

Heart Matters

Your Connection to Bethany Lutheran Church and Littlest Angels Preschool

1095 Cloud Avenue • Menlo Park • CA • 94025 • Church: 650.854.5897 • Preschool: 650.854.4973
www.Bethany-MP.org • www.LittlestAngelsPreschool.com

March 2018

News from Pastor Jon

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.. and much more!

**"Indeed, the very hairs of your head are all numbered. Do not fear; you are of more value than many sparrows."
Luke 12:7**



During the months of January and February, I have been recovering from what seems to be a side effect from my chemotherapy. I say "seems to be" because my doctors have not seen this side effect in patients who only receive the one medication I received. After completing a number of medical tests, we are closer to ruling out anything except this side effect which caused a debilitating shortness of breath, which has been subsiding a little each day since reaching the worst day in mid-January. I have to admit there were some pretty difficult and frightening moments along the way. However, I also came to an amazing realization along the way.

As much as I wanted to do "normal" things, my body would only allow me to do what I could handle. As much as I pushed, there were things I could not do and I just had to stop. There were times when I had to sleep and I could not get out of bed when I wanted to be up and about. However, when those moments were over, I usually felt better than I had been feeling. Those were the moments when the progress was quicker, not quick enough, but quicker. Most days, I just did what I could and hoped I would notice a difference. More often than not, it was hard to tell if each day was really better than the last, or if I was just trying to be positive. Again, I had something to learn.

Every Sunday I would try new things in the same place. Every Wednesday I would do the same. Sundays I could remember what had happened the week before because church provides a change in schedule, a time for God, which allowed me to remember. Wednesdays were similar, although not quite as noticeable. When I looked at myself from one week to the next, I was sure that my health was improving and sure that God had a plan for bringing me through this difficult journey.

Along the way there were doctors who helped and some who were not as helpful. There were articles that provided good information and others that were unhelpful, if not discouraging. There were great suggestions and there were suggestions which were well-meaning, but not so helpful. It has been a long journey and the shortness of breath is not completely gone. Along the journey of good and bad moments, I also found this passage to be comforting.

I have lost a few hairs during chemotherapy and I find that my hair is different than it once was. Yet, I still have no idea how many hairs are on my head. This leads me back to God, who DOES know how many hairs, when I will feel better, and how my journey of life will continue. None of us can control our lives in the ways we would like to have control. None of us know all of the twists and turns in life. However, we call on the name of Jesus, knowing that God is aware, God knows – even to the number of hairs on our heads – God loves us and walks with us in the journey of life.

God's Peace,
Pastor Jon

Daylight Savings Time begins on March 11

Don't forget to "Spring Forward" and set your clocks ahead
before you go to bed Saturday night!

Women's Ministries

The mission donation for March will go to New Creation Home Ministries in East Palo Alto

New Creation Home Ministries (NCHM) demonstrates God's love and fosters long-term independence for at-risk young mothers. Our holistic approach provides supportive housing, parenting resources, and a loving community.

NCHM programs include:

Housing - We offer a two-year residential program based in East Palo Alto that provides safe and loving homes for up to eight women and their children. Using trauma informed case management, we help mothers set and achieve goals that will help them live independently.

Parenting Classes - By teaching healthy parenting techniques and life skills we help our residents and dozens of other families in our community raise healthy families.

Resources - We provide families with clothing, diapers, and basic necessities that every child needs.

Our impact:

- 9 out of 10 graduates of our program have entered the community having attained financial independence, and are not dependent on government assistance.
- Each year, NCHM works with more than 125 families in the community through the residential programs and parenting classes.
- New Creation Home Ministries, in building relationships with young mothers and their children, provides a unique access to resources and a safe place to ask for help.
- In the last year, we gave away 30,000 diapers and approximately 35,000 wipes to young mothers in the community.

For more information go to <http://www.newcreationhome.org>.

Diaper Donation



In partnership with NCHM, Bethany's Women's Ministries has an on-going collection of disposable infant diapers...from newborn to toddler pull-ups. The Infant Diaper Donation Box is in the Family Center. We extend a special "Thank you!" to everyone who donates diapers to this wonderful, local Christian ministry!



Angelic News - Littlest Angels Preschool

NOW THAT TOOK COURAGE!

"Courageous means, it was not easy for me to tell you that I took the cookie, but I took a deep breath...and made the words come out." from Cookies, Bite Size Life Lessons

"Courage is being scared to death but saddling up anyway." John Wayne

What's your biggest fear? Flying in airplanes? Snakes? Dogs? Heights? Crowds? Darkness? Thunderstorms? Speaking in public? Loud noises? Dentists? Making mistakes? New situations? Going to Kindergarten? It's true, we are all afraid of something! This month, at preschool, we will be talking about courage with our Little Angels. I feel that children are the bravest of the brave! Every day they are faced with new challenges as they grow up and try to fit into this big world. It takes courage when you take your first steps, hear a strange sound, miss your mom, learn to ride a bike, touch a worm, sleep without a night light, learn to swim, get a shot, trust a stranger...and on and on the list goes. When children experience these "child-sized" fears they gradually build strategies for coping with those fears and bigger fears to come. It's a normal part of child development. How can we teach children to be courageous? Here are some suggestions.

1. **Set the example!** Allow your children to see you stepping out of your comfort zone. Face your fears with them; let them see you believing in yourself!
2. **Give encouragement and challenges!** We need to challenge children to try new things and even to do things that they might fear. It is essential that we build on their courageous attempts—no matter how small or unsuccessful those attempts are. Remind them that they can always "try again

tomorrow". Confidence is a big part of courage and confidence building in young children is our job as adults!

3. **Put your faith in God's promises!** It is our responsibility to teach children to rely on God's precious promises. If God's words are important to us they will be important to our children. God tells us to write His words on our hearts and to help write them on the little hearts of those we teach and love too! We teach children Scripture so that they can bring God's Word to mind for their own benefit or for the benefit of a friend or neighbor in need...at the very moment of need.
4. One of my favorite promises is Isaiah 41:13, **"For I am the Lord, your God, who takes hold of your right hand and says to you, do not fear; I will help you."** That is a promise I hold on to when I need courage. I picture Jesus holding my right hand and helping me. And then I say to myself..." I believe I can do this because God is right here holding my hand and helping me!" Here's one more quote and promise we can all depend on, go ahead and write it on your heart... **"Be strong and courageous; do not be terrified; do not be discouraged, for the Lord your God will be with you,(put your name here), wherever you go."** (Joshua 1:9)

I am sure thankful He's holding my hand!
Kathy Stinson, Director

LWML Zone 8 Spring Gathering



**LUTHERAN WOMEN'S MISSIONARY LEAGUE
CALIFORNIA~NEVADA~HAWAII
ZONE 8 SPRING 2018 GATHERING
March 24, 2018 ~ 9:30am — 2:30pm
First Lutheran Church
350 Dolores Way ~ So. San Francisco, CA**

Pass the Baton: Entrusting the Next Generation in Christ

"And the things you have heard me say in the presence of many witnesses entrust to reliable people who will also be qualified to teach others." – 2 Timothy 2:2



Guest Speaker: Rev. Aaron Putnam

LINC Bay Area City Director ~ Hayward, CA

Bible Study Leader: Rev. Jeff Schufreider

First Lutheran ~ So. San Francisco & Trinity Lutheran ~ Burlingame

Registration: \$10.00 ~ BYOB Lunch ~ Dessert Provided

Love Gift Offering to support LINC Bay Area and its ministry

In-gathering Information: We will be collecting regular and large-sized toiletries for a local church ministry program

Questions? Please email President Barbara Guevara at tisbarb@sbcglobal.net



LENTEN CALENDAR

February 2018

Wednesday, February 14	Ash Wednesday Service	12:00 noon
	Ash Wednesday Luncheon	12:30 PM
	Ash Wednesday Service	7:00 PM
Wednesday, February 21	Lenten Service	12:00 noon
	Lenten Luncheon	12:30 PM
Wednesday, February 28	Lenten Service	12:00 noon
	Lenten Luncheon	12:30 PM

March 2018

Wednesday, March 7	Lenten Service	12:00 noon
	Lenten Luncheon	12:30 PM
Wednesday, March 14	Lenten Service	12:00 noon
	Lenten Luncheon	12:30 PM
Wednesday, March 21	Lenten Service	12:00 noon
	Lenten Luncheon	12:30 PM
Thursday, March 29	Seder Dinner	6:00 PM
Friday, March 30	Good Friday Service	12:00 noon
	Good Friday Service	7:00 PM

Plan Ahead for Holy Week

Here is a brief overview of the events which will lead up to Holy Week, the ways in which you can help, and the times and dates when you can participate.

Volunteer Opportunities

Easter Candy Needed

We need donations of small, wrapped candy to fill the eggs for Bethany's annual Easter Egg Hunt. The annual Easter Egg Hunt is on Easter Sunday, April 1. Please bring candy donations to the Church Office by March 11.

Easter Food Baskets

Please help us continue this fine tradition of caring for our neighbors. The Easter food baskets include wholesome food items. Donations are now being accepted toward the purchase of the food. Donate at the kiosk or online at www.bethany-mp.org and select "Feed the Hungry/Food Baskets" or make your check payable to "Bethany Lutheran Church" with an annotation "Food Baskets." Your generosity will bless 25 families in East Palo Alto and East Menlo Park. Thank you for your support!

Plan now to help assemble the Easter Food Baskets

Help assemble Easter Food Baskets on Saturday, March 17 at 10 a.m. This is a very rewarding service project that only takes about 30 minutes! Plus, we are blessed to work alongside of our friends from the Tongan Christian AOG Church from East Palo Alto, who will deliver the food to 25 local families. Yes, you can help deliver the food too, if you'd like! We'll meet in the church parking lot at 10:00 a.m. Please contact Linda Bradley to let her know you will be helping (650-854-5897 ext. 210 or lindab@bethany-mp.org).

Festivities

Mark your calendar today! Join us for the Seder Dinner on Maundy Thurs., March 29

Every year Bethany has a Seder, which is a recreation of the Passover meal complete with Holy Communion. The menu includes matzoh ball soup, barbecued lamb, roasted potatoes, asparagus, carrots, dessert, and beverages. The event starts at 6:00 p.m. The suggested donation is \$10 per person. Free babysitting will be provided. RSVP deadline: Thursday, March 23. Volunteers...if you are able to help with set-up, clean-up, or cooking, please let Linda know (854-5897, ext. 210 ~ lindab@bethany-mp.org).

LSS of Northern California's Annual Seats and Feet Drive




For the months of February and March, LSS will be collecting and distributing your donations of **NEW** socks and underwear to the homeless men and women of San Francisco, but we need your help. Are you in?

What We Need: LSS can only accept donations of **NEW socks** and **NEW underwear**. Your donations should be for adult men and women and should come in all sizes.

Drop off Instructions: Please put your donations in the LSS collection box in the Family Center **by Sunday, March 18th**.

Thank You for Your Donation!



Women's Breakfast *Bible Study*

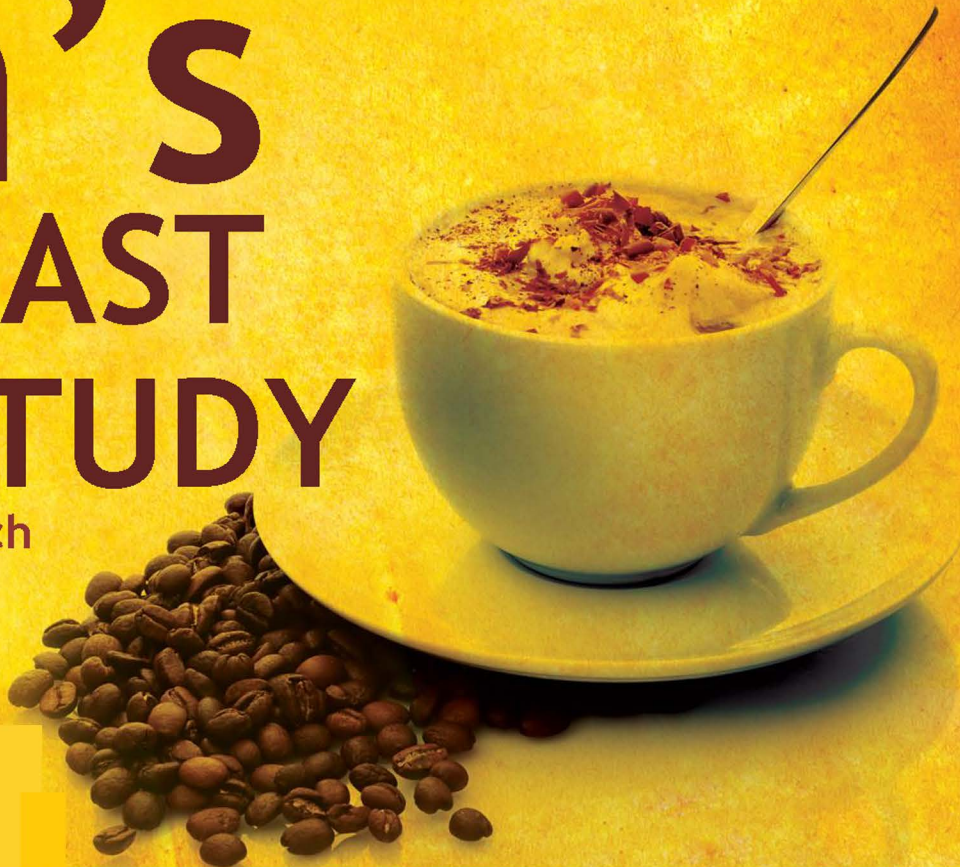
Saturday, March 3

9:00 – 10:30 AM

Men's BREAKFAST BIBLE STUDY

Bethany Lutheran Church

Saturday,
March 3





Now Showing in
March 2018



(for FAQ's)



YOU'VE GOT A **PROBLEM!**

Your one-hour guide to making better decisions

IN THE NEWS

DANGEROUS FOOD



Is your
supermarket
killing you?

Do Good Dogs Go to Heaven?



Questions
about animals
and the afterlife

FREE
TO THE
PUBLIC!

LWML CNH Convention

April 27-29, 2018

Doubletree Hotel by Hilton, Newark/Fremont

39900 Balentine Drive, Newark, CA 94560



**Plan
Now
To
Attend!**



LWML CNH Convention

Friday, April 27 – Sunday, April 29

REGISTRATION opens at 12:00 pm, Friday

SWAP 1:30 – 3:30 pm, Friday
Study, Worship, And Prayer

COMMUNION WORSHIP 7:30 pm, Friday



Prayer, Music, Bible Study, Speakers, Ingathering



WORSHIP SERVICE 10:30 am, Sunday

- **Reverend Tom Zelt**, Prince of Peace, Fremont will lead us in the opening worship Friday evening.
- **Pastoral Counselor Rev. Stewart Crown** - SWAP Bible Study Leader
- **Don Wharton** – Convention Bible Study Leader and Keynote Speaker
- **Dave Anderson** – Convention Music Leader

MARCH 2018

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
25 9:30 AM Worship & Children's Worship 11:00 AM Bell Choir Rehearsal 12:30 PM Mohk Yang Korean Church Service 3:00 PM Mohk Yang Korean Church Bible Study 4:00 PM "Avy & Cloud" Rehearsal 5:00 PM Lighthouse - A Contemporary Praise Service	26		27 9:30 AM Walking Group 7:00 PM Menlo Park Toastmasters Meeting	28 12:00 PM Lenten Service 12:30 PM Lenten Luncheon 6:30 PM Bible Study: Proverbs 6:30 PM Finding the Family I Never Knew (Lifetree Café Menlo Park) 7:45 PM Chancel Choir Rehearsal	1 9:30 AM Walking Group 11:30 AM Knitting Group	2 World Day of Prayer	3 9:00 AM Men's Breakfast Bible Study 9:00 AM Women's Breakfast Bible Study 5:30 PM Parents' Night Out						
4 9:30 AM Worship & Children's Worship 11:00 AM Bell Choir Rehearsal 12:30 PM Mohk Yang Korean Church Service 3:00 PM Mohk Yang Korean Church Bible Study 4:00 PM "Avy & Cloud" Rehearsal 5:00 PM Lighthouse - A Contemporary Praise Service 6:00 PM Youth Game Night	5 7:00 PM First Responder Meeting	6 9:30 AM Walking Group 7:00 PM Menlo Park Toastmasters Meeting	7 12:00 PM Lenten Service 12:30 PM Lenten Luncheon 6:30 PM Bible Study: Proverbs 6:30 PM You've Got A Problem! Your 1-Hour Guide to Making Better Decisions (Lifetree Café Menlo Park) 7:45 PM Chancel Choir Rehearsal	8 9:30 AM Walking Group 12:15 PM Women's All Church Prayer Group	9 9:00 AM Teacher In-Service Day/No School 7:30 PM Stanford Int'l Folk Dancers	10							
11 * Easter Candy Donations Due * * Happy Mail Sunday * Daylight-Saving Time Begins 9:30 AM Worship & Children's Worship 11:00 AM Bell Choir Rehearsal 12:30 PM Mohk Yang Korean Church Service 3:00 PM Mohk Yang Korean Church Bible Study 4:00 PM "Avy & Cloud" Rehearsal 5:00 PM Lighthouse - A Contemporary Praise Service	12 Preschool Week of the Young Child	13 Preschool Week of the Young Child 9:30 AM Walking Group 7:00 PM Menlo Park Toastmasters Meeting	14 Preschool Week of the Young Child 10:30 AM Preschool Assembly 12:00 PM Lenten Service 12:30 PM Lenten Luncheon 6:30 PM Bible Study: Proverbs 6:30 PM In The News (Lifetree Café Menlo Park) 7:45 PM Chancel Choir Rehearsal	15 Preschool Week of the Young Child 9:30 AM Walking Group	16 Preschool Week of the Young Child 7:30 PM Stanford Int'l Folk Dancers	17 St. Patrick's Day 10:00 AM Easter Food Baskets Assembly							
18 9:30 AM Worship & Children's Worship 11:00 AM Bell Choir Rehearsal 12:30 PM Mohk Yang Korean Church Service 3:00 PM Mohk Yang Korean Church Bible Study 4:00 PM "Avy & Cloud" Rehearsal 5:00 PM Lighthouse - A Contemporary Praise Service	19 7:00 PM First Responder Meeting	20 First Day of Spring 9:30 AM Walking Group 7:00 PM Menlo Park Toastmasters Meeting	21 12:00 PM Lenten Service 12:30 PM Lenten Luncheon 6:30 PM Bible Study: Proverbs 6:30 PM Dangers Foods - Is Your Supermarket Killing You? (Lifetree Café Menlo Park) 7:45 PM Chancel Choir Rehearsal	22 9:30 AM Walking Group 12:15 PM Women's All Church Prayer Group 7:00 PM Board of Directors Meeting	23 * Last day to sign up for the Seder Dinner (3/29) * 7:30 PM Stanford Int'l Folk Dancers	24 9:30 AM LWML Zone 8 Spring Gathering, First Lutheran Church, 350 Dolores Way, SSF							
25 Palm Sunday 9:30 AM Worship / First Communion / Confirmation & Children's Worship 11:00 AM Bell Choir Rehearsal 12:30 PM Mohk Yang Korean Church Service 3:00 PM Mohk Yang Korean Church Bible Study 4:00 PM "Avy & Cloud" Rehearsal 5:00 PM Lighthouse - A Contemporary Praise Service	26	27 9:30 AM Walking Group 7:00 PM Menlo Park Toastmasters Meeting	28 6:30 PM CANCELLED - Bible Study: Proverbs 6:30 PM Do Good Dogs Go To Heaven? (Lifetree Café Menlo Park) 7:45 PM Chancel Choir Rehearsal	29 Last day before Preschool holiday, no after care Maundy Thursday 9:30 AM Walking Group 6:00 PM Seder Dinner	30 Good Friday Littlist Angels Preschool Closed 12:00 PM Good Friday Service 7:00 PM Good Friday Service 8:00 PM Stanford Int'l Folk Dancers	31							

Join us for Sunday Worship

9:30 a.m.
Worship/Communion
5:00 p.m.
Lighthouse
every Sunday



Bethany Lutheran Church
1095 Cloud Avenue
Menlo Park, CA 94025