



**BETHANY**  
UNITED METHODIST CHURCH

# The Epistle

Volume 45, Issue 11    Leading people to experience God's love, know Jesus Christ, and grow in His image.

June 2, 2019



## Thanks, Sound & Media Team!

Each weekend, as many as eight men and women – youth and adults – sit at the sound and media desks as they attend worship. They work tirelessly to enhance the overall worship experience at Bethany. For their dedicated service, we are so very grateful!

The worship sound team includes: Chris Stenftenagel, Robert Barton, David Petersen, David Lee, Kevin Jackson, Benny Childers, Rene Jenkins, Dylan Duffey, Kathy Fox, Michael Lee, Bruce Elliott, and Jim Filepp.

The worship slide team includes: Matt Bryant, Dylan Duffey, Ken Fox, Mary Smith, Nancy Wright, Chris Stenftenagel, Pat Boden, Joanne Tencer, Debbie Childers, Scott Wagner, David Petersen, Michael Lee, Nathan Wukasch, and Jim Filepp.

The worship livestream team is forming now, and we'd love your help. If you've ever wondered how the sound and media teams function during worship services and how you could help, now's your chance ...

We are looking for volunteers to help with the sound on Saturdays at 5pm and Sundays at 11am, with the slides on Sundays at 11am, and with the livestream on Sundays at 11am. Training takes 30 minutes followed by a one worship service per month commitment.

For more info, contact Frank Jacks, Jr. (Worship Sound & Media Coordinator) at [frank.jacksjr@bethany-umc.org](mailto:frank.jacksjr@bethany-umc.org) or 512-258-6017.

# From the Pastor

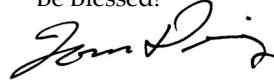
## Remembering

In March of 1999, we buried Cindi's father. It was only a few months after her mother's death. Jack had been in declining health for years, probably related to his time as a Japanese POW, but after she passed the day which would have been their anniversary, he declined rapidly. Shuttling back and forth between San Antonio and Seguin, I focused on supporting Cindi through the whole process of his death, planning the funeral and helping with the funeral. Following the funeral, he was buried in Fort Sam Houston National Cemetery with full honors. It was impressive. I watched as the guard meticulously, and with tremendous respect, folded "his" flag. The officer then stepped in front of Cindi and presented the flag to her. Suddenly, I found tears welling up in my eyes. That moment of deep respect and honor reflected so much of my father-in-law's life that I simply couldn't contain my feelings any longer. I can't imagine a more appropriate or respectful way to honor his life and service.

Memorial Day has a rather convoluted history. Almost all societies have had some observance honoring their war dead, but our Memorial Day was officially declared to honor those who died in the Civil War. It was a day to remember them and honor them by placing flowers and/or flags on their graves. Not surprisingly, the southern states made it a point to observe the day on a different date than the northern states. Agreement on the date followed the end of World War I. Formal observances of the day peaked following World War II. Since then, Memorial Day has gradually lost its public emphasis. While there are still deeply moving ceremonies around the country, many people view Memorial Day as more of a patriotic/beginning of summer celebration than a day of somber remembrance.

This past Monday, many of us made it a point to stop what we were doing and spend time in prayer for those who gave their lives in service to our country. Some of us attended ceremonies to honor those men and women. For me, Memorial Day always evokes memories of that day at Fort Sam Houston, and those memories remind me that each of those we honor was someone's son or daughter or sister or brother – someone's beloved family. It's a day that feels both sad and good as we mourn our loss but celebrate their service. Remembering them and giving thanks for them seems so little a thing compared to their sacrifice. Yet, so many people struggle to make time for it. Perhaps, our remembering will inspire others to also honor those to whom we owe so much, but I am certain that it makes God's heart glad when we remember and honor His beloved children.

Be Blessed!



## Prayers

### CELEBRATIONS:

**BIRTH:** George Vaughn Bombeck—5/1 to Kate & Tyler Bombeck; Austin Joseph Leddy—5/7 to Josh & Vicki Leddy (great-grandparents are Chuck & Joanne Tencer); Evan David Toledo-Waggoner—5/18 to Terri Waggoner Toledo & Marco Toledo

### CONCERNS:

**DEATHS:** Eugene Conaway (Joann Leedy's brother-in-law) - 5/18 WV; Gene Gregory (Terry Sewell's brother) — 5/14 Mexico; Connor Aaron Wyble (Kathy Gossett's great-nephew) — 5/13; Cora Sue Gill — 5/19



*"Prayer is more than talking to God. Rather, prayer is being with God, spirit-to-Spirit. Every time we are in the presence of God, we are changed. 'The Lord ... makes us more and more like him as we are changed into his glorious image.' (2 Corin. 3:18 NLT)*

*- Dennis & Dr. Jen Clark, Releasing the Divine Healer Within*

# Upcoming Sermon Topics:

For the full series list and for audio recordings of past sermons, please visit the website at [www.bethany-umc.org](http://www.bethany-umc.org).

## Citizens of Hope

6/1 & 6/2	<b>The Power of Words</b> <i>Sat: Sheri Clifton Sun: Tom Deviney</i>
6/8 & 6/9	<b>Pentecost (Paul Draper preaching)</b>
<b>The Call: The Life and Message of the Apostle Paul</b>	
6/15	<b>TBD</b> <i>Sat: Ann Lawton</i>
6/16	<b>Called to Follow Christ</b> <i>Sun: Tom Deviney</i>
6/22	<b>Called to Follow Christ</b> <i>Sat: Thomas Johnson</i>
6/23	<b>PURE SOUND Homecoming</b>
6/29 & 6/30	<b>Called to Go</b> <i>Sat: Jessica Petersen Sun: Tom Deviney</i>
7/6 & 7/7	<b>Called to Suffer</b> <i>Sat: Sheri Clifton Sun: Tom Deviney</i>
7/13 & 7/14	<b>Called to Love</b> <i>(Abilities Awareness weekend, Jude Richard preaching)</i>
7/20 & 7/21	<b>Called to Give</b> <i>Sat: Sheri Clifton Sun: Tom Deviney</i>
7/27 & 7/28	<b>Called to Be Faithful</b> <i>Sat: Wynn Stenftenagel Sun: Tom Deviney</i>

## 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: \$2,390,089 from 545 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](mailto:jane.herbst@bethany-umc.org) or call the church office.



Wednesday Night Dinners will start again June 12! Watch this space, the bulletin, and the website for a summer schedule and new menu items from Liz!

## 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 2, 9 or 16

Contact Chuck Tencer at

[chuck.tencer@gmail.com](mailto:chuck.tencer@gmail.com) or 512-650-0855



We celebrate the **9 new members** and their families who recently joined Bethany! Please help us welcome them:

**Wennie & Josiah Allen**

(Pierce)

**Karen Green**

**Renee Hirschmiller**

**Jenny Jones**

**Benjamin Sterling**

(Laura, non-member spouse)  
(Amalia)

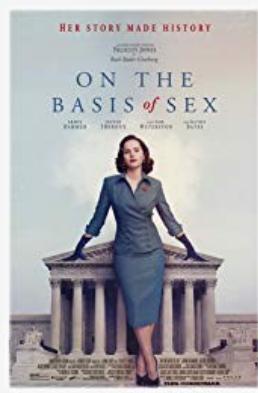
**Marty & Rhonda Stokley**

(Sloane and Caroline)

**Sonya Macfarlane**

(James, non-member spouse)  
(Phoebe and Diana)





## Movie Time with Primetimers

Join Primetimers on Wednesday, June 26, at 10:30 p.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' Monthly Sunday Lunches Start Again in June!

Bethany's new Food Service Manager, Liz Brokhoff, will begin cooking for the Primetimers' Sunday lunches in the Bethany café on Sunday, June 9. She is still creating the lunch menu which will be publicized as the plans are finalized. Lunch begins immediately after the 11 a.m. worship service. Cost is \$7 per person. Contact LaVon @ 512-465-2125 for reservations by June 3. Adults over 55 are welcome! Enjoy a delicious home cooked meal, shared with old friends and new ones, in a cool and comfortable place. And if you can't make the June luncheon, join us in July on Sunday, July 14.



## Dining Divas

Ready to hit the refresh button, ladies? Then *Dining Divas* is for you! This fellowship group meets the 2nd **Tuesday** of each month to dine, dish, or just delight in fellowship and fun! Join us **Tuesday, June 11**, at 6:00 at **Moonie's** on Anderson Mill.



Come casual, and connect through fabulous conversations with charismatic ladies. *Dining Divas* is open to all women; remember *age is only a number*. Childcare is available, \$7 per child, by contacting Christin Smith at christin.smith@bethany-umc.org. Want to RSVP or have other questions? Contact Julie Carter at carterjuliea@gmail.com. Find us on Facebook <https://www.facebook.com/groups/bumcdiningdivas/> or on the website [www.bethany-umc.org/moms](http://www.bethany-umc.org/moms).



## PRIMETIMERS UPCOMING EVENTS

**6/5—Chit, Chat & Chew:** Men's Breakfast, Wednesday, 8am at Jim's on Spicewood Springs/183

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

**6/9—Lunch in the Café:** After 11 am worship, \$7 per person. Reservations to LaVon @ 512-465-2125 by 6/3.

**6/26—Movie:** *On the Basis of Sex*, The story of how U.S. Supreme Court Justice Ruth Bader Ginsburg began her career in law. Wednesday, 10:30am, Student Ministries Media Room. Lunch from Jason's Deli after the movie in the Cove. \$7 each. Reservations to Shirley by Monday pm 6/24, 219-5842.

*Please make sure your day is free before making your reservation to join us.*





## COUNSELOR'S CORNER

### Getting to Know Your Nervous System

Most people come into therapy with a general understanding of the concept of "body-mind," the notion that their physical and emotional selves work in concert. Relatively few people understand the precise ways in which the body creates emotional experience, in turn prompting individuals to behave in predictable ways that create and perpetuate a story about themselves and the world they inhabit.

Understanding a clear map of the Autonomic Nervous System helps us become aware of our patterns of response to ease and distress. Start with imagining the nervous system in three parts: 1) the ventral vagal system (top) - it involves most aspects of social contact, 2) the autonomic, or sympathetic and parasympathetic nervous system (middle) - which activates what is often termed the fight or flight response, 3) the dorsal vagal nerve (bottom) - which shuts down the body, it can move us into immobility or dissociation.

Then, write down your feelings and behaviors when you are in each part. For example: The ventral vagal zone would typically include such descriptors as openhearted, engaged, curious, and playful. In the sympathetic state, you might recognize words and phrases like out of control, angry, confrontational, fearful, and desperately seeking. Lastly, experiences of being in dorsal vagal, may include silent, out of focus, numb, hopeless, helpless, shut down, and feeling abandoned and unwanted.

Finish by completing two sentences for each part: "I am ..." and "The world is ..." You may be astonished by the dramatic difference in the core narratives ... i.e. ventral state, "I belong" and "The world is welcoming and filled with opportunity." In the sympathetic, "I feel crazy, panicked. I'm trapped in a world that's unfriendly and scary." When in the dorsal, the response is something like: "I'm invisible, unlovable, lost, alone. The world is cold and empty."

The goal in therapy is to shift the default of the ANS setting from a place of danger and distrust to a state of openhearted safety. This awareness shows the ongoing biological reactions of self and others. It's an element of mindfulness; ideally, it's a tool for healing.

"If a man is to live, he must be all alive, body, soul, mind, heart, spirit." — Thomas Merton, *Thoughts in Solitude*

Lisa Blackwood MS MA LPC-S #19803  
LCDC#4065 EMDR Certified

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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 school office will be closed between June 3rd and June 14th.



### Childcare Workers

#### Needed



Are you looking for part-time employment with flexible hours? The Bethany Nursery is looking for loving caregivers, **ages 18 and up**, for **weekday childcare shifts**. Nursery applications and full job descriptions are available in the church office or on the Bethany website at <http://bethany-umc.org/nursery-worker-adult/>. Or contact Christin Smith, Nursery Coordinator, at 512-258-6017 x270 or email [christin.smith@bethany-umc.org](mailto:christin.smith@bethany-umc.org) for more information.



# 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)

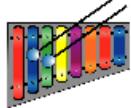
**Recital:** August 13

**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](http://www.bethany-umc.org/finearts)  
or contact [marylen.stanton@bethany-umc.org](mailto: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 [silverwingamusic@gmail.com](mailto:silverwingamusic@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)



# Missions

**GLOBAL 6K FOR WATER** Thank you for supporting Student Ministries and World Vision's Global 6K for Water.

Kris Cutler, Director of Student Ministries, promised the youth that she could be slimed at our end of year pool parties if we met our goal of raising \$5,100. With the help of our generous congregation, we met the goal, and Kris got slimed on May 19th.



## Feed My People

Tuesday, June 11  
5:00 AM

First UMC, 13th & Lavaca



Bethany sponsors a breakfast each month to feed 300-400 downtown homeless. We purchase, prepare and serve a hot breakfast.

*If your group would like to sponsor a month or for information about volunteer opportunities, please visit:*

[www.bethany-umc.org/feed-my-people](http://www.bethany-umc.org/feed-my-people) or  
contact Debbie Childers [bdschilders@juno.com](mailto:bdschilders@juno.com)



## Serving Under-Privileged Families in our Community

We will be preparing and delivering meals using the MLF food truck on these dates:

Mondays, June 3 & 17

Friday, June 21

### *Needed: Shampoo*

Drop-off bins are located around the church for donations.

*For information about volunteer opportunities, please visit:*  
[www.bethany-umc.org/mobile-loaves-fishes](http://www.bethany-umc.org/mobile-loaves-fishes)  
or to volunteer, contact Gayle Kneupper, [kneupper@yahoo.com](mailto:kneupper@yahoo.com)



## Listening Prayer

Be still and discern God's Will

Come any Wednesday to the Upper Room, D-307, for an opportunity to listen to God in a time of prayer.

Morning: 9:00 - 10:00 AM

Evening: 5:30 - 6:30 PM

<http://bethany-umc.org/ministries/prayer/listening-prayer/>



## Did you know... Bethany has a prayer email group?

### Purpose:

To seek prayers for NON-confidential prayer requests & to connect others at Bethany in prayer when praying received prayer requests posted by others.

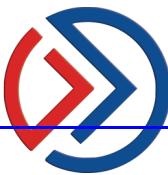
To join, send a blank e-mail to:

[bethany-e-prayer-subscribe@yahoogroups.com](mailto:bethany-e-prayer-subscribe@yahoogroups.com)

Questions, contact:

[carolyn.bawcom@bethany-umc.org](mailto:carolyn.bawcom@bethany-umc.org) , 512-258-6017





# Summer 2019

## Sunday School

9:30 & 11:00

June 2nd - incoming 6th graders begin Youth Sunday School

## Sunday Fundays - 4-6pm

**Bring your friends and join the fun!**



### June 2nd - Funday - Sundae

Gaga pit, 9 square in the air and more;  
plus ice cream!

### June 9th - Water Day

Wear appropriate clothes that can get wet and  
bring a towel!

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

June 23rd - Chaos

June 30th - MYF Worship

July 7th - Tropical Day

July 14th - Xmas in July

July 21st - Mission Impossible

July 28th - MYF Worship

August 5th - College Day

## Summer Events:

**Bring your friends for fun and fellowship**



### Schlitterbahn\*

Wednesday, June 12 8am-8pm  
(6th-12th grade) \$45



### Tubing\*

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

**Parents who will drive a carful of students can attend events at no cost!**

\*Online registration and medical release form required

**Anyone in 6th-12th grade are welcome.**

Find Event and Fundraising info online: [www.bethany-umc.org/ministries/student](http://www.bethany-umc.org/ministries/student)

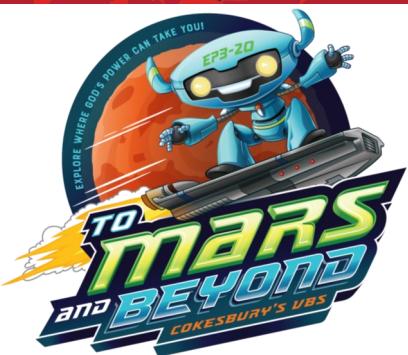
# Children's Ministries



**Summer Sunday School will begin on June 2**  
**All 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.

**SUNDAY SCHOOL** Questions? contact Lori Pierce, Children's Ministry Volunteer Coordinator, at [lori.pierce@bethany-umc.org](mailto:lori.pierce@bethany-umc.org) or call (512)258-6017x413.



## Vacation Bible School Adult Crew Leaders Needed! June 17-20 8:30 to 12:00

VBS is for children going into Kindergarten (will turn 5 by Sept 1, 2019) through completing 4th grade

A Crew Leader:

- Participates in fun and interactive activities
- Gets to see how God is working in children
- Does not have to prep anything

- Enjoys children
- Shepherds young hearts
- Loves to laugh



Volunteers receive a free t-shirt and a discount on their child's registration. With a 4-day adult volunteer present on campus during VBS, the cost is \$20 for children Kinder-4th grade, and younger children may attend at no cost. Scholarships are available.



Registration for volunteers and children online at [www.bethany-umc.org/vbs](http://www.bethany-umc.org/vbs).

Register by June 1 to guarantee that you'll receive a VBS T-Shirt (applies to BOTH volunteers and children)!



**Contact Information - Church phone number 512-258-6017**

Registration & general questions - Jen Seibel at ext 233 or [jen.seibel@bethany-umc.org](mailto:jen.seibel@bethany-umc.org)



Questions about volunteering - Lori Pierce at ext 413 or [lori.pierce@bethany-umc.org](mailto:lori.pierce@bethany-umc.org)

# 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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Return Service Requested

### 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 4 for the  
June 16 publication.

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



## "Surviving & Thriving in Middle School"

Day Camp for incoming  
6th graders

June 17th - June 20th 8:30am - Noon;  
June 19th until 6:00pm

**Cost \$30**

#### Topics include:

You Need Friends • Your Mutating Body • Everybody's Looking at Me • The Campus Zoo • How to Avoid Being a Jerk • Make Up Your Own Mind • Boundaries • Authorities • How to Avoid Flunking

#### Practical activities:

Learn how to unlock a combination lock.

How long is it between classes - how long is 5 minutes, really!

And much more!!

**Wednesday afternoon, we'll go tubing in San Marcos.**

More information and how to register here:

[bethany-umc.org/ministries/student/events/](http://bethany-umc.org/ministries/student/events/)