

"Christians are usually sincere and well-intentioned people until you get to any real issues of ego, control, power, money, pleasure, and security. Then they tend to be pretty much like everybody else."

~ Richard Rohr, *Breathing Under Water*

It's hard to admit it, but we as Christians struggle, and our loved ones and other people around us, Christian or not, struggle too. Over the years, Bethany UMC has offered various classes and ministries to help people find hope and help amidst hard times: Bible studies, support groups, outreach ministries, etc. Starting October 2019, we're offering something new! As part of ***SpiritWalk***, Life Recovery will provide a safe place for Bethany members and visitors to find healing and freedom from addiction.

Addiction is not limited to drugs and alcohol. We can be, and are, addicted to any number of things in life: food, gambling, sex, pornography, shopping, over-dependence on people, love of "stuff," feelings of depression, fear, or anxiety . . . the list goes on. Addictions are very simply the things, relationships, or coping strategies we turn to for relief from life's pain and brokenness. While pleasurable for a short time, they do not satisfy or save.

We'd love for you to join us in Bethany UMC's first Life Recovery class. In Life Recovery, you'll find friends to connect with, strength to help you face some of your most difficult struggles, practical steps for real change, and a much, much deeper relationship with God. We will meet for four weeks in the fall, have some holiday get-togethers, and then continue the class for eight weeks in the spring. Our topics will be the various addictions we each face and how we can find help. Every journey will be different, but we will all share a common experience.

What do you struggle with? Will you come and meet with us this fall?

- Leader(s): Ellen Mainiero, Erin Temple, and a few other folks
- Classes beginning October 6th
- Cost: \$25 for a workbook and recovery-specific Bible
- Childcare and scholarships are available.
- More details at www.bethany-umc.org/liferecovery

**Life Recovery is the first of many steps Bethany is taking to expand its ministry to those suffering addiction and their loved ones. Other plans include better publication of AA and Al-Anon groups, strengthening our partnerships with mental wellness resources, and other plans God reveals over time. For more information or questions about Life Recovery or other recovery ministries, please contact Erin Temple, Director of Care Ministries: erin.temple@bethany-umc.org.*

THE **LIFE**
RECOVERY[®]

From the Pastor

Bound for the Holy Land Again!

I was glad when they said to me, "Let us go to the house of the Lord!" - Psalm 122:1

Forty-nine brothers and sisters in Christ connected through Bethany UMC are in the Holy Land right now, traveling with Pastor Sheri and me. This is a return trip we have been looking forward to for five years and a trip for many that they have had on their hearts for so much longer. If you have been before, you know what an incredible experience we are having. If you have only visited the Holy Land in your study of God's word, you can imagine the places we will visit and the stories we will remember. The wealth of history in this land cannot be equaled, I think, by any other location on Earth. The breadth of human drama, from divine encounters to religious conflicts, is unparalleled. For Christians, Jews, and Muslims, this is a land that in one way or another calls us to draw closer to God, perceiving the nearness, the sacredness of this small region as the home of the One. Human groups lay claim to it; we fight over it and for it with a passion that erupts in violence. Imagine if that passion and devotion were offered up in a spirit of love rather than an attitude of proprietary ownership, with a longing for unity instead of a practice of division. Rather than claiming the land for our religion, what if we let God claim us for His purpose – not one of destruction but one of reconciliation.

We covet the prayers that you lift up for us travelers. They mean so much to us. Please be in prayer for God's people who live in and around the Holy Land, our brothers and sisters who are suffering mightily. Pray for a spirit of peace within the hearts and minds of all regional powers who are plagued with spirits of war and hatred. Pray for healing from the wounds that run so deep between the peoples of the Middle East.

Psalm 122 reads:

I was glad when they said to me, "Let us go to the house of the Lord!" Our feet are standing within your gates, O Jerusalem. Jerusalem—built as a city that is bound firmly together. To it the tribes go up, the tribes of the Lord, as was decreed for Israel, to give thanks to the name of the Lord. For there the thrones for judgment were set up, the thrones of the house of David. Pray for the peace of Jerusalem: "May they prosper who love you. Peace be within your walls, and security within your towers." For the sake of my relatives and friends I will say, "Peace be within you." For the sake of the house of the Lord our God, I will seek your good.

May the invitation to go to the house of the Lord be an invitation for all. May we be bound firmly together, living in thanksgiving and seeking good.



Blessings in the journey,

Wynn Stenfrenagel



Prayers



CELEBRATIONS:

BIRTHS: Matthew David Pick - 6/5 to Brittany & Chris Pick (*grandparents are David & Anita Bradberry*); Olivia Ann and Liam Jeffrey Randa—6/7 to Megan & Max Randa (*grandparents are Kevin & Gail Gourley and Curt & Lisa Randa*)

CONCERNS:

HOSPITALIZED IN TOWN: Carolyn Bawcom

DEATHS: Mary Bost (*David Bost's mother*) - 6/5

"Our real enemy to intimacy with God is often not some terrible sin or even the devil himself, but the way he uses the lull of life's rhythm to numb us to the grandeur of God."

- Rev. Terry Teykl

Upcoming Sermon Topics:

For the full series list and for audio recordings of past sermons, please visit the website at www.bethany-umc.org.

6/15 (Sat) God Is Always Seeking Us
(Ann Lawton preaching)

The Call: The Life and Message of the Apostle Paul

6/16 (Sun) Called to Follow Christ

6/22 (Sat) Called to Follow Christ

6/23 (Sun) PURE SOUND
Homecoming

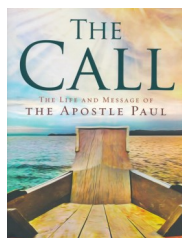
6/29 & 6/30 Called to Go

7/6 & 7/7 Called to Suffer

7/13 & 7/14 Called to Love
(Abilities Awareness weekend, Jude Richard preaching)

7/20 & 7/21 Called to Give

7/27 & 7/28 Called to Be Faithful



God's Enough: Cultivating Generosity



Your Estimate of Giving card is one way to express your gratitude and faith. We build our budget primarily upon these financial commitments,

so each and every one is important! We look toward the future with excitement, trusting God will use these gifts to share the love, joy and contentment that only comes from a relationship with Christ.

Estimate of Giving commitments: \$2,392,341 from 547 cards

We are grateful for this response! We are behind in responses compared to last year, so if you haven't turned in your cards yet, please prayerfully consider your financial gift for 2019 and turn in your card soon. Make your commitment by email, by mail, or place them in the offering plate at worship. Cards can be found in the office or on the Welcome Desk. For questions, contact Jane Herbst, Finance Manager, at jane.herbst@bethany-umc.org or call the church office.

Bethany Shirts & Hats

If you missed out last year, June is your next chance to order shirts and hats with an embroidered Bethany logo!

Shirt: \$22 Hat: \$12

Various sizes and colors are available

Pre-orders start in June; Deadline for orders is June 20

Come to the Connection Corner June 16

Contact Chuck Tencer at

chuck.tencer@gmail.com or 512-650-0855



Wednesday Fellowship Meals are Back!

5:15-6:30pm in Fellowship Hall

Let someone else do the cooking! Join us on Wednesday evenings for dinner and fellowship. Dinner is served continuously.

Dinner Prices: Adult \$7.00 Youth \$6.00
Seniors \$6.00 Children (3 yr - 5th grade) \$4.00
Children (2 yrs & under) Free
Family Ticket (parents & children in high school or younger) \$23.00 Max

June 19

Pulled Pork Sandwiches, BBQ Baked Beans, Garden Salad, Watermelon and Brownies

Kids Option: Hot Dog or PB&J
or Smaller Portion of Adult Meal

June 26

Hamburger Steaks, Mashed Potatoes w/ Gravy, Rolls, Glazed Carrots and Ice Cream Sundaes

Kids Option: Cheese Quesadilla or PB&J
or Smaller Portion of Adult Meal



Upcoming MOMs Study

Tell Me More

It's a crazy idea: trying to name the phrases that make love and connection possible, but that's just what Kelly Corrigan has set out to do here. In her New York Times bestselling memoirs, Corrigan distilled our core relationships to their essences, showcasing a warm, easy storytelling style. Now, in *Tell Me More*, she's back with a deeply personal, unfailingly honest, and often hilarious examination of the essential phrases that turn the wheel of life.

With refreshing candor, a deep well of empathy, and her signature desire to understand "the thing behind the thing," Corrigan swings between meditations on life with a preoccupied husband and two mercurial teenage daughters to profound observations on love and loss. With the streetwise, ever-relatable voice that defines Corrigan's work, *Tell Me More* is a moving and meaningful take on the power of the right words at the right moment to change everything.



Moms On Mission

- Join us for support, study and fellowship for moms with kids and grandkids of all ages
- **Thursdays beginning July 11**
- **9:30—11:30 a.m. OR 6:30—8:30 p.m.**
- Childcare for either session is available upon request for \$7 per child per day (\$20 family max). **Extended care:** For the morning group, childcare is extended to 2:00 to allow moms time to visit, have lunch with friends, or run errands.



For more information:

Elizabeth Nettles, elizabeth.nettles@bethany-umc.org

Christin Smith, christin.smith@bethany-umc.org

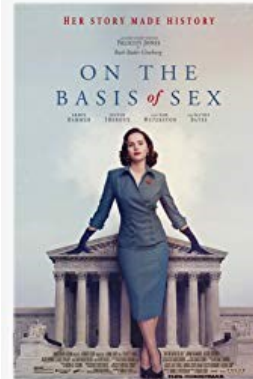
512-258-6017 x270 www.bethany-umc.org/moms



Hope Circle

Monday, June 17, 11:30am
Luncheon at La Madeleine

For more info, contact Glenda Briggs at 210-286-7034.



Movie Time with Primetimers

Join Primetimers on Wednesday, June 26, at 10:30 a.m. in the Student Ministries media room for the recently released movie *On the Basis of Sex*. Enjoy the compelling story of young wife, mother, and lawyer Ruth Bader Ginsburg as she battles the U.S. Supreme Court for gender equality and women's rights.

She works with the American Civil Liberties Union to argue cases on behalf of both men and women, demonstrating that discrimination "on the basis of sex" is unconstitutional. Her trailblazing work paved the way for her to become a respected and esteemed U.S. Supreme Court Justice in 1993, the second of only four women appointed to that court.

Lunch provided by Jason's Deli in the Cove. \$7 per person. Contact Shirley at 512-219-5842 by Monday, June 24, for reservations.



PRIMETIMERS UPCOMING EVENTS

7/3—Chit, Chat & Chew: Men's Breakfast, Wednesday, 8am at Jim's on Spicewood Springs/183

7/5—Game Night: Friday, 6:30–9:30pm in the Ministry Center. No reservations needed.

7/14—Lunch in the Bethany Café: Sunday after 11 am worship, \$7 per person. Reservations to LaVon @ 512-465-2125 by 7/8.

7/17—Tour and lunch: Brookwood in Georgetown (a special needs community supported by Bethany UMC). Bus leaves Bethany at 9:15am and returns by 5:30 pm. \$5 each plus your lunch. Reservations to Shirley @ 512-219-5842 by 7/15.

Domino Play: Wednesdays, 3-5 pm in the Ministry Center. Join us!



Psalm 19 Astronomy

*Sharing the beauty and majesty of
God's universe through astronomy*

Come see the Moon, Stars, and Jupiter!

Friday, June 14, 2019 @ 8:30 PM

The Square in Georgetown, TX (8th Street and S. Austin Avenue)

Saturday, June 15, 2019 @ 8:30 PM

Pfluger Pedestrian Bridge over Lady Bird Lake in Downtown Austin

Contact Ed LaBelle at (512) 574-7633, or go to our "Psalm 19 Astronomy" group page on Facebook, or email psalm19astronomy@gmail.com.



COUNSELOR'S CORNER

Communication Can Be So Difficult

People often tell each other about important information that is not properly received. Why can't people respond to what we want, our needs, or just a feeling inside, without our having to actually say it?

People are not able to read what you are feeling or thinking. In fact, in the moment from when the words are spoken and what is actually displayed, body language, posture, and facial expressions, the person talking creates expectations of how the person receiving the information will respond.

We generally overestimate how observant people are. This thinking creates expectations of how other people are supposed to respond. Once we have expectations of the way other people are supposed to respond, there is likely a disappointment along the way.

Misunderstandings in our communication can be frustrating. We often think people should know what we are experiencing in the moment. This frustration might come from the belief that communication is straightforward. The world is full of distractions, both external and internal. No one can control all of them at any given moment. Moreover, everybody's brain is different—in how it works and in the information and experiences it has collected. Thus, what you think you are saying may mean something quite different to someone else.

Processing language takes a fair amount of thought. The brain uses a short-term mental sketch pad, so-called working memory, to hold each word and its meaning in mind long enough to combine it with others. If the meaning of any of the words is unclear, the task becomes harder. Messages sent will be distorted, produced, and then the brain interprets them. As such, the assumption is that the receiver knows the meaning of the information. However, the receiver has their own external distractions, diverting their minds away from the topic, and their own thoughts might also similarly lead them astray so the full meaning of the message is now complicated communication.

In addition, people often don't express themselves clearly in the first place. They forget to include important background or context, which can dramatically shape the meaning of communication. They might simply choose the wrong word, one that does not truly reflect what they mean. In short, even when the other person's brain is ready to listen, the information they need from the one communicating is often not all there.

If you are feeling or thinking something, and you are not getting the response from the people around you that you were expecting to get, assess what is going on at the moment. We have better interactions by recognizing what we need and asking for what we want. Try asking yourself these questions:

- Have I the capacity and the willingness to ask for things that I need?
- (If a bare-bones message will suffice) For the sake of simplicity, is my message easy to understand?
- Have I given the background or critical details in my message?
- Am I willing to repeat myself without being annoyed? (A good strategy for making sure you are understood.)
- Does the other person appear to be distracted?
- Do I have compassion for what is going on in the life of the person receiving my message? i.e. their collected experiences, meanings, background etc.

Once you realize the obstacles to communication, you will be far more understanding when it fails—as well as able to communicate more effectively by averting common errors.

Lisa Blackwood MS MA LPC-S #19803

LCDC#4065 EMDR Certified

Music Ministry

Group Piano Class

4 - 6 years old and 7 - 8 years old

Instructor: Susanna Silvestro

"Piano Made FUN for the Young" is an early childhood piano curriculum designed to teach and reinforce the basics of piano study, in a spirit of FUN, PLAYFULNESS, and SUCCESS. The curriculum consists of Sing-Along Activity Books with CD's and leveled Piano Books with CD's. Notes and concepts are taught at a careful and steady pace, giving students a solid foundation without moving too quickly.

When: Tuesdays, July 9 - August 13 (recital on last day)

Times: 12:00 - 12:30 PM (4 - 6 yrs. old)
12:30 - 1:00 PM (7 - 8 yrs. old)

Recital: August 13

Cost: \$100 (per student) for entire course and a \$10 registration fee (per family)

Voice Performance Class

6 - 11 years old and 12 - 14 years old

Instructor: Susanna Silvestro

Bring in your favorite songs and let's learn them! Our vocal director uses the keyboard to lead vocal exercises, harmonies, and recorded accompaniment for solos and ensemble work. Whether you like pop, country, blues, or rock & roll, this class prepares you for the spot light!

When: Tuesdays, July 9 - August 13 (recital on last day)

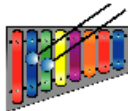
Times: 1:00 - 2:00 PM (6 - 11 yrs. old)
2:00 - 3:00 PM (12 - 14 yrs. old)

Recital: August 13

Cost: \$120 (per student) for entire course and a \$10 registration fee (per family)

Susanna Silvestro, an experienced music educator who instructs in piano and voice.

To register or get more information, go to www.bethany-umc.org/finearts
or contact marylen.stanton@bethany-umc.org.



Suzuki Baby and Toddler Music Class (birth through age 4)



Why begin music classes at birth?

Research has proven that education is essential the first three years of your child's life because most brain development occurs during this period. If brain synapses are not made during this time, the connections will not be established for the future. Children who attended classes such as this one from birth through age three show many benefits, including increased vocabulary, good memorization skills, longer attention spans, and attentive listening, which all lead to better performance in school and a higher level of learning.



Bethany Fine Arts Academy
10010 Anderson Mill Rd.
<http://bethany-umc.org/finearts>
Room D219

Classes meet weekly on Thursdays from 11am to noon.

Tuition:
\$20/class regular registration
\$25/class drop-in rate
(infants under 6 months are free)

Contact Lisa Lamb at silverwingsmusic@gmail.com with any questions.

What will I learn as a parent during music class?

- How to observe your child and celebrate each small accomplishment and growth
- How to give non-verbal encouragement and praise
- Activities to do at home to bond with your child
- How to create a good learning environment at home
- Lullabies to calm your child at night



What will my child learn during music class?

- Attentive listening
- Language
- Memorization skills
- Independence
- Patience and taking turns
- Counting
- Creativity and composition
- Motor skills
- Communication
- Rhythm (keeping a steady beat, tapping or playing simple rhythms)
- Pitch skills (recognizing high and low, matching pitches)
- Dynamics (loud and soft)



LAUNDRY DETERGENT DRIVE

benefiting



**TEXAS
BAPTIST
CHILDREN'S
HOME**



Please consider donating unopened liquid laundry detergent and dryer sheets to meet the needs of the 160 residents on the TBCH campus. Donation Bin located in front of the Church Office.



WE NEED 300 DOZEN COOKIES!

Bethany members Paul Draper and Bill & Gerry Schoening are serving on the Team for a Kairos Prison Ministry Weekend at the Ferguson Unit, June 27th-30th!

See our website at <http://bethany-umc.org/kairos/> for detailed instructions on making cookies & information about other ways to support Kairos, or contact Paul Draper at 201-394-8810.

Then drop them in the *Kairos Cookies* box in the church office by Monday, June 24. Thank you for your help!



Hill Country Community Ministries Food Ministries

*Fresh Food for All distribution for
July will be on Friday, June 28,
9 am to 11 am.*

Fresh Food for All distributes fresh fruit and vegetables to everyone who comes to our truck in the Bethany parking lot. We usually distribute on the first Friday of the month. **However, distribution at Bethany for July will be held on June 28, a week earlier due to a conflict with July 4 holidays.** Regular first Friday distribution will be resumed on August 2 and September 6.

Most food comes from the Central Texas Food Bank. Bethany has participated in this ministry since October 2017 and serves about 85 family units each month. There are distributions in other places. There's no limit—you can visit each distribution location if you'd like. Find more info and locations at HCCM.org/FreshFood.php. There are also flyers in the Bethany Office.

HCCM Food Pantry - Thanks to all who donate non-perishable food to the pantry. Bethany donates over 14,000 pounds of food and personal goods every year. We have been doing this for more than 30 years.

For more on HCCM and mission opportunities, contact Cliff Wells at clifford.wells@sbcglobal.net

Do You Shop on Amazon?

Amazon allows you to give to your charity of choice by donating .5% of your purchase. Go to

smile.amazon.com and login as usual. You'll have a chance to search for your favorite charity, which will show up at the top of the webpage. You can toggle between different charities each time you shop. Below are options we know of related to Bethany UMC:

- Bethany United Methodist Church (General Fund)
- Personal Energy Transportation of Austin (PET) (petaustin.org)
- Harvesting in Spanish (Shalom Home, El Salvador) (www.harvesting.org)
- World Vision (www.worldvision.org)



*"Whatever you do to the least of
these you do to Me."
Jesus- Matthew 25:40*

Don't forget to stop by the Connection Corner this Sunday to pick up your pre-assembled Bags of Grace!

Cost is still just \$3 each.

Tax-deductible donations are always appreciated. Your gifts help support the hundreds of 'Bags of Grace' delivered to the homeless at 'Church Under the Bridge' each month. Thank you!!

'Bags of Grace' is a non-profit 501(c)3 organization.



Sunday Fundays - 4-6pm

Bring your friends and join the fun!



June 16th - Father's Day (no activities)

July 14th - Xmas in July

June 23rd - Chaos

July 21st - Mission Impossible

June 30th - MYF Worship

July 28th - MYF Worship

July 7th - Tropical Day

August 5th - College Day

Tubing* **registration deadline 9/16**

Wednesday, June 19 (7th-12th grade) \$20

Noon - 6:00



Parents who are Safe Gatherings approved and will drive a carful of students can attend events at no cost!

Surviving & Thriving In Middle School*

Day Camp for incoming 6th graders

Monday, June 17th - Thursday 20th

8:30am - Noon;

Wednesday until 6:00pm

Cost \$30; cost includes tubing on Wednesday

**Register by
June 16**



Important Topics like: You Need Friends • Your Mutating Body • Everybody's Looking at Me • The Campus Zoo • Make Up Your Own Mind

And much more

More information and how to register here: bethany-umc.org/ministries/student/events/



Find Event and Fundraising info online: www.bethany-umc.org/ministries/student

Children's Ministries



Children's Summer Sunday School

Preschool (3's and 4's) is moving to room D126 for the Summer.

Elementary age children will meet in their regular Sunday School classrooms.

We need volunteers to fill in while our regular teachers and assistants are on vacation or spending time with their families.

Questions? Contact Lori Pierce, Children's Ministry Volunteer Coordinator, at lori.pierce@bethany-umc.org or call (512)258-6017x413.



"Sometimes we think we have to do big things to make a difference in the world, but little things can be really important too!"

This Summer, join us as we follow Pockets Magazine's www.facebook.com/pockets.kids.magazine) challenge to [#Do1Thing](https://www.facebook.com/BUMCChildren) each week to make a difference. You can follow along on our Facebook page (www.facebook.com/BUMCChildren) and pick up a copy for yourself in front of the Children's Ministry Office.

Here are the ideas for June 9-15:

- Get involved in projects your church does to help people outside of your community.
- Volunteer to help pull weeds at a community garden.
- Learn about organizations that plant trees and consider helping one of them.
- Pray for people who must live near dangerous environmental conditions.

And June 16-22:

- Take a walk around a park or your neighborhood with your family to enjoy God's creation together.
- Offer to set up a recycling center in your home. If you already have one, brainstorm other ways your family can reduce the amount of resources you use.
- Plant vegetables, fruits, and/or flowers together. (Even apartment dwellers can enjoy container gardening.)
- Pray with your family to be good caretakers of God's creation.

Bethany School is continuing to register children for the 2019-2020 school year. We have a Kindergarten Preparedness program that we are very proud of and would love to tour families between 9:30 and 11:30 Mondays through Thursdays. Please call us at 512-258-6965 with any questions.



The Epistle

Weekly Church Newsletter

The Epistle is published bi-weekly by Bethany United Methodist Church, 10010 Anderson Mill Rd., Austin, TX 78750



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Join Us For Worship

Saturday Worship 5:00 p.m.
Sunday Worship 8:15, 9:30 & 11:00 a.m.
Sunday Chapel Communion Service
9:30 a.m.
Sunday School 9:30 & 11:00 a.m.
Sunday Youth Worship 5:30 p.m.
Mid-Week Worship
Wednesday, 6:30 p.m.
More worship details inside on p.3



*Next Epistle deadline: June 18 for the
June 30 publication.*

10010 Anderson Mill Rd.
Austin, TX 78750
512-258-6017
Website: bethany-umc.org
Facebook: www.facebook.com/
bethanyumc
Twitter: @BethanyUMCATX

Return Service Requested

If you would like to subscribe to receive this bi-weekly newsletter by mail or email, contact the church office at 512-258-6017.

Inviting Ministries: Come and See

“Contribute to the needs of the saints and seek to show hospitality.” Romans 12:13

Bethany has a reputation as being a warm and friendly place of worship, but how can we improve to make sure all our guests feel welcomed? How can we all step outside of our comfort zones to reach out to visitors or members who aren't yet connected?

How Can You Be a Welcoming Presence?

- Volunteer to *drive our shuttle* and be a welcoming face to guests and members (drivers 21 and older only). We also need new *greeters* and *Welcome Desk volunteers*!
- Wear your nametag—pretty simple! Contact the church office if you need a new one.
- Before talking to someone you know during worship, make an effort to reach someone you don't know. They might be a member or a visitor, but either way, you've greeted someone with the peace of Christ.
- If someone looks lost, ask if you can help point them in the right direction. Volunteers at the Welcome Desk in the Gathering Area are always available on Sunday mornings to answer questions. We also hand out Welcome Bags at the desk, which contain useful brochures as well as a tasty treat for guests!
- Coordinate our proposed Worship Section Greeter Ministry.
- Like to decorate or “design on a dime?” Contact Jill to see how you can help with our Renewal Committee.

Contact Jill Johnson, Director of Inviting Ministries, at jill.johnson@bethany-umc.org or 512-258-6017 x229 for more information on any of the above.