



Bethlehem Lutheran Church

June 2021 Newsletter

Bethlehem Family and Friends,

This weekend we celebrate Memorial Day, and then it feels as if we are officially into summer. Days are longer, schedules hopefully loosen up a bit, and the weather is beautiful. I personally am looking forward to some time off this summer, time away from work responsibilities and time free to do things that renew my spirit. Pastor Ken Shigemastu writes in *God in My Everything: How an Ancient Rhythm Helps Busy People Enjoy God*, **“The golden rule for the Sabbath is cease from what is necessary and to embrace what gives life.”**

As we look at living into sabbath this summer, I wonder if we might consider living sabbath through exploring these steps together...

1. **Pray, Reflect and Listen.** Set aside time each day to just spend listening to God. What if you and your family designated 20-30 minutes a day to spend in sabbath space: read, sit in the sunshine, go for a walk, do something that re-connects you to God and creation.
2. **Identify how you recharge.** introverts and extroverts recharge differently. Do you need time with friends after a year apart from one another? Do you need time just as an individual to breathe and be? Recognize that how you recharge is how God created you to be...there are no right ways or wrong ways to find rest...only you know what your body needs.
3. **Do something fun.** What is it that brings you joy? What is a hobby you have never tried or haven't done for years? What are things that you never take the time to do during the school/program year that you might be able to find time to enjoy this summer?
4. **Make healthy food choices.** Our energy levels are greatly affected by what we put into our bodies. This time of year there are abundant fresh fruits and veggies that we can enjoy. Go to the farmer's market. Grow your own goodies in your backyard. Try something new on the grill. Feed your body in a healthy way.
5. **Get enough sleep.** This year has been a rough one for many of us with lost sleep due to stress and worry. It is good to listen to your body when it needs rest. Grab a hammock or lounge chair and enjoy the sunshine too (just make sure you wear your sunscreen!)
6. **Stay active.** Summer is filled with opportunities to move our bodies. Walking, running, bike riding, water sports, you name it. Try something new. Take your pet out and get moving. What can you do to care for the body God gave you?

However you choose to find sabbath this summer, know that you are in my prayers, and I thank God for each one of you. Thank you for being a part of our church family, and for calling me to be your pastor.

Your partner on the journey, *Pastor Amy*



Ways to get involved at Bethlehem in the next few weeks...

June 6 everyone is invited to enjoy an **afternoon of free fishing, from 2-4pm** at Prairie Lake Park (corner of Viking Road and Hudson Road) followed by food, fun, and fellowship at 5pm at the church. All ages are invited to attend! **Even if you don't join us for fishing, come and join us at 5 pm for a yummy dinner of burgers and brats!**



**Christian
Education**

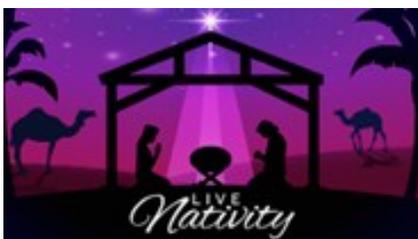
Education Visioning Meeting-Do you have a heart for learning? Want to have input as we have some discussion about what we want people of all ages to learn at Bethlehem? Have input you would like to share about education for our kids, our youth, our

adults at Bethlehem? Come and join us as we dream and shape together the education fundamentals of our congregation! We will gather June 15 at 4:30 pm to dream and plan together!



Thanks to everyone who helped with the Mehmen funeral lunch, whether you baked a cake or helped with food preparation, serving, and/or cleanup and dishwashing. The Mehmen family expressed their great appreciation. This is a special and rewarding ministry. **If you are interested in helping with future funeral lunches in any way, email Judy Hill at jmhill@cfu.net.**

Father's Day is June 20. To honor the important men in our lives (fathers, grandfathers, uncles, or brothers) **we invite you to submit pictures of these individuals for a power point to be shared during worship.** Please submit your pictures to Pastor Amy at pastoramy@bethlehemcf.net by Monday, June 14 at noon.



Bethlehem will be having a **Live Nativity** on December 5 from 4:30-6pm. There will be a **planning meeting on Wednesday, June 16 at 6:30pm.** if you are interested in helping with costumes, set-up, food, and much more, please join us. If you would like to help, but can not attend the meeting, please contact Heather.

From the mailbox...

Dear Camp Bethlehem,



Amazing Grace descended upon us on Camp Bethlehem Sunday! Five of the kindest women worked with careful strength, courage and diligence for more than two hours- raking, picking up sticks, pruning our overgrown lilacs, lopping rogue trees, dead branches, etc. Then four more kind, strong people arrived and hauled brush away, etc. We felt very grateful and thankful for all your hard work-all done with great kindness! You brought new light into our lives!

Thank you!

Jack and Marie Gregersen

P.S. Special thanks to Kathy, Kari, Kayleen, Linda, Courtney, Jill, Dale, Kurt, and Pastor Amy!

Signs of New Life!

Thanks to Daryl Smith, retired UNI Tallgrass Prairie Center director, and the Bethlehem "fire crew" (Reed, Butch, Craig, John, Jerry) for burning our church prairie in April. By burning the prairie, non-native plants are destroyed while the prairie plants, with their LONG roots, will survive and thrive. The prairie has become home to important pollinators, caterpillars, butterflies and other critters.



Pastor Amy would love a chance to get to know you better! She will be available for conversations on **Thursdays in June from 11 am-1 pm at the Riverview Plaza** (downtown CF next to Urban Pie). If it is cold or rainy, you can find her inside the Tea Cellar (right next to Second State Brewing Co) from 11 am-1 pm. Hope to see you there!

Tea Talk



Youth NEWS AND EVENTS

Calling all Confirmands! Don't forget that this summer is a great time to catch up on worship notes and discipleship requirements! Forms are available on the welcome table or the website!



Calling youth of all ages! We have a fun fishing day coming up just for you! On **Sunday June 6** we will be

fishing out at Prairie Lake Park from 2-4 pm, and then coming back to church at 5:00 pm for brats, burgers and smores and lots more fun too! Grab your friends and family and let's go fishing!



Grab a friend, and come join us for an **outside movie on July 31 at 8 pm.**

More info coming soon!



On **August 28, from 11am-2 pm**, grab your friends and family and **Bounce on Over to Bethlehem** for a fun day of bouncy houses, food trucks, carnival games and more! Stay tuned for more details!

We are collecting small toys, cards, etc to send in a box to our superhero Meyer Mixdorf.

You can color Meyer a picture, share something you love to do with him, write him a letter, give him a reason to smile... just **be sure to bring them to church by Mon June 14** so that we can get them to Meyer!



Worship

WITH US ONLINE

Not able to join us for worship in person?
No problem! All of our worship services can be found online on our church website at:

<http://www.bethlehemcf.org/online-worship.html>



To add yourself to the prayer chain team:

Email Cayla (office@bethlehemcf.net) or call Cayla at the church office (319-266-3541) and let her know that you would like to receive prayer chain emails.

To add a loved one to the prayer list:

Email Pastor Amy (pastoramy@bethlehemcf.net) or call Pastor Amy at the church office.



Holy Communion Options During June

- Join us in worship on Sundays on June 6, 20
- Grab your friends and neighbors and set up a time with the church office to have your own communion service at Bethlehem with Pastor Amy presiding.
- Call Pastor Amy to bring communion to you at your residence (garage, etc).



GIVING MADE EASY!

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

BETHLEHEM STAFF

Church phone: 319-266-3541

Pastor Amy Eisenmann-Lead Pastor
Pastor Amy's cell phone: 218-290-3982
pastoramy@bethlehemcf.net

Pastor Kristi Grieder-Visitation Pastor
Pastor Kristi's email:
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Cayla Morris- Office Manager
office@bethlehemcf.net

Heather Hurd-Schneider Director of Fellowship and Outreach
heather@bethlehemcf.net

Seth Bullerman-IT Director
bullerms@uni.edu

Hudson Lourenco - Organist

Patty Nelson-Custodian



2021-2022

CONGREGATION COUNCIL MEMBERS

Mardy Holst-President
319-277-0328

Theresa Elverum-Vice President
319-277-3306

Jill Schulte- Treasurer
319-290-5725

Joan Christiansen- Secretary
319-269-5634

Reed Hunemuller: 319-277-6381

Brendan Alexander: 319-290-1237

Ellen Hermanson: 319-573-0719

Kurt Leistikow 319-269-7178

Mindy Fisher 319-290-4365

YouTube

Live streaming

Did you know you can now worship with us live??
We are excited to announce that we are finally
livestreaming worship on **Sunday mornings at 9 am**

All Team Meeting Project Night!

Tuesday, June 8, 7:00 pm, in the Sanctuary

We invite you to join us for our June All Team Meeting!
Whether or not you served on a team previously, we invite you to come to All Team if you are interested in any of the following this month:



CAMP BETHLEHEM-The first Camp Bethlehem event was a huge success! Come and help us finalize our plans for our overnight campout on the Bethlehem fields in July, as well as begin talking about our next service day. If you are interested in these events, and helping make them happen, then **CAMP BETHLEHEM** is the breakout for you!

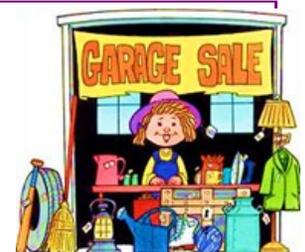
JOYFUL TIMES-Have you missed spending time with your friends from Joyful Times? Are you excited to re-gather with this group of folks? Are you new to the congregation and want to find out more information on these fellowship outings that are happening for adults? If you are interested in helping dream about where you can go this year and how we can make these activities happen, then the **JOYFUL TIMES** breakout is for you!

CONGREGATIONAL HOME/PROPERTY-Do you like to help with projects around the church? Would you like to learn how you could be more involved in the behind-the-scenes happenings? Do you have time to volunteer to help set up and take down events when needed? Then **CONGREGATIONAL HOME/PROPERTY** is the breakout for you!

FELLOWSHIP/OUTREACH -This group is the place to meet with Heather and talk about activities that are coming this summer and fall. Activities this group are currently working on include: Moonlight Movie, Bounce on over to Bethlehem, and Garage Sale this fall. They are also the crew planning the in-gathering of backpack items for Lincoln Elem., personal hygiene items for the food bank and outreach to our soccer families. Want to know more? Then this **FELLOWSHIP/OUTREACH** breakout is for you!

Still confused about how all of this All Team stuff works? No problem! Come and join us on June 8th at 7 pm in the sanctuary and we will figure it out together!

Our annual Garage Sale will be September 11 8:00am-2:00pm. If you have items you would like to donate for the garage sale, you can begin to bring your items on Sunday, September 5. Items can also be brought to the church: Tues, Sept 7 and Thurs, Sept 9-8am-4pm; Weds, Sept 8- 8am-5pm; and Fri Sept 10- 8am-noon. Please do not bring televisions, work out equipment, and Christmas decorations. If you know of a place that we can donate items left over from the garage sale, please contact Heather. On September 5, following worship help is needed to set up tables in the Fellowship Hall .





All are welcome to Family Fishing Day and Dinner!

**Fishing at Prairie Lakes Park on Sunday June 6
from 2-4 pm. Dinner for all (fishers and not!) at 5
pm at Bethlehem!**

Other dates to keep in mind this summer...

July 17-Family Camp Out on the soccer fields at Bethlehem!

July 31- Moonlight Movie- Enjoy a movie outside!

Our Pastor

Rev. Amy Eisenmann
(218) 290-3982 cell phone
(319) 266-3541 work phone
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)**

Our Instagram page:

[@bethlehemcf](https://www.instagram.com/bethlehemcf)