

The Visitor

July 2010

The Newsletter for Bethany Lutheran Church
5303 Madison Avenue
Bethel Park PA 15102
(412) 835-9221
Rev. Daniel Smail

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UPCOMING DATES TO REMEMBER AT BETHANY

MISSION TRIP CARD PARTY

Saturday, July 10 at 11:00 AM Bethany Lutheran Church Fellowship Hall
\$10.00 per person Includes brunch, raffles and door prizes!!!

Reservation deadline is July 3

To make your reservation, call Cathy Irwin at 412-854-1729 or send your check, payable to Bethany Lutheran Church, to Cathy at 318 Chessbriar Street, Bethel Park, PA 15102
All proceeds will benefit the mission trip in August 2010

CONGREGATIONAL MEETING

Sunday, July 18 at 12:15 PM there will be a Congregational Meeting following the 11:00 AM worship service. The meeting is being held to affirm the decision to build a new pavilion along the side of the church. Please plan on attending.

SHIM SUNDAYS

The second Sunday of each month is SHIM Sunday.
See further details under Worship and Evangelism in the newsletter.

LUTHERLYN

SUMMERFEST 2010 - Sunday, July 4, 2010 – 11:00 worship
Join us for food, recreation, activities, concerts, and a Vespers bonfire at dusk.
Check with the office or Lutherlyn for prices and details.

From the Pastor's Desk...

July 2010

"Fullness of life in Christ"

"As you therefore have received Christ Jesus the Lord, continue to live your lives in him, rooted and built up in him and established in the faith, just as you were taught, abounding in thanksgiving." – Colossians 2:6-7

Last month we shared a newsletter article about reading Scripture. Without a doubt Scripture is a critical component of our spiritual lives; and as we said last month, a little bit can go a long way. One little piece of Scripture can send your Spirit on an adventure of reflection and discovery. This kind of thing happens all the time for those that are committed to a discipline of reading Scripture daily and even for those who are in the preliminary phases of exploring the bible. Maybe that's why Christians sometimes seem so scattered.

Nevertheless (I don't want to get too far off track here) while reading in the Bible this week I came across a beautiful piece of Scripture from Colossians; it's just a small chunk, but really can mean so much. "As you have received Christ Jesus the Lord, continue to live your lives in him..." Sounds like a lot of church talk doesn't it? But hold on, the first important nuance here is that as much as we have been given Christ, we are also called to live life *"in him."* This is different for us folks who have been or are accustomed to going out and "making a living." Our "living;" the things we use to sustain our lives and the lives of our families come *from* somewhere. There is often an exchange that takes place. We give our employers a certain number of hours each week, and they compensate us. With the proceeds from the workplace we go out and live our lives.

With Christ things are completely and totally different. First, we never earn the grace of Christ, it's just given. And then once the gift of grace freely flows, we don't move away from the source of life. Instead the Scriptures clearly say that we should "make our living" *in* Christ! This is a truly beautiful vision. To have the potential to dwell so richly *in* the Lord that you get to experience the real peace and comfort of God no matter where you happen to be; this is an amazing thing.

But too often, it seems like we live *from* Christ. We receive the Word and the bread and the wine of Holy Communion, and then instead of "dwelling in" we "go out" into the other parts of our lives that are filled with what we see as the very serious concerns of health, family, money, and of course the list could go on. Sometimes we'll even say, "Church is the one hour a week I have to focus on God." Or, "Church needs to be uplifting, so I can get through my week." In our own way, we innocently use Christ to build our lives and to fuel our personal endeavors.

Yet again, Colossians is clear on this, "continue to live your lives in him, rooted and built up in him and established in the faith." This goes to say that our growth and our success truly come when we are growing and succeeding in Christ. Real faith can only be "established" and "built up" when we consistently feel the genuine joy and peace that come when we're truly dwelling in the Lord.

Allow me to give you an example of what I'm talking about here. A theologian by the name of Peter Rollins tells a story of a priest who had dinner with a demon. I used this story as a sermon illustration a good while ago, so I'll paraphrase here just a little. The demon asked to be invited into the priest's house. And the priest gladly showed him in. The demon asked to be fed, and the priest continued to be a gracious host. The demon then asked if it could enter into the priest's heart... the priest welcomed the demon even into his heart. As a matter of fact, the priest went so far as to say, "What I have is yours and what I am is yours." Sounds sinful and dangerous right? Wrong. Because what that priest was for that demon was Christ; living in Christ allowed that old priest to be Christ for this demon. When the demon peered into the heart of that peaceful old man, the demon was blinded by the light of Christ. And so the evil was utterly defeated, even if we know that it will most likely return at another opportune time. What the demon finds in this priest's heart upon his return will determine his future success.

Evil never goes away entirely; it rears its ugly head all the time. But when we're sincerely living in and with Christ... we know that there's nothing to fear, even when it does knock at the door and enter.

Yours in Christ,
Pastor Dan

THOSE WHO SERVE THIS MONTH

Greeter:

8:30	Joan Kaplan
11:00	Suse Marsh

Altar Preparation:

7/4 & 7/11	Sandy Burns
7/18 & 7/25	Karen Housam

WORSHIP ASSISTANTS FOR SUNDAY

Date	Reader/Comm. Asst. 8:30 AM	Reader 11:00 AM	Communion Asst. 11:00 AM	Acolytes
7/4	Don McIntyre	Karen Housam	Carolyn Joyce	Sam Volpatti
7/11	Renee DeMay	Kari Hartbauer	Mike Unger	Skyler Yarroll
7/18	Jane Scheeser	Carla Hoge	Kim Darges	Mitchell Stowers
7/25	Dave Baker	Nena Kratsas	Morgan Hoge	Matthew Monte

FLOWERS AND ETERNAL CANDLE

7/4	OPEN
7/11	OPEN
7/18	Steve & Denise Horvath – In memory of Eric
7/18	Joe & Karen Bianco – In memory of Jacob
7/25	OPEN
Eternal Candle	The Litzenburger Family

You may either take the flowers with you after the service or if you prefer you may leave them on the altar for the mid-week services. Cost of **flowers** is \$50 per Sunday. Cost of the **eternal candle** is \$15 per month.

COUNCIL NOTES

Our next Council meeting is Wednesday, September 15 at 7:00 P.M.
 Congregational Meeting is Sunday, July 18th at noon.

June 24, 2010

Dear Members of Bethany Church,

We hope this letter finds you in good health and enjoying the summer weather. We are writing this letter in regards to the recent congregational meeting we held on June 13th. At the conclusion of that meeting the congregation approved the use of \$15,000 from the church's general savings account (currently: \$55,600) to construct a pavilion along the side of the church. During that meeting Pastor eloquently spoke about the vast array of ministries that could prosper from this new pavilion. Even though the motion to build the pavilion passed with a large majority of the congregation in favor of the decision, it has come to our attention that some members felt uninformed and hurried in their decision. With this in mind the church council has called for another congregational meeting to be held on July 18th at the conclusion of both services. This will be a meeting to affirm the decision that was made on June 13th. It will also serve as a venue for all members to better fully understand the reason, process and value of this addition. We as council encourage you to join us on July 18th as we continue to pursue avenues that will enhance the ministries not only in our congregation, but in the community as well.

Sincerely,
 Keith Hartbauer
 Council President

FELLOWSHIP OPPORTUNITIES

Literary Ladies

The Literary Ladies will meet on Tuesday, July 6th at Grace Sahler's house for their annual picnic. We will be discussing the book Under the Cajun Moon by Mindy Starns Clark at the next meeting on **Tuesday, August 3rd**. If you enjoy good reading and fellowship, please join us the first Tuesday of each month for lunch and a book review.

FELLOWSHIP OPPORTUNITIES

MISSION TRIP BENEFIT CARD PARTY

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BLCW

Quilts - we need plain colored preferred sheets for backs and lightweight blankets for fillers and backs for the quilts we make for Lutheran World Relief

We can always use more hands to complete this needed endeavor. If you are interested in helping, just call Marian Volpatti or show up at 10:00 on the fourth Tuesday of each month.

WORSHIP & EVANGELISM

USHERS' SCHEDULE FOR JULY

8:30 a.m. Ron Scheeser, Joan Kaplan, Don Saltzman, Mark Kuehl
11:00 a.m. Matt McKee, Dan Volpatti, Bob Yanyo, Nick Kratsas

SOUTH HILLS INTERFAITH MINISTRIES

South Hills Interfaith Ministries (SHIM) is an interfaith organization actively extending God's love with dignity and respect to the people of the South Hills of Pittsburgh. SHIM is a non-profit health and human services organization. They have a sympathetic and sensitive understanding of client and community needs.

Currently their Family Assistance Program strives to meet the ever-growing needs of families whose life circumstances have been affected by the current economic climate.

This is where we, as a congregation, can pitch in and help. Every second Sunday of the month is designated "SHIM Sunday". This is your chance to bring to church non-perishable items that we will then deliver to SHIM. Especially needed are pastas, canned or jarred spaghetti sauces, peanut butter, jelly, canned vegetables and fruits, cereals, soups, plus paper products and baby cereals, jarred baby food, formula, diapers and wipes.

Along with their food pantry, SHIM sponsors a BACK TO SCHOOL program. It is designed to prepare children for the upcoming school year and provide an enthusiastic start for them. I realize that this school year isn't over yet, but we can start preparing for this important event by purchasing and bringing to church school supplies such as backpacks, lunch boxes, pens and pencils, crayons, markers, colored pencils, rulers, glue sticks, big pink erasers or pencil topper erasers, scissors, pencil boxes, staplers and staples, tablets, notebooks and loose leaf paper, binders and folders. Please drop any and all new items in the narthex. This is a summer project so let's see how many items we can collect to help out our neighbor.

NEWSWORTHY NOTES

BLOOD PRESSURE SCREENINGS

Please come and get your blood pressure checked. The normal blood pressure for an adult is 120/80. However, everyone has their own normal that is why it is important to monitor it regularly. Blood pressures are checked following the 8:30 a.m. worship service, between worship services, and after the 11:00 a.m. worship service. Presently, we are using the church office for the location. The following dates are set for the coming year: July 11, August 1, August 29, October 3, November 7, and December 5.

ATTENTION!! IMPORTANT ANNOUNCEMENT!!

We're Expanding!

Hey guys, it's your turn to contribute to the newsletter! Over these next several months please feel free to share your favorite recipe, a good-natured joke, or take the time to share a treasured church memory. We'll go through all of your submissions and include as many articles as we possibly can throughout the summer months. If we have a positive response we'll carry this little project throughout the autumn months as well. This is just one more way for everyone to participate in the life of the congregation! Thanks in advance for your participation.

Join us for...

“BETHANY’S MONDAY MOVIE MATINEE”

And now for something completely different... on several Monday afternoons throughout the summer months we'll gather for lunch and a movie. Here are the show times; July 12th and 19th, and August 16th and 23rd at 12:00 noon.

On these days everyone interested can bring their lunch, popcorn, beverage of choice, and an open mind. We'll watch one movie over the course of the two sessions, and then share a discussion about the film. Were there theological undertones? What was the moral of the story? How did the movie inspire or discourage you? Please try to join us for one or all of these fun opportunities for study and fellowship! Also feel free to share your movie suggestions before we begin; maybe we could watch and discuss one of your favorite films!

*A note to parents; if you plan to attend the Monday Movie Matinees a babysitter may be in order, as some movies chosen may have content a little beyond the little ones. Thanks for your patience and understanding.

CELEBRATIONS WITHIN OUR CONGREGATION IN JULY

Happy Birthday to the following individuals:

1-July Pamela Hoge	10-July Ken Reitmeyer Sr.	22-July David Teprag
2-July John Hare	13-July Matthew Stinson	22-July Kari Hartbauer
2-July Donna Johnson	13-July Susan Myers	26-July Abby Joyce
2-July Alison Miklos	13-July Christian Beck	26-July Loretta Posch
4-July Beulah Moody	16-July Kelsey Caldwell	27-July Ed Irwin
7-July Zachary Myers	18-July Amanda Darges	28-July Dalton Kreutzer
7-July Brian Frantz	19-July Tina Aul	28-July Austin McGinty
9-July Michelle Beck	19-July John Dale	29-July Ryan Darges
9-July Nicholas Scharm	19-July Bridgett Dibble	29-July Christine Fischer
9-July Kelly Mohn	20-July Joe Hancsak	29-July Jaime Cameron
9-July Melia Rick	21-July Devin Miller	29-July Wendy Moore
10-July Jacob Dibble	22-July Melissa Miklos	31-July Judy Dubich

Happy Anniversary to the following couples:

2-July Jaime & William Cameron	16-July Bernice & John Dale
7-July Kara & Rob Meston	25-July Lorraine & Tom Blackburn
9-July Marjorie & Brian Page	

IMPORTANT INFORMATION

ECHO is now online!

The Synod newsletter (*ECHO*) is now available, in its entirety, online! To access this really helpful resource, just go to the synod's website www.southwesternpasynod.org. Click on **Newsletter** on the home page. You must download ADOBE READER (free) to be able to read the newsletter. There is a hard copy of the monthly *ECHO* available in the office if you do not have a computer to access it on line.

IMPORTANT INFORMATION

GRASS CUTTING SCHEDULE FOR 2010 July, August, September, & October

There are still some spaces open on the grass schedule. If you have not already signed up, please consider taking a week to help make our lawn look beautiful. Your help is greatly appreciated.

If you have any questions, please call Ron Scheeser at 412-779-2000.

NEWSLETTER

If you have information that you would like to appear in the newsletter, please either e-mail it or drop it off at the church **no later** than Sunday, July 25th, for the August Newsletter. You can also e-mail your information to Matt Popovich at mattandrose625@comcast.net.

PUBLICITY FOR THE CHURCH

Do you know of upcoming events going on in the Church? Does your group/committee have an upcoming event? Is there something that the community should know about happening at Bethany?

If so, please contact RaeAnn Moore by E-mail with all of the information so that we can be sure our church and our community know of the ways we bring Glory to God here at Bethany.

Raeann.moore@starckvan.com or 412-831-5619

PAM HOGE'S ITEMS FOR BETHANY

“Health Ministry”

Dear Family and Friends

This month I want to share some thoughts on **??? and the Doctor: Making the most of your Doctor Visits**. God calls us to be good stewards of our health and health resources (Phil. 1:20). Persons 20-49 years young should have regular health examination every 2 years and persons 50 and over should have one every year. Women need to have gynecological exams every year unless directed otherwise by their doctor.

Why Do I need to be concerned about this?

70% of correct diagnoses depend totally on **what you tell your doctor!** Taking an active role in the doctor's office can improve your health! (adapted from Top Health , 1998). Remember you are paying for the doctor's evaluation and recommendation. Bring a list of medications that you are taking. Bring a list of questions in writing. Be assertive about getting the information and direction you need. You can say no to unnecessary tests and get copies of letters and lab reports for your own files. Follow through on advice that you are comfortable with. If you don't seem to trust the advice of your physician, ask him to explain his reasons or find a doctor that you can trust. If you are not getting the help that you need then find a new doctor willing to work with you. Consider getting a 2nd opinion for major procedures and surgeries. Ask others here at church or in your community about references of good doctors.

Doctor's Visit Checklist

Before you leave the office, make sure you fully understand what the doctor said especially as related to:

- What is my diagnosis and can you explain it in detail?
- What other tests are needed & their risks & benefits?
- What is the treatment plan and risks & benefits? If considering surgery please give me a detailed description of the procedure including anesthesia and recovery. What is the likelihood of full success? How might this treatment affect other health problems? When should I start the treatment?
- Is my problem curable or treatable?
- Are there alternative ways to treat this problem (medical and non-medical) & what are their risks and benefits?
- If I don't do anything, what is likely to happen?
- How much of the cost will my insurance cover?
- What kind of follow-up is needed? What symptoms should I report to the doctor?
- Prevent Office Amnesia: take some brief notes of what the doctor says during the visit and or take another person with you. It is reported that we forget 50% of what is said in the doctor's office. Remember, you can get additional information about your concerns from your Parish Nurse! Please contact me if I can help in anyway. God's blessings on your health journey!

Taken from "Seasons For Wholeness Monthly Themes and Programming For Parish Health Ministry" Vol. IV by Ruth Dankanich Daumer

"My Story"

Years ago, when I first moved to Pittsburgh area, I listened to WORD FM 101.5. It was a Christian Radio Station that filled the Air Waves with Good Music. Soon after though it changed it's programming to "Talk Show" and "Worship Services". For some folks I'm sure they appreciated the message. However, from time to time I have continued to look for Christian Music on the Radio unsuccessfully. Recently, I have stumbled upon a Christian Radio Station with Music. You may already be listening to it but I wanted to share the news: FM 98.3 K Love. It's upbeat and motivating. Sets your mind right for a days work. So if you get a chance check it out, please do so and let me know what you think. Have a wonderful "Independence" month! Until next time, God Bless! Pam Hoge, Parish Nurse

Hey Kids?

What is going on? Did you see the raisins dancing? Soda is full of carbon dioxide bubbles. When those bubbles cling to the raisins, they make the dried grapes more buoyant and the raisins bob to the soda's surface. There, the bubbles burst, making the raisin sink to the bottom again. Don't have any soda around? Fill the glass halfway with water. Stir in 1 teaspoon (5 milliliter) of baking soda until it's completely dissolved Add raisins to the glass, then slowly pour in white vinegar until the glass is about three-quarters full. Baking soda and vinegar give off bubbles of carbon dioxide when they combine. If someone ate all the raisins in your house, try using mothballs or pieces of uncooked pasta. What works best? Let me know.

From "Everything but the Kitchen Sink" by Frieda Wishinsky and Elizabeth MacLeod

“Healthy Recipes”

from BETTER HOMES AND GARDENS

Salmon Salad with Julienne Vegetables

4 fresh or frozen salmon steaks, cut $\frac{3}{4}$ inch thick (about 1 $\frac{1}{2}$ pounds)
 $\frac{1}{2}$ tsp. finely shredded lemon peel
 $\frac{1}{3}$ c. lemon juice
 $\frac{1}{4}$ c. salad oil (olive oil)
2 tbsp. water
2 tsp. sugar
2 tsp. snipped fresh thyme or $\frac{1}{2}$ tsp. dried thyme, crushed
2 tsp. snipped fresh oregano or $\frac{1}{2}$ tsp. dried oregano, crushed
 $\frac{1}{2}$ tsp. paprika
 $\frac{1}{8}$ tsp. black pepper
1 clove garlic, minced
2 medium carrots, cut into thin, bite size strips (about 1 $\frac{1}{4}$ cups)
1 medium zucchini, cut into thin, bite size strips (about 1 $\frac{1}{4}$ cups)
1 medium red sweet pepper, cut into thin, bite size strips (about 1 cup)
 $\frac{3}{4}$ c. water
Boston or Bibb Lettuce leaves
Lemon Slices (optional)
Fresh thyme sprigs (optional)

Thaw salmon, if frozen. For dressing, in screw-top jar combine lemon peel, juice, salad oil, the 2 tbsp water, sugar, snipped or dried thyme, oregano, paprika, black pepper and garlic. Cover; shake well.

Rinse salmon; pat dry. Place salmon in a shallow dish. Pour $\frac{1}{4}$ cup of the dressing over salmon. Turn salmon once to coat with dressing. Cover and marinate in refrigerator for 1 hour, turning salmon once or twice.

Meanwhile in a medium saucepan combine carrots, zucchini, red sweet pepper, and the $\frac{3}{4}$ cup water. Bring to boiling; reduce heat. Cover and simmer about 3 minutes or till vegetables are just crisp-tender. Drain vegetables; transfer to a mixing bowl. Pour $\frac{1}{4}$ cup of the remaining dressing over cooked vegetables, tossing lightly to coat; set aside. Set aside remaining dressing.

Drain salmon, reserving marinade. Place salmon on the greased unheated rack of a broiler pan. Broil 4 inches from heat for 5 minutes. Using a wide spatula, carefully turn salmon over. Brush salmon with marinade. Broil for 3 to 7 minutes more or till salmon flakes easily with a fork.

Line 4 salad plates with lettuce leaves. Arrange vegetables on lettuce. Place salmon on vegetables. Serve with reserved dressing. If desired, garnish with lemon slices and thyme sprigs. Makes 4 servings.

Nutritional Information per serving: 326 calories, 26 g protein, 13 g carbohydrates, 20 g fat (3 g saturated), 31 mg cholesterol, 130 mg sodium.

**The glory of life is to love, not to be loved,
to give, not to get; to serve, not to be served.**