



## RATED PG

*Ministry Thoughts from Pastor Gary*

“Good Morning, I’m sorry that I do not have a name and face connected yet. I am Pastor Gary.”

And so starts a wonderful conversation. Those who have been connected with Bethany for a long time are delighted to share their name. Others are very new, and happily share that they are new to Bethany, and also share their name.

And now, all of you have language that is wonderfully inviting. So, a new worshipper to Bethany should never be here and then leave without anyone introducing themselves.

No awkwardness about approaching a long-term member that you simply have not had a chance to meet - only joy in making a new acquaintance. No awkwardness about calling out a new worshipper for being new to Bethany – only a welcoming spirit.

And when you depart, simply say, “I am so glad we had the opportunity to worship together today.” Now everyone knows that being together is the joy we share.

We are Together for Good.

Joyfully Serving Christ,

Pastor Gary

## JANUARY WORSHIP NOTES

### **JANUARY 6: EPIPHANY**

*Isaiah 60:1-6; Ephesians 3:1-12; Matthew 2:1-12*

Preaching: Pastor Brigitte

Special Music: Koren Holden & Juli Orlandini, *duet*

### **JANUARY 13: THE BAPTISM OF OUR LORD**

*Isaiah 43:1-7; Acts 8:14-17; Luke 3:15-17, 21-22*

Preaching: Intern Rachel

Special Music: *Chancel Choir* (10:30 a.m.)

### **JANUARY 20: FAITH PRACTICES | WORSHIP**

Preaching: Pastor Gary

Special Music: *Chancel Choir* (8:15 a.m.)

### **JANUARY 27: FAITH PRACTICES | PRAY**

*We celebrate the Lord's Prayer milestone with our Second Grade students at both services*

Preaching: Pastor Gary

Special Music: *Sounds of Praise* (8:15 a.m.)

*Chancel Choir & Cherubs* (10:30 a.m.)

## Mark Your Calendars!

### **ANNIVERSARY OF BAPTISM**

The Anniversary of Baptism Milestone on January 13 is for anyone who was baptized in 2018 at Bethany. We will celebrate the baptisms at both (8:15 and 10:30 a.m.) worship services with a reception at 9:30 a.m. in the Great Hall. Please contact Nancy@bethany-denver.org to RSVP or for more information.

### **EPIPHANY PARTY**

The Cross+Generational Faith Formation Epiphany Party will be held on January 6 in the Fellowship Hall from 9:30 -10:15 a.m. We will hear the story of the Wise People worshiping Jesus, make fleece baby blankets for Children’s Hospital, create crowns, enjoy a King Cake and more!

### **LENTEN RETREAT**

Join Pastor Gary on retreat at Highlands Retreat Center outside of Estes Park. We will gather on Friday night and spend time on retreat through Sunday morning. Meals and Lodging are all covered with your registration. Signups are happening now and will be open until February 5, or until we hit our maximum. Sign up at the Welcome Center on Sundays or contact sarah@bethany-denver.org.

### **REJOICING SPIRITS WORSHIP**

Our next gathering will be on January 27 from 4:00 - 6:00 p.m. in the Great Hall, beginning with a chili dinner. Our theme is “Splashed with God’s Love!” and all are invited to this interactive, engaging and “no-shush” worship service and gathering. Our monthly planning meeting will be on January 14 at noon. All are invited!

### **SUNDAY SCHOOL RESUMES**

Sunday School resumes on January 6 with the Epiphany Party, then in classrooms on January 13. To teach or assist, contact Gayle@bethany-denver.org.

### **SOUPER BOWL OF CARING**

The annual *Souper Bowl of Caring* is on Sunday, February 3. Bring your food donations for *Metro Caring* on that day, as we will not be collecting at King Soopers this year. The following items are in highest demand: canned chicken/tuna, small bags of rice, diapers, feminine products, and low sodium canned beans. Bethany’s Sunday School kids will also be collecting money donations for the ELCA’s World Hunger initiative at the end of each worship service. Please join in this “souper-sized” effort!

## Bethany Foundation Grants

*Though a formal application process, the Foundation funds grants towards Christian programs affiliated with the ELCA and towards Bethany facilities enhancement and repair or special equipment.*

### **\$8,000 – DIRECTOR OF YOUTH & FAMILY MINISTRY**

position at St. Mark's Lutheran Church. This position directs a program to serve poor, marginalized neighborhood youth with ministry through after school programs, summer camps, Sunday morning service participation and youth programs. Pacific Lutheran Church has called this program "an example of the church in action."

**\$5,000 – CENTUS COUNSELING** serves the community as a spiritually integrated behavioral health service to low income as well as uninsured and underinsured residents. Counseling is provided on a sliding scale for depression, addiction, trauma, adjustment disorders, grief support, suicide prevention, and mental health stability programs.

**\$1,000 – MOPS/MOTHERS OF PRESCHOOL CHILDREN** assists mothers of preschool and elementary children to attend Christian development programs to support their parenting from a spiritual perspective.

**\$1,750 – AURARIA CAMPUS MINISTRY** is launching a new program on the Denver campus to develop an all-inclusive ministry that provides a safe and empowering environment to understand and support the experiences of immigrant college students.

**\$1,500 – U.N.C. LUTHERAN/EPISCOPAL CAMPUS MINISTRY RETREAT** will be held at Rainbow Trail Lutheran Camp. Funds will be used to support attendance from the University of Northern Colorado student body to join other college students from University of Colorado and Colorado State University.

**\$3,000 – URBAN SERVANT CORPS** is a Lutheran-affiliated nonprofit service program of the Lutheran Church in America which coordinates volunteers to live for a year in community as they serve those in need. Requested funds will allow a humanitarian group to travel to the US/Mexico border to talk with those impacted by immigration laws and a meeting with Border Patrol to learn about immigration challenges from both sides of the border.

**\$1,000 – BETHANY GLOBAL MISSION TEAM** is saving funds towards helping Bethany members with travel expenses to visit our Global Missions around the world including Haiti and the Nepal/India border.

## EVENTS & ANNOUNCEMENTS

### **BIBLE + LIFE CLASS**

Beginning January 13, there will be a new lay-led class that will explore how we can use the bible to navigate our lives. Each week we will discuss a new topic; drop-ins are welcome! Join our conversation while your kids are in Sunday School, or before/after your worship hour. Class will be from 9:35-10:10 a.m. in Room 210. Contact Stephanie and Adam with any questions at 303-324-5120.

### **CENTERING PRAYER RETREAT**

The Centering Prayer groups are hosting a gathering on Saturday, January 12 to ring in the new year. We will gather in the Chapel at 9:30 a.m. to pray, worship, learn, grow and fellowship together until 12:30 p.m. Let's become more centered together! To RSVP, email Cyndi at cyndikayec@hotmail.com.

### **FAITHFUL READERS**

Faithful Readers welcomes all to our monthly book discussions. We read a new book selection each month. For our January discussion we will be reading "The Chilbury Ladies Choir" by Jennifer Ryan, and meeting for discussion on Thursday, January 24 at 7:00 p.m. in the Library. For more information, please contact Judi at 720-256-7255 or judburch60@gmail.com

### **FROM YOUR FACILITIES MANAGER**

A huge "THANKS" to all who helped make Christmas happen at Bethany. The church was decorated beautifully, inside and out on a Saturday morning by several volunteers. It certainly takes a community to make Christmas happen; The church could not have been prepared without your help! We will be needing more decorating help for Easter. Hope to see you and others then.

### **OBERAMMERGAU**

Join your Bethany friends on this classic Austria and Germany trip, from June 16 to 26, 2020. Reservations are open now, but time is limited. Contact Pastor Gary, gary@bethany-denver.org, or pick up a printed brochure at church for full details.

### **WOB NIGHT OUT**

All who identify as women are welcome to meet on Thursday, January 10 at 6:00 p.m. at Hacienda Colorado (4100 Mexico Ave). Please RSVP to Pastor Brigitte by noon on January 17.

*A Word from Your Pastoral Intern:*

### **Finding Ways to Love Yourself this Year**



It's the start of a new year, and we all seem to instinctually know what that means—change. It means change within us and change around us. We are entering a new calendar year full of possibilities, hopes we would like to materialize, and also new challenges. I know a lot of us like to resolve to do things differently at this time of year. We want to embark on new adventures, both physically and spiritually, with the desire to bring about a change to who we are as people. But I want to offer you a different kind of challenge this year; I want to challenge you to, rather than try and cut things out of your life or stick to a new regime, try loving yourself more. This requires a shift in the way we think about resolutions and change. It means we have to embrace ourselves as we already are, warts and all. And maybe change will happen on its own—organically. Perhaps if we reorient our focus from what we would like to change about ourselves to what we love about ourselves, we will begin treating our bodies and our souls the way they were always meant to be treated—with care and nurturing. If we frame change by saying, "I want to love myself more and find ways to show love to my body, spirit, and mind," we will end up treating ourselves rather than straining to make drastic changes that may or may not fit into our lifestyle. Allow the Holy Spirit to do the heavy lifting of change within you! Lean on God! Truly loving yourself means taking a breather amidst a busy day. It means treating yourself to words of affirmation and encouragement. So this year, try being intentional about loving yourself. God loves you wholly and completely, and I think the biggest challenge we face is learning to love ourselves that way.

- Peace, Rachel

**OPERATION ONE NATION SAYS  
“THANK YOU FOR YOUR SUPPORT!”**

November was a hectic month for the Operation One Nation Team. We collected food and paper goods on two Sundays during Operation Breadbasket for the 244th Engineer Battalion, hosted the 5th Annual Veterans Appreciation Dinner, Auction, and Concert, hosted a “thank you” bagel brunch on November 11, and planted 100 more tulips in the Bethany Veterans Memorial Garden to join with the 150 bulbs already there. In addition, we delivered the Operation Breadbasket food to the 244th Engineer Battalion pantry in cold and snow - thanks to the great help from Theo Umlauf and his amazing truck!

What did we learn from all that activity? First, we learned Bethany is a giving and caring church community! It is a church community that enjoys worship and fellowship, and that is an appreciative provider of blessings. It shares an attitude of gratitude!

Second, we learned there is joy to be found in generosity! As we engaged with people, we saw smiles and heard expressions of joy for what *OON* is doing as an extension of the Service & Welcome Committee to support veterans and our military. Your joy in giving warmed our Team’s hearts.

Third, we learned action and activity for good is far superior to inaction and largess. The *OON* Team is always “at the ready” in concert with the congregation to do what we are called to do – to share from our abundance. For all you are and for the generous gifts from your labors in service to others in need, the *OON* Team says: “Thank you!”

**A NOTE FROM PASTOR GARY**

From January 3-19 I will be taking part in the Trinity Lutheran Seminary J-Term class to explore Israel and Palestine. These weeks are part of my continuing education. As with many professions, pastors are encouraged to engage in continuing education experiences annually. I am grateful to Bethany for providing this important time to its pastors. I also look forward to sharing this experience with the people of Bethany at some point this year.

*Realm*

(Real Ministry)

You have access to your church through this App and web site. So much helpful information is available to you right on your smart phone or computer.

Simply download the App, “Church Connect.”

Create your own ID and Password with the invite code: *BethanyDenver*

Check out your profile, edit what needs updating, add a picture, check your giving, and get connected!



**FAITH + TALK  
WITH PASTOR BRIGETTE**

In December, our Faith Web Weavers confirmation class was focused on prayer, specifically, Martin Luther’s morning and evening prayer. Prayer is the cornerstone of our faith lives as it’s one important way that we connect to God and one another. In class, we talked about our private prayers but many people (youth and adults) shared powerful experiences of corporate prayer. When we share prayers, we share our joys, our sorrows, our thanks, our praise, our amazements, our longings, and our hopes, not only with God but with one another. There is power in voicing these experiences out loud, as it reminds us of all the diverse and unexpected ways that God shows up in our lives when we are least aware or even looking for it. It’s not as much about God’s “answers” as it is God’s presence. When you pray, notice how God is present. Notice how prayer changes you, reorients your heart and your mind to what God is doing in your midst not only in church but at your job, school, home, grocery store, dentist/doctor offices, or even on I-25! (That one might be more difficult.) Try a new time to pray from when you normally might: keep a note in your car, on your desk, in your kitchen or another place to remind you to pray, one that connects into the presence of God, at all times and in all places. And all God’s people say: Amen!

Pastor Brigitte

**BLOOD PRESSURE AWARENESS**

On February 3, members of the Health & Wellness Cabinet will be available in the Fellowship Hall offering blood pressure checks and information regarding blood pressure in recognition of American Heart Awareness month. There are two numbers associated with your blood pressure: systolic and diastolic. The systolic is the first number and is a measurement of how much pressure your blood is exerting against your arterial walls when your heart beats. The diastolic is the second number which also measures the pressure of exertion against the arterial walls but while the heart is resting. You may be diagnosed with high blood pressure or hypertension when either one of these numbers is elevated consistently. Untreated high blood pressure can affect your health and your quality of life. Knowledge about your blood pressure and managing high blood pressure with your health professional is the best path to prevent complications of hypertension. Stop by the table in the Fellowship Hall to have your blood pressure checked. For other questions, please contact Janet at [janet@bethany-denver.org](mailto:janet@bethany-denver.org).

*Updates for the Kids and Youth!*

**SECOND GRADE MILESTONE:**

The Second Grade Lord’s Prayer Milestone will be on January 13 and 20 during the Sunday School time in the second grade classroom. Parents are encouraged to attend with their student. The children will lead the Lord’s Prayer in worship on January 27 at the 10:30 a.m. service.

**COFFEE CREW**

Coffee Crew will meet on Wednesdays beginning January 9! All High School and confirmed students are welcome. Meet at 7:03 p.m. at the south doors of Bethany and we will walk to Dunkin Donuts, for coffee, food, and conversation.

**CONFIRMATION**

Sunday sessions will be held on January 13, 20, 27 at 9:30 a.m. in the Great Hall. Please bring your blue folder and your Bibles! Parents, please attend our 15 minute opening. Contact Jeff at [jeffk@bethany-denver.org](mailto:jeffk@bethany-denver.org) with any questions.

**HIGH SCHOOL YOUTH**

HS YOUTH meetings resume on Sunday, January 13. Wendy Kuzminski will be in Soul Schopp for any HS Youth that is not helping with Confirmation or Sunday School from 9:30-10:15 a.m. Contact Jeff at [jeffk@bethany-denver.org](mailto:jeffk@bethany-denver.org) with any questions.

## SERVE IN WORSHIP

Consider serving in weekly worship! If you are trained, please sign up online. We need acolytes, altar guild people, communion assistants, and ushers. It's as easy as 1 2 3.

1. Go to [www.bethany-denver.org](http://www.bethany-denver.org) and select "Worship at Bethany" from the "Worship" menu. Scroll to the bottom.
2. Click the box that says "Sign Up to Serve" or contact the leader of your desired service area.
3. Click on upcoming events, date and time, enter YOUR name, and submit!

And there you have it... There are plenty of opportunities to serve our Lord at Bethany!

- Anada Gusé & Annell Weissenbuehler  
*Worship and Celebration Ministry Team*

## SHARE THE GOOD NEWS!

Follow us on Facebook and Instagram!



BethanyLutheranChurch



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### BETHANY LUTHERAN CHURCH STAFF & LEADERSHIP

#### Pastoral Team

Gary Sandberg  
*Lead Pastor*  
Brigette Weier  
*Pastor of Faith Formation*  
Janet Mortensen  
*Director of Pastoral Care*  
Rachel Patterson  
*Pastoral Intern*

#### Administration

Sarah Hulslander  
*Executive Assistant/Missional Minister*  
Juli Orlandini  
*Director of Communications*  
Shelley Hook  
*Accounting Supervisor*  
Melissa Russ  
*Gifts Processor*  
Laura Romig  
*Director of Facilities and Technology*  
Mike Johnson  
*Technology Supervisor*  
Josh Patillo, Tom Maes  
*Custodians*

#### Faith Formation

Gayle Newell  
*Director of Children's Ministries*  
Jeff Kelly  
*Interim Director of Youth Ministries*  
Nancy Froseth  
*Administrative Assistant*

#### Music

Rick Seaton  
*Director of Music and Organist*  
James Kim  
*Chancel Choir Director*  
Juli Orlandini  
*Children & Youth Choirs Director*  
Jeffrey Harms  
*Adult Handbell Choir Director*  
Alex Rodasti  
*Children's Handbell Choir Director*  
Zach Rodasti  
*Cherub Choir Director*  
Paula Wills  
*Creative Arts Coordinator*  
Forrest Guittar, Jr.  
*Director of Festival of Faith and the Arts*  
Kathy Eggleston  
*Minister of Music Emerita*

#### Bethany Early Childhood Center

Vicki Hare  
*Director*

#### Congregation Council

**Executive Council**  
Jack Lindsey (President)  
Laura Weber-Myers (President Elect)  
Brian Rulla (Vice President - Personnel)  
Jean Scott (Immediate Past President)  
Mary Brook (Treasurer)  
Kim Finnin (Secretary)

#### Ministry Council

Linda Bryant, Jim Katschke  
(Community & Care)  
Allison Bieber, Dave Craven  
(Teaching & Learning)  
Debbie Rewerts, Al Youngdahl  
(Service & Welcome)  
Sally Lieb, Annell Weissenbuehler  
(Worship & Celebration)  
Grayson Bellas (Youth & Youth Ministries)

#### Bethany Foundation

Dan George  
Gwen Grace  
Curt Boell  
Steve Heuer  
Jill McMahon  
Donna Skultety  
Leslie Stevenson  
Matthew Weissenbuehler

*Watch our services  
as they happen!*

Visit Bethany Live at any time to watch live-streamed and archived Sunday and Wednesday services! Visit Bethany's main website, [bethany-denver.org](http://bethany-denver.org) to download the Sunday bulletin and follow along!

Contact Laura at [laura@bethany-denver.org](mailto:laura@bethany-denver.org) with any questions.

## SIGN UP FOR FRIDAY EMAILS

Bethany's pastors send a weekly email in preparation for Sunday. Friday emails let you know what's happening in worship as well as other news from Bethany. If you are not on our email list and would like to receive the weekly emails, contact Sarah at 303-758-2820 or [Sarah@bethany-denver.org](mailto:Sarah@bethany-denver.org).



Hearing Assistance Available

**HAVING TROUBLE HEARING THE SPOKEN WORD DURING WORSHIP?** We have hearing assist devices for use in the Sanctuary. We have little "over the ear" speakers that fit over your ear and help you hear the broadcast word. We also offer "Personal loops" for individuals who have T-coil technology active in their hearing aids. Please stop by the sound booth at the rear of the Sanctuary, the sound techs will check out a unit for you. Please return it to the sound booth after worship is over.



## SECURING BETHANY'S FUTURE

The mission of the Foundation of Bethany Lutheran Church is to provide a permanent financial resource for the future enrichment of our congregation. Through this mission, we are challenged to provide additional stewardship opportunities for members, friends of Bethany and our greater community for the purpose of God's work. For more information, direct your inquiries to the church.

### THE BEACON

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