a fist, located on either side of the spine at the lowest level of the rib cage. Each kidney contains up to a million functioning units called nephrons. A nephron consists of a filtering unit of tiny blood vessels called a glomerulus attached to a tubule. When blood enters the glomerulus, it is filtered and the remaining fluid then passes along the tubule. In the

tubule, chemicals and water are either added to or removed from this filtered fluid according to the body's needs, the final product being the urine we excrete.

The kidneys perform their life-sustaining job of filtering and returning to the bloodstream about 200 quarts of fluid every 24 hours. About two quarts are removed from the body in the form of urine, and about 198 quarts are recovered. The urine we excrete has been stored in the bladder for anywhere from 1 to 8 hours.

#### **How is Chronic Kidney Disease Detected?**

Early detection and treatment of chronic kidney disease are the keys to keeping kidney disease from progressing to kidney failure. Some simple tests can be done to detect early kidney disease. They are:

1. A test for protein in the urine. Albumin to Creatinine Ratio (ACR), estimates the amount of a albumin that is in your urine. An excess amount of protein in your urine may mean your kidney's filtering units have been damaged by disease. One positive result could be due to fever or heavy exercise, so your doctor will want to confirm your test over several weeks.
2. A test for blood creatinine. Your doctor should use your results, along with your age, race, gender and other factors, to calculate your glomerular filtration rate (GFR). Your GFR tells how much kidney function you have.

It is especially important that people who have an increased risk for chronic kidney disease have these tests. You may have an increased risk for kidney disease if you:

- are older
- have diabetes
- have high blood pressure
- have a family member who has chronic kidney disease
- are an African American, Hispanic American, Asians and Pacific Islander or American Indian.

Information obtained from [www.kidney.org](http://www.kidney.org)

## News from Noah's Ark

Martin Luther King Day, Valentine's Day, Ash Wednesday, and Presidents Day are in the past.

What's coming up? We've got St. Patrick's Day, Palm Sunday, Good Friday, and Easter. All absolutely incredible times to look forward to.

But, before any of these, we've got our **TRIKE-A-THON!!!** Come be a part of a joyous, exhilarating experience. Join in the fun of watching healthy 2-5 year olds ride like grease lightning. Be involved in the encouraging of these small bodies to push their pedals till their little legs can't push anymore. Support one or more of our kids in raising funds for St. Jude's. Help us reach a goal of \$6,000. We would love to top the \$60,000 mark. Our total raised so far by Noah's Ark kids is just over \$55,000. The kids and staff look forward to seeing you on Friday, March 10<sup>th</sup>. The fun begins around 9:00am.

Thank you to all our church community members that participated in "Wheel Day". Everyone had an amazing time. Adults and kids shared the greatest smiles imaginable. Plan ahead. Be in the mix next year. Share your favorite wheels.

As always, please come and visit our school. Share with the kids your experiences, read, or just hang out.

May you all stay well and remain blessed.  
Ms. Jill



## Blue Clipboard

There is a blue clipboard in the Narthex for everyone to update current address, phone number, and email address.

We are always looking for **Prayer Warriors** who want to be informed of immediate prayers via the telephone or email. Let us know if you want to join. Perhaps you would like to receive the email prayer list on Fridays; if so, just let us know.

## Men of Song

In concert at Bethlehem  
Sunday, March 18<sup>th</sup>  
2:00pm



### Answers to quiz on p. 10:

1. b. Frankincense
2. a. Nicodemus
3. e. All the above are correct.
5. c. Three hours
6. b. Barabbas
7. a. Let this cup pass from me
9. c. three
10. b. Thirty pieces of silver
11. a. He hanged himself.
12. b. They purchased a field with it.
13. b. I find no fault in him.
14. c. He said nothing.
15. d. Pilate's wife
16. a. Simon of Cyrene
17. a. Jesus of Nazareth, the King of the Jews
18. b. Truly this was the Son of God.
20. c. The soldiers



Noah's Ark is a part of *Fry's Community Rewards*. The next time you shop at Fry's, stop by the front desk for details.

### **Business and Service Cards Bulletin Board**

Members and Friends of Bethlehem are invited to post your Business Cards on the Bulletin Board in the **Social Hall**.

### ***Amazon Smile:***

Do you shop online at Amazon.com? Bethlehem is part of the ***Amazon Smile*** program. Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases to **Bethlehem Lutheran Church** whenever you shop on AmazonSmile. When you log on to Amazon, you must do so through [smile.amazon.com](http://smile.amazon.com) for Bethlehem to receive the benefits.



### ***Prayer Shawl Blessing***

2<sup>nd</sup> Wednesday of the month:

## Mexican Train Dominoes

March 14<sup>th</sup> at 1:00pm in the NCO.

Every Wednesday:

## Choir Rehearsals

During Lent:

Sundays at 8:00 am



Every Thursday:

## Men's Bible Study

7:30am in the Social Hall.

## Vimeo:

If you want to hear the sermon again or share it, recorded sermons and special events at Bethlehem are available to be watched and downloaded at [Vimeo.com/blcmesa](https://vimeo.com/blcmesa). Check out Preschool activities, Heart Fire activities, the latest wedding or baptism, and Pastor Chon's sermon. The site supports HD quality videos and is not restricted by length or storage capacities (other than a maximum of 5 gig per week). If you record a video of a church-related function and would like it posted on our site, please contact the church office. 480-832-0462.

Our **Weather Station** which is mounted on the pergola in the Community Garden reports the weather, real time, on line. On your computer go to [weatherunderground.com](http://weatherunderground.com). In the search window located at the top right of the screen, type in our weather station ID. KAZMESA121. You can view weather conditions real time and see graphs that report the history. Enjoy. The direct link on your computer is:

<http://www.wunderground.com/personal-weather-station/dashboard?ID=KAZMESA121>



## Mission Tables

Now is that time for the Mission Tables to put their heads together and brainstorm what to do next.

Do you want to be part of this exciting ministry here at Bethlehem? We would like to see some new faces around our table. We meet a couple times a year unless a project is finally coming together, then we might meet monthly a few times.

Please feel free to ask anyone already serving about coming to our next meeting on March 18<sup>th</sup> at 10:30am.

## Bethlehem Etiquette 101

### Item #10: Clapping in Worship

To clap or not to clap – That is the question. There are many wonderful responses for both sides of this issue. Being so involved and moved by a song or a sermon could certainly transcend one to shout out – AMEN! Followed by a rousing amount of shouting, clapping and wolf-whistling. If the Holy Spirit moves you, who has the right to tell you to contain yourself? Well, Pastor Chon asks you politely to refrain from expressing your emotions through clapping, shouting, or any other “You go girl” expression during the season of Lent. This is a time of contemplation and silence. However, tears, deep breaths, and loud sighs are appropriate responses during this season of purple. When Lent is over – clap till your heart is content



## Blessing Box

The following is a list of possible items that can be left in the Blessing Box by anyone who would like to help keep the shelves stocked for the community. It is an open shelf pantry for anyone who needs it. We have placed on the door the words,

Take what you need,  
Leave what you can.  
Little becomes much  
in the Master's Hands.

We pray this is a successful ministry in both how we provide to our community and that the community makes use of the Blessing Box.

### Blessing Box Items:

Water	Peanut butter
Baby Bottles	Baby Wipes
Box Dinners	Protein Bars
Gatorade or Powerade	Instant Oatmeal
Ramen in a cup	Dried Beans
Fruit cups or Canned Fruit	Any kind of Toiletries
Potted Meat or Vienna Sausage	
Diapers-any size for baby or toddlers	
Diapers-any size for adults	

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[Ps46v1@blc.phxcoxmail.com](mailto:Ps46v1@blc.phxcoxmail.com)

### Memorial Tiles:

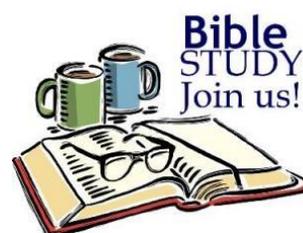
Bethlehem Lutheran Church participants have the availability of purchasing memorial plaque tiles to go on our master plaque. An individual name tile costs \$15. If you choose two names, one on each tile, the cost is \$25. If you are interested or need more information, please contact the church office. 480-832-0462.



### 3<sup>rd</sup> Thursday of the month:

## WELCA

Every woman who worships at Bethlehem is a member of WELCA, and we welcome your presence at our monthly meetings on the 3<sup>rd</sup> Thursday of the month. WELCA returns to its regular schedule which is from 10:00am to Noon. Beverages and snacks will be furnished. A typical meeting includes fellowship, Bible study and a business meeting. **Mark your calendar for Thursday, March 15<sup>th</sup>, at 10:00am.** We hope to see you there!



### Media at Bethlehem:

We're always on the lookout for new ideas about how Bethlehem can use social media. Tell us yours. We want to share God's promises with all creation.

### Fair Trade Coffee for Mission:

The coffee we use for Hospitality on Sunday, which is also on sale in the social hall, is bought through Lutheran World Relief. This is an Equal Exchange program which takes out the "middle man" so the small farmers get the fair trade value of their coffee. A small amount of our purchases go to support Lutheran World Relief. You June notice that we don't have as many different types of coffee as they were not selling. If there is a coffee type that you would like please let me know.

Thanks, Carol Savoie

### Holy Yoga:

A Christ-centered yoga class on Tuesdays from 6:00-7:00 pm in Room 9/10. No experience needed. Can be done from chairs or the floor. Bring: yoga mat, comfortable clothes, water, & \$5 suggested donation. Questions? Call Renaya VanDusen at 480-717-3477.

## Easter Bible Trivia Quiz

1. What spice was not used in the burial preparation?
  - a. Myrrh
  - b. Frankincense.
  - c. Aloes
2. Who helped Joseph prepare the body for burial?
  - a. Nicodemus
  - b. Pilate
  - c. Mary.
  - d. The gardener.
3. When Jesus died, what miracle occurred?
  - a. The veil of the temple was torn in two from top to bottom.
  - b. There was an earthquake.
  - c. Rocks were split apart.
  - d. Tombs were opened
  - e. All the above are correct.
5. How long did the darkness last?
  - a. One hour
  - b. Two hours
  - c. Three hours
  - d. Three days
6. Who did Pontius Pilate release just before sentencing Jesus to death?
  - a. Peter
  - b. Barabbas
  - c. Simon of Cyrene
  - d. Judas
7. What prayer did Jesus say in the garden?
  - a. Let this cup pass from me
  - b. My words shall not pass away.
  - c. If any man will follow me, let him take up his cross.
  - d. Get thee behind me Satan.
9. How many times did Jesus say that Peter would deny him?
  - a. once
  - b. twice
  - c. three
  - d. seven
10. For how much money did Judas betray Jesus?
  - a. Twenty pieces of silver
  - b. Thirty pieces of silver
  - c. Two mites
  - d. 500 pence
11. What did Judas do when he realized that Jesus was going to die?
  - a. He hanged himself.
  - b. He cut off the ear of a servant of the priest.
  - c. He denied the Lord three times.
  - d. He beat upon his breast.
12. What did the priests do with the money that Judas returned to them?
  - a. They spent it on riotous living.
  - b. They purchased a field with it.
  - c. They bribed the soldiers with it.
  - d. They cast it into the treasury.
13. What did Pilate say about Jesus?
  - a. He is worthy of death.
  - b. I find no fault in him.
  - c. He is the Christ, the son of the living God.
  - d. Certainly no man ever spake like this man.
14. What did Jesus say to king Herod at his trial?
  - a. You shall see the son of man sitting on the right hand of power.
  - b. You could have no power against me except it were given to you from above.
  - c. He said nothing.
  - d. He cried out "My God, my God. Why have you forsaken me?"
15. Who warned Pilate to have nothing to do with Jesus?
  - a. Nichodemous
  - b. Peter
  - c. The priests
  - d. Pilate's wife
17. What did Pilate have placed over Jesus' cross?
  - a. Jesus of Nazareth, the King of the Jews
  - b. Is it nothing to you all ye who pass by?
  - c. Beware all ye who enter here
  - d. Christ died for our sins
18. What did the centurion say about Jesus after he died?
  - a. All is well that ends well.
  - b. Truly this was the Son of God.
  - c. What must I do to be saved?
  - d. Lord, remember me when thou comest into thy kingdom.
20. Who sat in front of the tomb after Jesus was buried?
  - a. The disciples
  - b. Pilate
  - c. The soldiers
  - d. Nichodemus.

*Answers on p. 6*



# Garden Seeds: *Life began in a garden... (Genesis 1:11)*



**Q:** What's the dress code for a pasta convention? **A:** *A Bowtie...*

**Q:** Yea, so did you hear about the Italian chef that died? **A:** *He done just pasta way...*



Spring harvest continues...



Our NEW Pergola PATIO!!! Thanks to "PAVESTONE" for DONATING the pavers; Jacob – for making the arrangements; and to Hector and his crew for installing our new patio.



Tomatoes are planted!! ..as are peppers for Summer. Rich plans to plant watermelons next week. Spring (yard) cleaning is also underway.

Feb we talked **BERRIES** in the Garden with the Noah's kids. We also got to make a **Valentines Berry** gift to take home. Thanks again Ellie & Jim 😊



**ANOTHER OUTREACH** - opportunity for/by the Garden. The Mesquite Trees Nth of the office needed trimming. The Garden stepped up and offered to get it done. In the mean time the smaller branches were shredded and RE-USED as compost. Larger limbs are offered as firewood.

Q: **What is an Irishman's biggest dilemma?** A: **Should he 'eat' the potato now, or ferment it and drink if later?**

Q: **Why do fish always sing "off key"?** A: **Because you can't tuna fish...**

Ok. 😊 ...so did you hear about the new restaurant on the moon ...the food is out of this world but there's no atmosphere