



sharing the bread of life with the hungry world

bethlehem lutheran church *newsletter*

Volume 55 Issue 4 May 2020

LIVE GLAD



Evangelical Lutheran Church in America
God's work. Our hands.

Bethlehem Family and Friends,

As I write this article, the news is breaking of school not resuming in Iowa this year. Another level of our quarantine becomes reality and folks are dealing with it in all sorts of ways. We have learned a lot these last few weeks about how we respond to stress and challenges, about how much isolation we can handle (or can't), and about how patient or not patient we really are when we can't control the world around us. I recently came across an idea for dealing with all of these stresses that I would like to share with you. It is a challenge to live "**GLAD**". The goal of living GLAD is to each day practice **G**ratitude, **L**earning, **A**ccomplishment, and **D**elight. So let's break that down:

Gratitude-We know that if we practice living a life of gratitude, we see the world more positively. But I also am willing to bet that I am not the only one who has started a gratefulness journal only to let the practice fall to the wayside when life got too busy. I always would tell myself I had to come up with a certain number of things each day. On the hard days, that can be really difficult, so just look for 1. Make it a practice you can do as a part of your daily routine. Leave a running list of things you are grateful for on your fridge. Before you turn out your bedroom light think of one thing you

are grateful for. Or if you prefer the morning, what is one thing you are grateful for before your feet hit the floor. Living with gratitude can help us process the hard times with more grace.

Learning-I firmly believe that we are called to be life-long learners-that we aren't done when we graduate or when we retire, but we can always be learning something new. Maybe it is taking time to read a book, or listening to a podcast. Maybe it is trying a new skill or allowing yourself to attempt something you've always wanted to try but been afraid to. This time of quarantine is a great chance to learn something either as an individual or with your families. I've learned the skills of digital editing a new software and enjoyed cooking new recipes. My book pile continues to grow, but hopefully I will find time to learn what is written within too. What is something you can learn today?

Accomplishment-Whether you are a planner or not, it feels good to be able to do something that needed doing. Accomplishment recognizes that to make long "to do" lists just overwhelms and frustrates us when we can't get it done. But challenging yourself to do 2 work-related things (if you are still working) and 2 home-related things that you can finish in a day means

you can end the day with a win! Just be sure they are obtainable tasks. Want to clean out your whole closet? Start with a shelf today. Want to go through a basement of boxes? One box each day. Give yourself small pieces to accomplish, and you will be amazed at how you feel when the day is done.

Delight-The final category is delight. This is often challenging for us. We feel like we "should" be doing something more productive. Or shouldn't "waste" our time and money. But reality is, God designed us to live abundantly. So what are some ways you might find to experience delight each day? Maybe it is going on a walk and being out in God's creation. Maybe it is listening to some of your favorite music. Maybe it is calling a good friend. Maybe it is watching a good movie. Find something each day to delight in, and when you experience that delight and joy, may it bring many more joyful thoughts to you.

I pray that these tips are helpful to you. May God continue to bless you and your family through this time apart. You are in our thoughts and our prayers, and we look forward to the day when we can all gather together once more.

Your partner on the journey,
Pastor Amy Eisenmann

FROM OUR COUNCIL PRESIDENT

UPDATE ON COVID-19 RESPONSE:

We had originally set May 10th as a return date for staff and physical gatherings, however with the current situation, **Council is extending the Bethlehem shutdown until June 29, 2020.** This was not an easy decision and the date may change as we learn more in the next several weeks. In the meantime, reach out to fellow members and remember that current and past Sunday services as well as Daily Bread Devotions are available on the Bethlehem YouTube channel, "Bethlehem Lutheran CF."

COUNCIL ELECTIONS:

We are not able to hold our usual quarterly meeting in April. A key portion of the April meeting is to elect new Council members. Roberta Bodensteiner, Mark Halvorsen, and Glenn Nelson will be leaving Council at the end of May.

Since we cannot hold our April Quarterly Meeting, we are asking that votes be sent via mail or email. **Voting will take place until May 29, 2020.** Prior to that time, you may contact any member of Council or the Nominating Committee with feedback. Voting by mail is not typically done at Bethlehem, but like other aspects of our lives in these times we must adapt to keep moving forward.

The Nominating Committee has presented the following names to fill the three upcoming vacancies:

- Brendan Alexander
- Mardy Holst
- Reed Hunemuller

A youth representative has not yet been identified to serve on Council.

Please see the **enclosed ballot** and send your vote to Jill Schulte by email at djschulte@cfu.net, or Glenn Nelson by mail at 111 Bluff Drive, Janesville, IA 50647. Please mail by May 15th to ensure delivery.

Votes will be tallied May 31st for terms effective June 1, 2020. Thank you for your flexibility and understanding in this unprecedented time.

Mark Halvorsen
President, Congregation Council



Congregation Council Members

Mark Halvorsen - President
319-939-8114

Kurt Leistikow - Vice President
319-269-7178

Nick Newgard - Treasurer
319-240-0692

Kent Anderson - Secretary
319-290-4866

Roberta Bodensteiner: 319-277-3676

Mindy Fisher: 319-290-4365


Connie Johnson: 319-610-7449

Glenn Nelson: 319-987-3012


Jill Schulte: 319-290-5725

MILESTONES MINISTRY: Coronavirus Conversations Discussion Guide

Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. Philippians 4:6

 **Caring Conversations:** Discuss these thoughts and questions:

- What concerns you about the coronavirus pandemic?
- With restaurants, gyms, and theaters closed, how do you spend your time?
- In what way can you worship in your home?


 **Devotions:** Read the following:
Therefore I tell you, do not worry about your life, what you will eat or what you will drink, or about

your body, what you will wear. Is not life more than food, and the body more than clothing? Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And can any of you by worrying add a single hour to your span of life? And why do you worry about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin, yet I tell you, even Solomon in all his glory was not clothed like one of these. But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, will he not much more clothe you—you of little faith? Matthew 6:25-30 (NRSV)

- What message do you hear in this

reading related to the affect the coronavirus has had on our lives?

- How has the coronavirus impacted your faith life?

 **Service:** There are many who are elderly or immune compromised. During this time of the coronavirus pandemic, it is important they stay at home and be quarantined from others. In what way can you help a neighbor who may be in need of food or supplies at this time?

Rituals and Traditions: Pray together: The Lord's prayer. Conclude by blessing one another: May God take away your worries and fill you with peace through Christ our Lord.

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*Congratulations and Blessings
to the Class of 2020*

GRADUATION MILESTONE

Sunday, May 17, 2020

Please join us for online worship as we celebrate these young adults and bless them on their new journey.

As you go on your way may Christ go with you. May He go before you to show you the way; may He go behind you to encourage you; beside you to befriend you; above you to watch over; with-in you to give you peace.



JACKSON BARTH

Jackson was an honor student all 4 years of high school and 2 time state qualifier in wrestling. He was baptized and confirmed at

Bethlehem. He has been working at Blackhawk Construction during the last 3 summers.

Jackson has narrowed down his college choices to Wartburg (possibly to wrestle) and Iowa State or UNI, to study engineering.

2411 Erik Road
Cedar Falls, Iowa 50613



LILY HERMANSON

Lily has had the best senior year, except for the past few months. She was definitely in her element with art and welding classes.

Lily will be attending Hawkeye Community College and has been accepted into their welding program. There are aspirations of becoming a metal artist, after finding a job in her field.

4203 Crestview Drive
Cedar Falls, Iowa 50613



SABRINA LEISTIKOW

Sabrina has long been active as a cheerleader in school and TNT Cheer, including coaching. She also enjoyed acting in school productions.

She recently served on our congregation's Call Committee and is an Assisting Minister at our 2nd service.

Sabrina will be attending the University of Iowa to study Sports and Recreation Management.

5006 Algonquin Drive
Cedar Falls, Iowa 50613



SAM LUBS Some of Sam's senior year highlights include the role of Rev Hale in a production of The Crucible, making All-State as a baritone, participating in CFHS CAPS Education

program, singing in several CFHS choirs, attending Churchwide Assembly, and learning at the Next Direction choral conducting conference.

Sam plans to attend Luther College to study Music Education.

4313 Sonoma
Cedar Falls, Iowa 50613



LAKIN SHEELEY

Lakin's favorite subjects are math and history. She enjoyed going to Cedar Falls High School athletic events and supporting her

friends. Until knee injury, her favorite sport to play was soccer

Lakin has plans to go to college to be a physical therapist.

P.O. Box 29
Shell Rock, Iowa 50670

**VACATION
BIBLE SCHOOL**



Bethlehem family, with all of the unknowns happening right now and the amount of time and energy it takes to put on a successful VBS, we have decided to cancel it this year. We are sad but we look forward to organizing a committee for 2021. If you're interested in helping or co-chairing, let Lisa Newgard know.

**GIVING MADE
EASY!**



Scan the QR code with your smart phone to share your offering with Bethlehem.

CHURCH STAFF

Amy Eisenmann - Pastor

218-290-3982

pastoramy@bethlehemcf.net

Robin Souhrada - Dir. of Faith Formation

robin@bethlehemcf.net

Hudson Lourenco - Organist

Diane Bowman - Office

Business Assistant

office@bethlehemcf.net

FURLOUGHED STAFF

Tina Varney - Office

Administrative Assistant

Heather Schneider - Ministry Coordinator

Susan Jorgensen -

Contemporary Worship Dir.

Zachary Rogers - Chancel Choir Dir.

Karen Dowell - Celestial Choir Dir.

THANK YOU! On behalf of the 2019 BLC staff, I'd like to thank congregation members for the generous Christmas gift. ~Robin



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Cedar Falls, Iowa 50613
Permit No. 33

VOLUME 55 ISSUE 4 April 22, 2020

Church office phone: 319-266-3541
Email: pastoramy@bethlehemcf.net
Website: www.bethlehemcf.org

NOTICE OF GATHERING

Until further notice,
Bethlehem will not
reopen the building
for physical
gatherings until
JUNE 29, 2020.

QUARTERLY MEETING

Information and ballot
enclosed.

WEEKLY SCHEDULE

Daily: Daily Bread scripture reading
and reflection by Pastor Amy
on YouTube and Facebook

Monday: Robin's day off

Tuesday: Staff meeting
and non-tech mailing prep

Wednesday: Coffee with the Pastor
10:00am - Zoom

Thursday: Pastor Amy's day off

Friday: Home is Church, Too.
Facebook post

Saturday: Bible Story Time on YouTube

Sunday: Worship
and Sunday School Opening
on YouTube and Facebook
Fellowship Hour 9:30am - Zoom

Our Pastor
Rev. Amy Eisenmann
(218) 290-3982 cell phone
(319) 266-3541 Church Office
pastoramy@bethlehemcf.net

Our website:
www.bethlehemcf.org

Our YouTube Channel:
Bethlehem Lutheran CF

Our Facebook page:
**[www.facebook.com/
Bethlehem-Lutheran-Church-
ELCA-451552121584266](https://www.facebook.com/Bethlehem-Lutheran-Church-ELCA-451552121584266)**

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