



The Visitor

November 2020

Bethlehem United Church of Christ

Worship at Bethlehem United Church of Christ

Worship services will continue to be on-line (or on-radio) only. No in-person worship services shall be conducted this calendar year, including Christmas Eve.

At its October meeting, Leadership Council affirmed its earlier decision to suspending worship in our facilities due to the Covid virus.

The topic will be revisited in early 2021, but at this time with literally thousands of new cases in our state on a daily basis, it is ill-advised to gather intentionally in an enclosed space, despite social distancing, temperature checks and good intentions.

Everyone should be treated as a beloved child of God, who is also potentially an asymptomatic virus spreader.

Does Anybody Really Know What Time Is It?

*"As I was walking down the street one day
A man came up to me and asked me what the time was that was on my watch, yeah
And I said, Does anybody really know what time it is (I don't)
Does anybody really care (care about time)
If so I can't imagine why (no, no)
We've all got time enough to cry."
(The Band, Chicago)*

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**Deadline for the
December Visitor is
Monday, November 30**



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BETHLEHEM UNITED CHURCH OF CHRIST
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www.facebook.com/bethlehemuccA2



Office Hours
Due to the
COVID-19
Pandemic, the
office is currently
closed.

(continued from page 1)

As I'm sitting at my desk, I'm looking through my window as the leaves fall from the trees. The many colors dance and swirl across the street and yards for it is a windy Autumn day. I'm praying and pondering what message will be helpful for this Sunday's Totenfest Service (All Saints Day, November 1, 2020) What kind of message will be helpful for a Sunday of remembering... remembering our loved ones, remembering the last 8 months of COVID-19, and remembering that the next time I preach we will have all cast our votes in this national, election.

Really!? This Sunday is November 1, 2020. Where has time gone? It seems like time has become relative. We think of time as a constant normal, as something we can count on, and yet Albert Einstein stated that time was relative and not a constant. If there was ever a time we needed something to hold onto, an anchor to moor us to something solid, it is now. Yet, everyone I know, including me are disoriented and confused about the time, day, even month. If we're listening, there's hardly a conversation that doesn't involve normally "time-conscious" people saying, "dang, what day is it; what week is it; I am not even sure what month it is anymore".

In "COVID-19 Time", we are vacationing at home, learning from home, working from home, eating at home, and wait for it...watching football from home! Not only are the daily practices that mark time being turned upside-down but the norms of acceptable behavior have been unmoored. Behaviors that were once considered absolutely unacceptable to be spoken or acted-out-in-public, have now become common place from the very people we thought were supposed to set the examples. We are learning to yawn at behaviors and words that we would not at this moment tolerate in our own schools, churches, Sunday schools, and homes. We are making allowances for that which offends the very heart of the Gospel, Jesus Christ, and every norm we have ever been taught, and those we are teaching our children. Our children are paying attention! They are looking for us to be leaders, and reboot that which is grounded in the Gospel, and anchored in "doing justice, loving mercy, and walking humble with God, (towards all of God's people). We are grieving! Grieving much!

I'm not only looking out the window wondering what has happened to the normal rhythm and flow of time, but listening to the news and wondering what has happened to the Golden Rule, The Ten Commandments, the Beatitudes, and the many other foundational principles that guide our nation and world?

Yes, this Sunday is November 1, 2020, and yes, this Sunday is Totenfest (All Saints Day) and we will remember it (virtually via radio and the internet) but remember we must. It is a time to remember and give thanks for the lives of those who have loved, taught, and guided us. They may no longer be physically near us but if we remember and listen we can still hear the lessons they taught us about wrong & right, lies & honesty, fear & courage, the power of love over hate. It is a time to teach our children and a time to listen to our children. Our ancestors knew that these annual events help us to be grounded, grounded in remembering the time, seasons, authentic community, what is important; and what memories and examples we want to imprint on our children, grandchildren, and to all who follow us.

When COVID-19 began appearing here in March 2020, the trees were still bare and now we are watching the leaves fall from the trees. The seasons still change. Time continues. How we spend our time is important. It is a challenging time but one of great opportunity! We can use time for good. We can a legacy that will be worth remembering in the future (just as we remember the stories of those that endured during The Great Depression of the 1930s).

We know what time it is. We know that God, is our moral compass and anchor, and we know what Jesus says about loving God and our neighbor. We know that our God still does the impossible but always does it through human participation (teachers, preachers, prophets, scientist, doctors, counselors, advisors, leaders of all kinds, parents and children, and yes, you!). We know God stills performs miracles but the miracles always involve us responding in love to God's Word of truth and love. The journey will not be easy but the future story to be told, will be amazing!

In closing, I am sharing words from a letter written by the Apostle Paul, to a church in Corinth. Paul reminds the people during an incredibly challenging time, of the anchors of faith that ground them in the truth of God's promises. He is reminding them God always works to transform all things for good! Let us work for and with God in all things and times. Let us have a story worth being told. Paul believes in God's promises and he believes in God's people, and a small church in Corinth. 1st Corinthians 15:50-58.

(continued on page 3)

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“What I am saying, dear brothers and sisters, is that our physical bodies cannot inherit the Kingdom of God. These dying bodies cannot inherit what will last forever.

But let me reveal to you a wonderful secret. We will not all die, but we will all be transformed! It will happen in a moment, in the blink of an eye, when the last trumpet is blown. For when the trumpet sounds, those who have died will be raised to live forever. And we who are living will also be transformed. For our dying bodies must be transformed into bodies that will never die; our mortal bodies must be transformed into immortal bodies. Then, when our dying bodies have been transformed into bodies that will never die, this Scripture will be fulfilled: “Death is swallowed up in victory. O death, where is your victory? O death, where is your sting?” For sin is the sting that results in death, and the law gives sin its power. But thank God! He gives us victory over sin and death through our Lord Jesus Christ.”

HYMN of PROMISE

*In the bulb there is a flower; in the seed an apple tree;
In cocoons a hidden promise; butterflies will soon be free!
In the cold and snow of winter there's a spring that waits to be,
unrevealed until its season something God alone can see.*

God loves us all with no take-backs!

Pastor John

From Your President's Desk



Q: How many BUCC-er's does it take to sign a check?

A: Two. Of course: that's just a good business practice—it stops one signer from being able to abscond with the contents of our checking account. It's a practice which has been in place for some time and upon occasion, when it's more convenient, I've used the “Palmer Method of penmanship” I learned in elementary school to help spend Bethlehem's money. (The other two signers are the Pastor and the Parish Administrator, so I'm in heady company.)

I marveled at this responsibility this week as I happened to be the one called in to cosign nearly ten thousand dollars' worth of checks. Following the latest auditors' recommended practices,

the checks were supplemented with supporting documentation (invoices, contracts, bills, etc.) and were all on the “up and up.” I could quickly envision which budget lines they came from and knew I'd be seeing their effect in the October financial report supplied by Betty Clark, our able Financial Administrator. That report will be at the half way point of our Fiscal Year, which began June 1 at midnight (I wore a silly hat!) By rights, that means we're due for another “**quarterly financial report**” like the one in mid-September, but that would fall into Advent: probably not the best time to ask the Finance Ministry Team to pull it together nor the congregation to gather electronically for it. Watch for the next report early next year.

That gives rise to the next riddle:

Q: How does a church spend an annual budget of \$474,477?

A: One dollar at a time. Or ten. Or a thousand...It depends on the size of the check!

Hilarity aside, let me touch on a topic folks have been raising: returning to **in-person worship**. As I write, I've attended a meeting of the Worship Ministry Team Tuesday at which the topic was discussed and a Leadership Council meeting yesterday with it on the agenda. It is much on our minds. We all miss worshiping together.

The bottom line is that Leadership Council is sticking to our current practice: no in-person worship. The risks are too great for the (perceived) benefit. At a time when there are over 5,500 Covid cases in the county, when the county health department has issued a “stay in place” order for the University of Michigan and when social gatherings have been severely limited, we would be foolish to subject ourselves to infection or transmission of this deadly disease.

John Samford
November 2020

The Worship Ministry Team has been busy during this time of Covid. As the liaison from Leadership Council, it has been my privilege to attend its meetings over the past few years and I must say, I've seen a very rapid deployment of "alternative worship" ideas which have been discussed but not quickly implemented in the past. Certainly, circumstances have forced rapid change, but they had already begun. Remember the worship service in which we reflected on our baptisms beside flowing "water" (fabric)? Recall the sailboat in the sanctuary? How about the stones we were offered to carry during Lent? There were more innovations in the works...



Suddenly this past Easter season's plans were rent asunder, as worship suddenly went on-line. From a shaky start with cell phones, it developed into an exceptional experience, combining contributions from many congregants reading Scripture, offering prayers, musical praise, outreach concerns, etc. Somehow the fact that all of these folks would be hard pressed to bring these many elements together at a single Sunday morning worship service has become a strength: they can work on various parts, offering their work to be thoughtfully and meaningfully put together by Director of Music Ministries, David Hahn. His flair (and expertise) has helped turn Bethlehem's Sunday morning worship into a varied, deep and spiritual experience.

If it "takes a village" to put together a worship service, it takes a "village square." One great suggestion David made was that the church adopt a tool called "Planning Center" to organize worship services. With this web-based application, folks can lay out services far in advance, noting components and resources, assigning individual responsibilities, blocking out timing, changing structure as necessary and most importantly: keeping everyone on the same page. Anyone can see where each service stands in real time. Many folks have contributed videos they've made and we celebrate them all (especially the ones which show we aren't after a polished production but rather a heart-felt worship experience!)

Attending to the week-to-week details of each worship service is the loving task of a smaller WMT sub-group who focus efforts to maintain the quality we've come to expect. Theirs is thankless work: when one week ends, another begins, much like a never-ending television series. The Holy Spirit moves them to continually recall it is not just a job of filling an hour with content, but giving glory to God. We thank them for keeping folks engaged, helping them develop their skills and letting their light shine.

You are more than welcome to participate in worship services! Contact WMT chair Jennifer Vasquez or anyone on the team for details! (You may have to wrestle Pastor John to do a sermon!)

Someday we'll worship together again in our sanctuary. ("Next year in Jerusalem," as our Jewish friends say at their yearly Seder Passover services.) I find it hard to imagine we'll ever **not** have a strong on-line component to our worship: the (admittedly misleading) Facebook statistics show we reach hundreds of folks each week (some for ten seconds or less!) Melding together the strengths of a "live" and an "editable" worship service will be a happy challenge in the Worship Ministry Team's future!

John Samford



RADIO BROADCAST SUPPORT AND SPONSORSHIP

Please remember that a lot of folks count on the weekly Radio Broadcast of our 10 o'clock worship service. This program is funded by weekly radio sponsorships, memorials, and special donations.

Have you sponsored a Radio Broadcast lately?

Are you looking for a way to honor or remember a friend or family member? A weekly Radio Sponsorship is \$230. In addition, general donations of any amount are appreciated. Thank you for supporting this important ministry.

- Click [here](#) to go to Sign-Up Genius and choose a date, and how you want your sponsorship to read.
- You can donate online at: bethlehem-ucc.org or leave a message at the church office (734) 665-6149 and someone will get back with you.

October 2020	Year to Date	YTD Target	2020/2021 Budget
Offerings and Income	\$173,258	\$174,358	\$418,458
Expenses	\$181,181	\$197,699	\$474,477
Net	(\$7,923)	(\$23,341)	(\$56,019)

BETHLEHEM CEMETERY REPORT

The new cross in the Memorial Garden has now been dedicated. We welcome this lovely addition to Bethlehem Cemetery. Thank you to all those who helped make this happen. In particular we would like to thank Mary Paul, Marilyn Pearson and Tom Ziesemer for their involvement and Bob Schrock for his vision and ability to fabricate the cross.

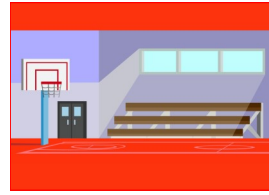
As a reminder, if you are looking toward tax season, Bethlehem Cemetery is part of a 501(c)3 organization. Donations can be made online or through the church office.



Cemetery Board Members

Back row: Jim Lutz, Brad Bouchie, Marty Seyfried. Front row: Susan Irwin, Sue Buday, Sallie Stadel

Gym Rental for Members



Bethlehem UCC members can rent the gym for \$15 per hour, but must agree to follow the "Covid-19 Mitigation Expectations for Church Space Rental" guidelines, which includes mask use, sanitizing, contact list, screening and social distancing. Please contact the church office for information and scheduling options at info@bethlehem-ucc.org or 734-665-6149.



NEED HEALTH INSURANCE?

ENROLL NOW!



Marketplace Open Enrollment Period

November 1st – December 15th, 2020

Enroll at HealthCare.gov

Eligible for Medicaid?

Enroll all year round at:

www.mibridges.michigan.gov



LET US HELP YOU GET ENROLLED FOR 2021!

For free help with enrolling in Medicaid or the Insurance Marketplace, contact any of the organizations below:



(734) 544-3030



(877) 326-9155



(734) 971-1073



(734) 712-2009

Join Peace Neighborhood Center, one of Bethlehem's community partner organizations, for this dinner and virtual presentation.



THANKS FOR GIVING

Dinner & Virtual Presentation

Thursday, November 19, 2020

6-7:30pm

Contact Peace to purchase tickets at

peaceneighborhoodcenter.org

Memorials and Gifts

Gifts Received thru October, 2020

PROPERTY IMPROVEMENT FUND

Bill Fellenberger Memorial
Hilda McLaughlin Memorial

RADIO FUND

Margaret K. Deverick Memorial
Godfrey Keppler Memorial

RADIO SPONSORSHIP

November 1 - In memory of Carole Katz from the Jay and Larry Katz Families

November 15 - In memory of Dr. Wallace D. Moore, father of Sally Elmiger from Kevin and Sally Elmiger

Gifts listed were received through October 31, 2020

Spiritual Growth and Development

Pastor Lily Tinker Fortel, Minister of Spiritual Growth and Development

~ ~ HIGHLIGHTS ~ ~



BUCcUlele Jam Sessions!

The BUCcUleles have resumed our weekly jam sessions on Wednesdays at 4 pm. We're focusing on Halloween, Thanksgiving, and Christmas songs. Congratulations to Mira, Vivian, and Ryleigh for winning BUCcUlele tuners last month!



Youth Group

The youth group continued gathering on ZOOM in October. We also had our first in-person gathering since March on Sunday, October 25. We gathered in the 5th Ave. yard for a masked and socially distanced Halloween gathering, complete with a fire pit and lots of Halloween-themed games. Youth Group will continue meeting (virtually) on Sunday afternoons. Check email for more information.

Pumpkin Painting Contest and Other Halloween Fun

Thanks to all who participated in our Halloween Pumpkin Painting Contest! Winners will be announced on Facebook after the publication of this VISITOR. Thanks to Julie and our Education Ministry Team for sending out fun Halloween hands crafts to kids. Thanks to Katie and the Youth and Young Adult Ministry team for delivering "Spinyatas" to our children and youth!



Jim & Sallie Halloween Pumpkins



Kai Halloween Hand



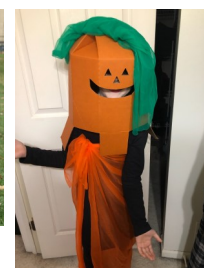
Mia Halloween Hand



Sofia Halloween Hand



Pumpkin Collage



Mia Pumpkin



Team 1



Team 2



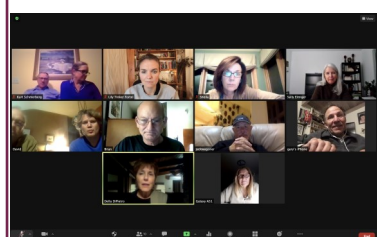
Team 3



Team 4



Team 5



Extraordinary Inquiry

In January, Bethlehem member, Gary Kade, formed a small group of Bethlehem members and non-members alike. One evening each month, the group explored some of the greatest questions of life and faith. It was a joy to be part of this "extraordinary inquiry," which will likely resume in some form beginning in January.

CROP WALK 2020

Thank you to all the Bethlehem Pillamas who walked and donated to help us surpass our \$2,000 fundraising goal for CROP Walk! Bethlehem raised ~\$3,000 for this important Church World Service project! Thank you for helping to end hunger!

Participants from left to right:

Jennifer Vasquez, Jane Ziesemer, Edgar Vasquez, Tom Ziesemer, Mike Rowan, Katie Rowan.



Weekly Spiritual Growth & Development Activities

Pastor Lily Tinker Fortel - Minister of Spiritual Growth and Development

Weekly Spiritual Growth and Development Activities

Sundays

- Fellowship Hour, Sundays at 11:00 am on ZOOM.

Tuesdays

- Roundtable Pulpit, Tuesdays 12:00 pm.

Join your pastors for a study of the coming Sunday's scripture lesson. ZOOM link available upon request.

- Gentle Yoga, Tuesdays 5:30-6:00 pm. Join Lily for a gentle meditative yoga practice via ZOOM.

Wednesdays

- BUCCuleles Jam Session—Weekly. Time TBD.
- Exploring Our Shadows: A pod-cast based inquiry into biases. Continuation of our antiracism study and exploration. Wednesdays 11/11 thru 12/30, 6:30-8:00 pm. See information on page ???

Other SG&D Events

- First Thursdays: Prayer Circle. 12:00-12:30 pm Join us for our monthly prayer circle.
- 2nd and 4th Wednesdays (10/14 and 10/28) from 5:00-5:30 pm join us for a virtual Happy Hour. Join others from the community for an informal midweek check-in via ZOOM.
- Second Sunday, Sunday School: 11/8 via ZOOM from 11:00-11:30 am. Details via email.

Youth Group in November

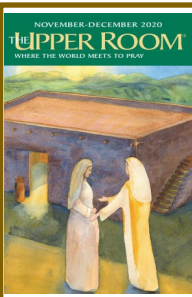


- The Youth and YA Ministry Team is working on some fun, COVID-safe events for youth group in the coming months. Mark your calendars and check your email for additional information!

- ◇ We'll meet Sunday afternoons via ZOOM or in-person as weather permits. Check your email for weekly updates.



**Second Sunday, Sunday school
11/8. Zoom 11:00-11:30
Details via email**



The Upper Room

The Upper Room made their daily devotionals available as PDF for subscribing churches. Please email Lily at: lily@bethlehem-ucc.org if you'd like to receive a copy of the devotional via email.

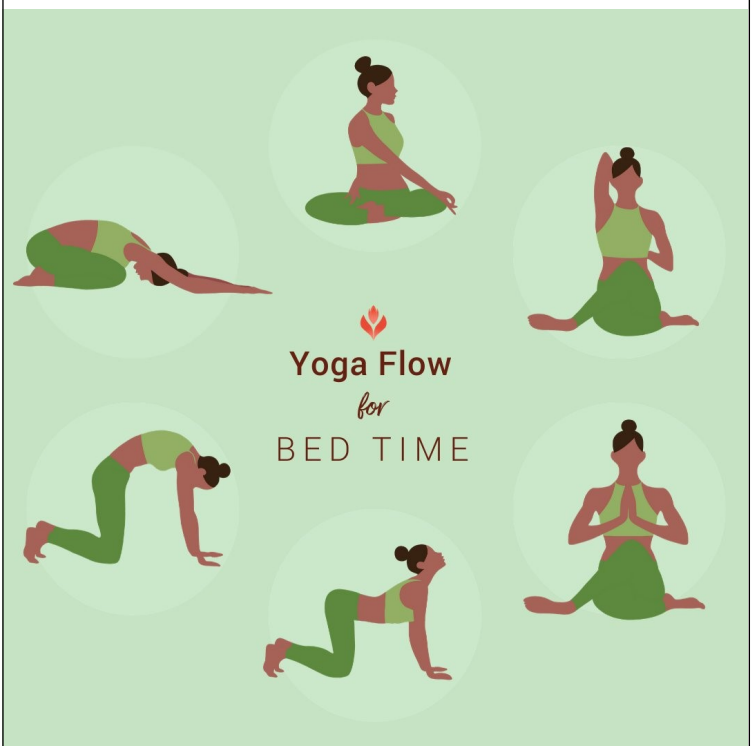
easy water
for Everyone®



Thanks to everyone who has been collecting cans for this important cause! Outreach and

Education Ministry Team are encouraging all members to help us reach our \$3,200 goal by Thanksgiving! For now, please keep collecting those cans and bottles. We're willing to help return the cans, or you can do it yourself and donate the deposit to the "Easy Water for Everyone" fund.

Can't make Yoga on Tuesday evenings? Try this "Yoga Flow for Bed Time" from *Activated You*. (remember to do the poses on both sides!)



ANTIRACISM WORK—LEARNING TOGETHER



26 Bethlehem members registered for our 6-part exploration of white privilege and antiracism. We gathered weekly on Zoom in September and October. Thanks to all who participated courageously in our class. Thanks especially to Chloe and Tim for your leadership in planning and leading our sessions. Our next series begins Wednesday, November 11. See page 9 for more information.

Reflections on September and October White Privilege Exploration

From Chloe Schmerberg

"It was a wonderful honor to collaborate with Tim and Lily and plan this workshop for the BUCC community. In this troubling time for our country/world, it is important to look inward and examine our privilege, but it is also important to remain hopeful for a better future -- this workshop did exactly that. The group we shared the curriculum with was spectacular. Rich conversation and thoughtful exploration came with each week. It was clear that everyone was deeply engaged and invested in working towards changing for the better. Their engagement combined with the strong sense of community I felt working with everyone certainly gives me hope. I encourage everyone to be on the lookout for new opportunities that are coming!"

From Tim Authier

"The unrest of racial disparity, protests erupting throughout the nation in response to George Floyd and Breonna Taylor, the tension, fear, upset, and outrage swirling in the air and what were we to do? The roots of racism, white supremacy, and injustice run deep. Sitting passively while so much was happening felt morally, ethically, and spiritually wrong. Moreover, I've been in courses, workshops, and been deeply immersed in equity work for many years, I wanted to do something!"

So I reached out to Pastors John and Lily to see about doing something to support, both the cause of Black Lives Matter as well as the Open and Affirming ethic of the B.U.C.C. While that was happening, Sue Wortman had also reached out with similar thoughts and ideas. What transpired was a series of meetings and brainstorming sessions.

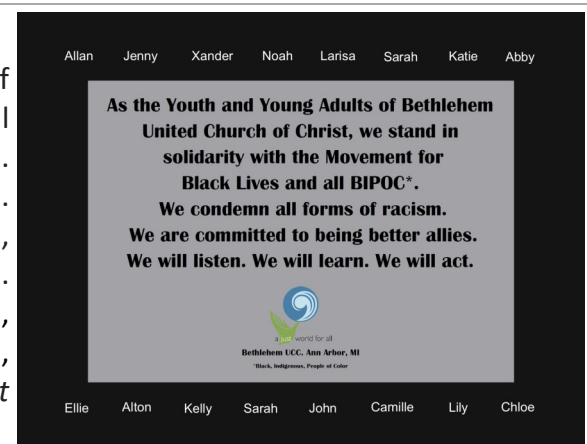
Meanwhile, Chloe wrote a missive for the youth of B.U.C.C., expressing their support for equity, of the Open and Affirming ethos of the church. Soon, Chloe was part of our planning committee.

The White Privilege curriculum was agreed upon and, with great enthusiasm, we turned our attention to the program provided to us by the UCC. Weekly, Chloe, Lily and I would meet. Over uncertain internet and wobbly Zoom connections, plans were crafted, dates chosen, and roles assigned. Then it happened! The launch of the White Privilege class, our 6 week foray into understanding ourselves as a racial identity, grappling with challenges of guilt, anger, astonishment, as we struggled on the journey of realization and introspection.

Working with Chloe and Lily was a wonderful experience, we found a rhythm of sorts, developing a programmatic approach, sharing our voice, and combining expertise and thoughts into a tapestry of learning, compassion, and support."

Solidarity Statement

"As the Youth and Young Adults of Bethlehem United Church of Christ, we stand in solidarity with the Movement for Black Lives and all Black, Indigenous, People of Color. We condemn all forms of racism. We are committed to being better allies. We will listen. We will learn. We will act." Original Signatories: Allan, Jenny, Xander, Noah, Larisa, Sarah, Katie, Abby, Ellie, Alton, Kelly, Sarah, John, Camille, Lily, Chloe. Additional signers: Barb, C.J., Cresson, Diane, Dindy, Eileen, Jane, Jenell, Jennifer, Jim, Karen, Kurt, Matt, Mira, Nancy, Rachel, Roy, Sallie, Sue M, Sue W, Tim, The Leadership Council, The Youth and Young Adult Ministry Team, The Open and Affirming Committee.



Exploring Our Shadows

All Bethlehem members are invited to join this continuation of our white privilege and antiracism work by exploring biases more broadly. Rooted in the podcast series Learning How to See with faith leaders Jacqui Lewis, Brian McLaren, and Richard Rohr, this course will help us continue our commitment to antiracism and live-into our congregation's Covenant of Welcome.

Led by Tim Authier and Chloe Schmerberg

6:30-8:00pm Wednesdays 11/11, 11/18, 11/25*, 12/2, 12/9, 12/16, 12/23*, 12/30. *afternoon time TBD.

By the end of this leg of our journey we will...

- Examine and understand bias.
- Explore the connection between bias and privilege.
- Explore the Connection to ONA. ☐
- Begin seeing our own biases☐.
- Begin the challenge of dismantling and owning our biases.

RSVP to Tim and Chloe requested but not required.

Please also join us for an informal check-in next Wednesday, 11/4 from 6:00-7:00.

Why we do antiracism work at Bethlehem:

- Bethlehem's Covenant of Welcome calls us to "celebrate God's extravagant love" and "welcome the diverse tapestry of all people."
- We will use our growth and knowledge to work towards becoming allies and advocates working for a just world for all.
- We will become more aware of our whiteness and privilege, and its impact in a diverse society.
- We will deepen connections within our church community.

News from Pastor Lily...

My partner Steve and I are excited to share that we got married in August at Island Park in Ann Arbor. Now that we've shared the news with family and our closest friends, we're excited to share with our broader communities. We were anticipating having a wedding sometime this fall, but when COVID hit in the spring we realized a big gathering wouldn't be feasible this year. It turns out our poor planning made the decision to postpone a wedding celebration a little easier 😊. Still, we wanted to get legally married. On a perfect day on the sweetest little island in the sun we had a private civil ceremony. A handful of family and close friends gathered with us, and a few immediate family members joined via video. Ann Arbor's mayor was there to sign the marriage license. We're hoping for an in-person wedding celebration next year.

Here's to love, Steve & Lily

All Bethlehem members are invited to attend Lily's ordination service on Sunday, November 22 t 2:00 pm. The service will take place via ZOOM video conference. More information will be available in the coming weeks!

THE COVENANT ASSOCIATION
MICHIGAN CONFERENCE
UNITED CHURCH OF CHRIST

THE COMMITTEE ON MINISTRY
INVITES YOU TO ATTEND THE

*Service of Ordination
for
Lily Tinker Fortel*

Sunday, November 22, 2020 | 2pm EST

Bethlehem United Church of Christ
via video conference
register here:
<https://us02web.zoom.us/j/8445844584>
trDkqH9BtJl-gXpRNpNG8l_tXrkzb

www.lilytinkerfortel.com/ordination

a just world for all

All Moved Out!



At the end of September, I moved out of Bethlehem's parsonage at 437 S. Fourth Avenue. I thoroughly enjoyed having a home at 437. I am grateful to Julie, our Parish Administrator, and the Facilities Ministry Team for their work to maintain the parsonage during my time living there. I am also grateful to the entire Bethlehem Congregation for your commitment to maintaining the home over the years, and for the opportunity to have lived in such a beautifully maintained historic home! Thank you, Bethlehem! Steve and I love having a home together, even if we are slightly intimidated by all the boxes of books left to unpack.



Holiday Serrv Order

Consider ordering your holiday gifts from Bethlehem's longtime source for wonderful, sustainable fair trade gifts. Visit www.serrv.org to see this year's catalogue of gifts! We will receive free shipping and a 10% discount if our order totals \$300 or more, with at least half being non-food items.

Orders must be submitted to Diana Slaughter (dls1ter@umich.edu, (734)677-0747) no later than November 8. Include Item numbers, brief descriptions, price, and quantity. Bethlehem will again purchase Advent calendars for Bethlehem children and youth. Don't forget to order your Serrv Advent Calendars for others on your gift list or for yourself! They are still only \$8.00 each.

Payment is due on receipt. Contact Lily or Diana if you have any questions.

Outreach Ministry Team News

There are limited ways we can now volunteer at our nonprofit agencies:

Peace Neighborhood Center
Food Distributions

Fridays from 8:30-11:30am
<https://www.signupgenius.com/go/4090544aaac2ea1fa7-friday>

Mondays or Thursdays from 10:45 to noon
<https://www.signupgenius.com/go/4090544aaac2ea1fa7-aaps>

Alpha House Meals

At this time, we are limited to providing meals that are take-out from restaurants. Thanks to the Seyfrieds and the Muirs for providing meals in October. There will a couple of openings in December.

If you are interested, please contact either:

suemuir@comcast.net
llseyfried@hotmail.com

Food Gatherers

Limited opportunities during the week to volunteer (no volunteering on weekends at this point). Food insecurity is increasing due to Covid. Food and/or monetary donations are needed. Website info:

<https://www.foodgatherers.org>

**THANK YOU, BETHLEHEM,
FOR YOUR SUPPORT!**

**CROP WALK
2020**

OCTOBER 11



THANK YOU!

Many thanks to the Bethlehem Pillamas and to others who contributed online for this year's Crop Walk.

Our congregation raised approximately \$3,000!

Easy Water for Everyone

Along with the Education Ministry Team, Outreach will continue to promote raising funds for this project. Check out their article in this Visitor for more information.



THANKS FOR GIVING

Dinner & Virtual Presentation

Thursday, November 19
6-7:30pm

Contact Peace tickets at peaceneighborhoodcenter.org for tickets & information

**OUR FAITHFUL VOICE
IS NEEDED—VOTE**

We rise by lifting others. - Robert Ingersoll

Mental Health during COVID-19

This is a difficult time for everyone. Take some time to take care of your mental health in addition to your physical health. We're in this together. Below are resources put together by the Washtenaw County Health Department that you are encouraged to take advantage of to help cope in this challenging time.

Reach out for support

- Connect with the Washtenaw County Community Mental Health CARES team at 734-544-3050 for support and resources about ANY mental health question. The CARES line remains fully staffed and available 24/7 during the COVID-19 response.
- Text SHARE to the Crisis Text Line at 741741
- Even if you can't be together physically, let trusted people in your life know about your worries, fears, frustrations, and plans for self-care.
- National Suicide Prevention Lifeline (800) 273-8255

Stay connected to your loved ones and community as we engage in social distancing to keep each other safe.

- Call or video-chat family or friends. Science shows that hearing a loved one's voice comforts the brain.
- Join virtual gatherings, like community meetings or free fitness classes and concerts.
- Notice if you're not reaching out because of low mood rather than social distancing reasons.
- Check in with someone you trust for a few minutes every day.



Routines help us feel more grounded when things feel out of our control.

- Staying active with things that feel productive and fun can help us manage the extra stress and anxiety.
- Make a schedule for how you'll structure today to balance work with time for self-care, relaxation, and (safe/virtual) social connection.

Limit information overload.

- Set a time limit for focusing on coronavirus anxiety and plan mental health breaks to allow your body and mind time to recharge.
- Get the information you need from the links below. Moderate other news intake and limit exposure to mass hysteria online.
- Most accurate and up-to-date Washtenaw information: www.washtenaw.org/COVID19
- Michigan information: www.michigan.gov/coronavirus
- Washtenaw County Health Department social media: [Facebook](#), [Twitter](#), [Instagram](#)
@wshvoknewwashtenaw is sharing coronavirus mental health tips on [Instagram](#).

Practice deep breathing exercises, mindfulness or other methods of meditation.

- It's easy for our worries to get ahead of the current moment. As we face uncertainty it's important to stay grounded in the present.
- Michiganders can access a specially-curated collection of guided meditations, at-home workouts that guide people through mindful exercises, sleep and kids content to help address rising stress and anxiety. Available for free at www.headspace.com/MI
- There are also many other meditation and mindfulness apps and online resources. We are not endorsing any products, but here is a list of some free apps:
 - Insight Timer-mindfulness to reduce stress, anxiety, improve sleep & relaxation through guided meditation, talks, and music
 - Aura - improve sleep and reduce stress, anxiety through meditations, stories, music, and more
 - Breathe: Meditation & Sleep – De-stress, sleep better, be healthier with meditations and music
 - Smiling Mind - guided meditations and mindfulness exercises for kids and adults
 - Stop, Breathe & Think - stay tuned in with your emotions and de-stress through mindfulness and compassion exercises
 - The Mindfulness App - relax, calm, focus, sleep
 - Clear Fear - helps youth manage anxiety symptoms
 - Combined Minds - helps families and friends provide mental health support
 - What's Up – help to cope with depression, anxiety, stress, and more
 - Mind Shift - designed for young adults struggling with anxiety
 - Happify - mood training program
 - MoodTools - supporting people with depression

Additional Resources

[Manage Anxiety & Stress During Coronavirus \(English, Spanish\)](#) - An overview from the Center for Disease Control and Prevention (CDC) that provides tips for people in general, parents, first responders and those released from quarantine:

[Mental Health & COVID-19](#) - Advice, resources, and messages from the American Foundation for Suicide Prevention

[Taking Care of Your Mental Health in the Face of Uncertainty](#) from American Foundation for Suicide Prevention

[Helping Young Kids through the COVID-19 Crisis](#) - Quick tips from Zero to Thrive and Michigan Medicine Department of Psychiatry

[Parenting During COVID-19](#) from Psychology Today

[Taking Care of Your Behavioral Health](#) - tips for social distancing, quarantine, and isolation from the Substance Abuse and Mental Health Services Administration (SAMHSA)

[Taking Care of Your Mental Health while Social Distancing, Isolating, or Quarantining](#) - PDF from Washtenaw County Health Department



Covenant of Welcome

We, at Bethlehem United Church of Christ, declare ourselves an Open and Affirming congregation where we celebrate Christ's extravagant love. We covenant with God and one another to welcome the diverse tapestry of all people, no matter their age, race, nationality, ethnicity, economic circumstance, marital or family status, physical or mental ability, sexual orientation, gender identity, or gender expression. We invite everyone—believers and questioners, seekers and skeptics—to share their gifts in the life, leadership, ministry, fellowship, worship, sacraments, responsibilities, and blessings of our congregation.

Our Core Values

- ♦ **Growing** spiritually in our faith journey together.
- ♦ **Worshiping** together to seek and share God's love.
- ♦ **Connecting** with God and each other in a supportive, nurturing way.
- ♦ **Reaching out** to our members, community, country, and the world through support and service.

Our Mission

To worship God, to learn and live the Word of God,
to engage in Christian fellowship and service, to invite others to join us
on our faith journey in the ministry of Jesus Christ.

Bethlehem United Church of Christ

Staff, Ministry Team Chairs, and Leadership Council

<u>STAFF</u>	<u>MINISTRY TEAM CHAIRS</u>	<u>LEADERSHIP COUNCIL</u>
Pastor: Rev. John Kennedy	Finance: Karen Samford	President: John Samford
Pastor Emeritus: Rev. Orval L.E. Willimann	Facilities: Tom Ziesemer	Vice President: Ron Dechert
Minister of Spiritual Growth and Development: Pastor Lily Tinker Fortel	Education: Eileen Koprowski	Secretary: Tim Authier
Financial Administrator: Betty Clark	Worship: Jennifer Vasquez	Treasurer: Jim Rowan
Parish Administrator: Julie Rhodes	Member Care: Jenny Foster	At-Large Members:
Administrative Assistant: Gwenda Mayes	Welcome: Jane Schmerberg	Dindy Haab
Director of Music: David Hahn	Outreach: Sue Muir/Roy Muir	Pat Huibregtse
Organist: Gail Jennings	Fellowship: Jan Eadie	Pam Rutledge
Director of Handbells: Jim Rowan	Youth & Young Adult: Katie Rowan	Ex Officio: Rev. John Kennedy
Sunday School Nursery Teacher: Kelsey Postler	Bethlehem Cemetery: Sue Buday	
	Nominations Committee: Cresson Slotten	