

ACT PARISH MURDOCK-DEGRAFF CLUSTER NEWSLETTER

BETHESDA AND BUFFALO LAKE OF GRACE CHURCHES

FEBRUARY 2019

PASTOR DAN CROONQUIST, PASTOR MICHELLE KLEENE

PASTOR DAN: 320-220-3055 (CELL); OFFICE: 320-599-4548; HOME: 320-382-9099
CROONDW7@GMAIL.COM

PASTOR MICHELLE: 320-226-3535 (CELL); OFFICE: 366-3426; HOME: 320-847-2572
MKLEENE89@GMAIL.COM

ACT WEBSITE: WWW.ACTPARISH.COM; ACT ALSO HAS FACEBOOK PAGE

FROM PASTORS . . .

"I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well-fed or hungry, whether living in plenty or in want. I can do all things through him who gives me strength." Philipians 4

Dear Friends,

I recently read an article about the benefits of giving up the sense of entitlement that can sometimes overcome us. Occasionally, we are tempted with the belief that life should please us, that it should be comfortable, satisfying, and easy. And when it doesn't turn out that way, we might react with anger, fear, self-pity, and depression. Feelings of frustration, unhappiness, and disappointment with life can lead to a cycle of bitterness and negativity. When this happens, we are not able to experience contentment, fulfillment, and abundant life. Such feelings can also lead to a mindset that pits one person against another, which can inhibit or destroy relationships. How might we attempt to lesson the sense of entitlement? One way is through the implementation of some of the following spiritual practices:

Practice Empathy – the ability to identify with and respond to the unique experience of another, as well as increasing our awareness of other people's thoughts and feelings

Let go of Expectations – let things unfold naturally rather than trying to control how things will turn out.

Recognize our Connection with Others – identify the many things we have in common with other people.

Rejoice in the Happiness of Others – acknowledge someone else's good fortune, promote others' achievements, and celebrate others' joys in our prayers.

Be Grateful – be thankful for what we have, for the daily blessings, and for the people in our lives.

Step Aside – let others go first and go before us.

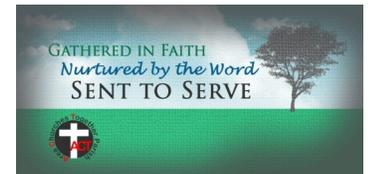
Go with the flow – be willing to get rid of the life we've planned so that we might have the life that is awaiting us.

Accept Health Challenges – be resilient and accept the lessons that can come with illness and physical breakdowns.

By making some changes in our thoughts and our behavior, we can lesson the sense of entitlement and thereby have and experience the life that God gives to us.

Peace,

Pastor Dan



PASTOR'S ARTICLE	1
BETHESDA ANNOUNCEMENTS	2
LIBRARY; W.O.W. NOTICE	3
BETHESDA CHURCH MISSION OF THE MONTH; AND FEBRUARY WORSHIP LESSONS	4
ACT PARISH ANNOUNCEMENTS AND ACTIVITIES	5

hello
february

The Bethesda coffee dollars received each Sunday at the coffee hour will be designated to one specific area each month.

February coffee dollars will be given toward Eagle's Healing Nest Veteran's Home in Sauk Centre.



Ushers for February

February Ushers:
 Karen and Jim Falk
 Marnie and Andrew Falk
 Carmen Froehlich
 Breonna Froehlich & Mark Overlie
 Brittany Schade & Nick Jaeger

Usher/Alter Guild Guide and Duties are included in your Bethesda directory.

Please be sure to look at these carefully. **We have become a very busy church and there are duties that need to be done each week.**

If you have any questions, please feel free to contact a board member or building committee member.

Library Fund Raiser
 February 10th
Egg Bake and Muffins
Juice
 Coffee

Free-will donation

Breakfast



BETHESDA ESTHER QUILTING CIRCLE
 February 7th @ 9:30
 Quilting followed by potluck and short meeting

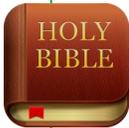
The ACT website is maintained by Nancy Stredde of St. John's. If you have church announcements/pictures for the website, please contact Nancy at: firststep@charter.net

You can find the ACT website at: www.actparish.com.



Bethesda Sarah Circle

The **Sarah Circle** Bible study does not meet until the spring. See you then



Bethesda members —
PLEASE check your mail boxes following each worship service.

From the Library . . .

A Long Walk to Water by Linda Sue Park.. Few children can imagine walking eight hours a day or digging by hand deep into the mud, just to find water for their family. But the backbreaking work under the hot African sun is just a typical day for 11-year-old Nya, growing up in Sudan circa 2008. She rarely complains; it would do no good.

Salva, also 11, is from a prominent, upper-class Sudanese family. As the Second Sudanese Civil War erupts in the mid-1980s, Salva is forced to run as bombs hit his village. Fleeing quickly and leaving his family behind, he joins up with bands of strangers—all headed out of their war-torn homeland to Ethiopia.

Difficult as it may be, both Nya and Salva come to accept their own long walks to water—each peppered with challenges and each tied to family and survival. Nya's sister becomes very ill; Salva loses several loved ones. But Newbery Award winner Linda Sue Park's brilliant dual narrative provides a soulful insight into both journeys.

Both Salva and Nya are urged on by their individual reserves of hope—for a better tomorrow, a better future—but neither really knows what lies beyond. The book's denouement, however, intertwines their stories in a soul-satisfying and optimistic way.

A Long Walk to Water is based on Salva Dut's true story of perseverance amid adversity. But beyond that, it's a touching narrative about strife and survival on a scale most American readers will never see.

The Wit of Martin Luther by Eric W. Gritsch. This is a new title in the "Facets" series. It provides an interesting and entertaining introduction to Martin Luther's thought. It shows how Luther enjoyed using humor in his interpretation of the Bible, his pastoral relationships and his encounters with death. It reveals that humor in the face of mortality is an indication of human freedom, a way of making life a divine comedy. It brings out the deeper religious meaning behind Luther's thought.

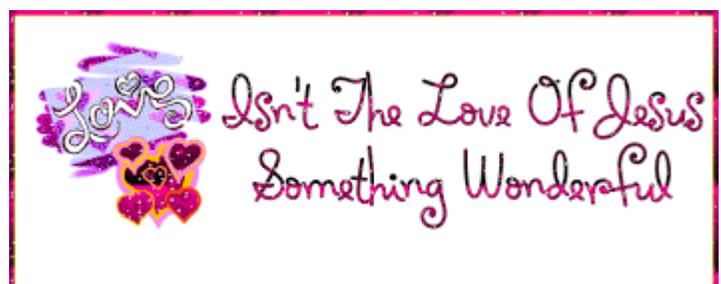
You may find both in Section 4 of the library.

**Women of Worship
(W.O.W.)**

**February 28th, 2019
(note change of day)**

5p-7p

MOM
turned upside
down spells
WOW



Bethesda January and February Mission of the Month

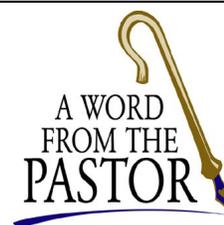
Our Mission for the month of February will be the Eagle's Healing Nest Veteran's Home in Sauk Centre:

Stainless steel bowls – all sizes; Stainless steel baking sheets; Stainless steel cooking utensils; Stainless steel serving utensils; Stainless steel strainer; Stainless steel pots and pans; silverware; oven mitts; dishtowels; dish cloths; probe thermometer; green scratch pads; dish soap; non – perishable food items; spices; bleach; plastic cups; food storage containers; bath towels; wash cloths; toilet paper; kleenex; garbage bags (All Sizes); clock radio/alarm clocks; video game consoles; laundry baskets; permanent markers, postage stamps; bathroom cleaner; Lysol; toilet bowl cleaner; flashlights; scotch tape; scotch tape dispensers

We will also continue to collect for the **KMS Backpack** food program:

Food is sent home for the weekend to assist families in feeding children over the weekend. Items needed include: whole grain cereals (Cheerios, Corn Flakes, Rice Krispies, etc.; pancake mix – the complete type – just need to add water; pasta – any size or shape; spaghetti sauce (no glass jars only plastic or cans); canned meat – tuna, canned chicken, spam; canned vegetables; canned fruit; packaged potato, rice or noodle entrees – such as scalloped potatoes, au gratin potatoes, rice or pasta with sauce that only requires the addition of water; macaroni and cheese; peanut butter; meals (usually in cans) such as ravioli, spaghetti – 0's, macaroni and beef, chili, pork & beans; snacks – fruit snacks, fruit cups, cookies, cheese & crackers

Romans 12:8 *“If your gift is to encourage others, be encouraging. If it is giving, give generously. If God has given you leadership ability, take the responsibility seriously. And if you have a gift for showing kindness to others, do it gladly.”*



February 2019 Worship Schedule & Lessons

St. John's - 8am

Buffalo Lake – 8:15am

Bethesda and Monson Lake – 9:30am

Hope – 10:45am

Mamrelund – 11am

Feb. 3 -	Jeremiah 1:4-10	Luke 4:21-30
Feb. 10 -	Isaiah 6:1-8	Luke 5:1-11
Feb. 17 -	Psalm 1	Luke 6:17-26
Feb. 24 -	Genesis 45:3-11-15	Luke 6:27-38

ACT PARISH ACTIVITIES

**** Caffeine & Conversation ****

CAFFEINE & CONVERSATION will be held on Tuesdays at 9:30 at the Bethesda and at 1:00 at Hope.

If you have not been able to join us yet, PLEASE consider coming- we have great conversation about Scripture and life, yummy goodies and wonderful fellowship (and coffee!)



Please
Join Us

1st Annual ACT Parish Chili Cook Off

Sunday, February 17th, 12:30 p.m. at Hope

Bring your favorite chili to compete

Come and judge or just come to eat

Free will donation

Proceeds will go to the ACT Parish.



**** MEN'S BREAKFAST ****

Men's breakfast will be starting again on Saturday morning, February 2nd at 7am at Sherrie's Café in Kerkhoven.

Hope to see you then!



**SW Minnesota
"Equipping Congregations"
Saturday, February 23rd**

Please join us for the 2019 Equipping Congregations Day ~ Spirit Led Innovation, Saturday, February 23rd from 8:30 a.m. - 3:30 pm held at Bethel & Vinje in Willmar. Our day will include workshops geared to enrich our lives, both personally and for our church life, inspirational keynote speakers, and the opportunity to spend the day with Lutheran's from all over the SWMN Synod.

There is no cost for you to attend this event which includes lunch, however, you do need to register with Pastor Michelle by Feb 10th.

For more information check out the Equipping Congregations Day tab on our Synod website; www.swmnelca.org or ask Pastor Michelle.



ACT PARISH FEBRUARY CONFIRMATION SCHEDULE

6:30 pm-8pm at

Mamrelund Lutheran

February 13th at 6:30 at Mamrelund

February 27th at 6:30 at Mamrelund