

Jesus loves you. Walk with him.

# BETHELITE

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### LISTEN GOD IS CALLING

Heather Moen shares her story of hearing God's voice toward becoming a pastor.

### LOOKING FORWARD WITH COVID

Bethel sees light at the end of the tunnel and loosens restrictions.

### IN THEIR OWN WORDS

Denis and Laura Vogel clue others in on their love of the Bike-a-Thon.

### WELCOMING SUZANNE MCMILLAN

From Eau Claire to Madison to Puerto Rico, Suzanne comes full circle.

## The Spirituality of Cycling

For thirty-two years, Marianne Worth Rudd dreamed about cycling cross country. That was almost as long as she had known her husband, Terry. She always imagined the bike trip was about cycling from the Pacific to the Atlantic. During the 4,500-mile journey, she discovered it was about much more than that. After accomplishing her dream in 2012, she sat down to reflect on it and put it in book form: *Pedal Pushers Coast-to-Coast*. In it she shares her story of the cycling quest and chronicles the challenges, joys, and surprises of the twelve-week bicycle journey. In her book and interviews following the trek, she reflected on how the cross-country cycling shaped her spirituality. In them, she shares three gems:

### 1) God in the Simplicity

*When bicycle touring, life gets distilled down to essentials: the saddlebags and gear that are carried on the bike, and the simplicity of daily goals, such as getting more food and finding a place to sleep. I like the simplicity of life on a bike: Get up, get on the bike, and cycle until it's time to stop for the day. Go to sleep, get up, and do it again. I see God in the simplicity of bike touring. Scenery goes by in slow motion, giving time to savor nature's beauty, and to experience the natural world of sun, wind, and rain in ways not experienced when spending time indoors. When cycling for weeks at a time, I'm in tune with the cycle of the moon when I camp, watching the night sky brighten and darken as the moonlight slowly changes from one*



Theo Melrose, a Bethel 7-year-old, shares his excitement at the Bike-a-Thon in 2019.



**BETHEL**  
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night to another. While bike touring, I'm very aware of the moon cycle; when at home, not so much.

### 2) God in the Contemplation

The most significant aspect of the spirituality of cycling is the time for contemplation. What a gift to let one's mind wander for hours. Many people listen to music when they cycle, and while I have nothing against that, I generally cycle without music. I like the emptiness; my mind isn't funneled into a particular mood by music, but drifts on its own, guided by the sights and sounds of the scenery or whatever settles in my brain. Anything is fair game: thinking of people and experiences I've had, wrestling with problems in search of new approaches or acceptance, and letting my imagination wander, unobstructed. Leave the music



Marianne Rudd, author of *Pedal Pushers Coast to Coast*, has completed three cross-country U.S. bike trips. She has a Bachelor of Science in Nursing from Pacific Lutheran University and a Masters in International Education.

in the saddlebags, or at home. I am very influenced by music; I love it, and a big part of my life is spent playing and listening to it. Music is powerful, and it easily takes you places. But where will your mind go if it's not directed by the mood of the music? Who knows? You can find out.

### 3) God in Relationships

Get on your bike, start pedaling, and let your mind wander. Let it wander on the path of relationships—your relationship with yourself, your friends and family, your spiritual side. In my work as an oncology nurse, I frequently observed that the important things in people's lives distilled to three relationships: their relationships with themselves, their friends and family, and their God. Want to deepen those relationships? Your bicycle is the perfect venue for that. Hop on your bike and let your mind wander, and periodically nudge it in the direction of yourself, your friends and family, and your faith. You'll never run out of things to ponder as you push those pedals.

*This is the treasure that is Bethel Horizons.*

Coming in just a few short weeks, Bethel and friends will embark on its own spiritually enriching ride. This is the annual Bethel Horizons Bike-a-Thon. In it we also discover the three gems mentioned by Ruud. But, we also add a fourth. We reflect on the four harmonies with self, God, others, and creation. This is the treasure that is Bethel Horizons,

a vast beautiful expanse of more than 500 acres of rolling hills, bluffs, natural streams, meadows, prairies, forests, and facilities that house art, learning, fellowship, and service. Our annual Bethel Horizons camp bike outing is more than a fund-raiser. It is a

spiritual experience. We are more than raising a handful of dollars for the camp. We are raising awareness of the presence of God in creation, in others, and in ourselves. You will find information on the Bike-a-thon on pages 4 and 5 of this newsletter. Please find a way to support or participate in this trek. It's about more than pedals and pennies. It is about people finding connections with each other, with God, and the creation. 🌈

# LISTEN! GOD IS CALLING

## Heather Moen Shares Her Call Story

I was an introspective, and spiritual child. God was a powerful, yet joyful, ever-present part of my inner world. As I grew, I understood that God was calling me to be in relationship with him. I wasn't sure what this meant specifically, but I had a sense that I was to take the love God gave to me and share it with others. That call to love has never become more specific. God is not terribly concerned with the details, but He is continually laying out one opportunity after another for me to love Him and love others. During my formative years I never considered a call to church ministry. There was no such thing in my world. As a Catholic girl in the 1980s, I was not even allowed to approach the altar. Instead, my life unfolded through college and into medical school.

I became a Lutheran, but my Missouri Synod church did not allow women pastors. When we prayed for those who were in seminary, I noticed a woman's name on the list. A daughter of our congregation, she would become a pastor in the ELCA. I remember sitting in the pew that day thinking that if I had been raised Lutheran, I probably would have become a pastor. Both love of science and love for people led to my vocation in medicine. The parts of me that loved poetry and prayer, writing and speaking were pushed to the side to make room for sleepless nights, overwhelming responsibility, and the critical need to be calm amid whatever chaos was unleashed. But this was the price of admission. It allowed me to be at the bedside during the most important moments in life. I lived the miracle of births and felt the pain deaths. Medicine was the reason I was there, but love was the thing I was doing. I was gaining

wisdom, growing my faith, and was rewarded with love that returned tenfold what I ever gave.

There would be moments, in a hospital chapel or the sanctuary, when I would feel a quiet call in my heart to ministry. But I had



*“It never occurred to me that a woman could be a pastor.”*

a consuming vocation, a young family, and a load of student debt. Surely ministry could not be my calling when all sensible evidence pointed to the contrary.

I was diagnosed with Type 1 diabetes shortly after my graduation from medical school. Type 1 diabetes, often called juvenile diabetes, is an auto-immune disease that results in the destruction of the part of the pancreas that makes insulin. Without artificial insulin delivered via a machine I wear attached to my body, I will become critically ill. You cannot take a vacation from diabetes; you can't ignore it. Over time it causes all sorts of complications from blindness and limb loss to kidney failure and

heart attacks. As I started my career, these long-term complications were far off, but I knew that someday, some of them would come. Medicine is a physically demanding career and diabetes is an exhausting disease. I always knew my days as a doctor were numbered. A few years ago, the earliest of those complications surfaced. It was time to start thinking about how I wanted to spend the rest of my life.

I thought and prayed until I was ready to let go. I turned over my practice, said goodbye to the patients I loved, and became a stay-at-home mom and church volunteer. I found spaces for ministry in my everyday life and opportunities to share God's love with others. As I devote more of my time to our community at Bethel, I am thriving and joyful. But I have a restlessness in my spirit. I feel this call to ministry increasing. I intend to explore this call further at Wartburg Seminary in the fall.

I have received immeasurable support from my Bethel community. I have been inspired and encouraged by so many of you. Bethel's gifts to me include wise spiritual direction from Pam Shellberg, acceptance from my women's group, support from my Bible study small group, and the unconditional love of my family. I do not know where this will lead. Will I become an ordained pastor, a hospital chaplain, or a more highly educated church volunteer? I trust that wherever happens next, God will give me work to do as I love Him and share that love with others. 🌈



Eric Knueve  
Executive Director  
Bethel Horizons

## BIKE, HIKE OR WALK FOR BETHEL HORIZONS

Join us for the 36th Annual Bethel Horizons Bike-a-Thon on Saturday, June 5 2021! Participants and volunteers come together to raise money and awareness for the Adventure & Environmental Education Programs at Bethel Horizons. All while building community along the way!

The Bethel Horizons Bike-a-Thon starts at the Mount Horeb Train Depot and participants ride, hike or walk on the Military Ridge State Trail between Mount Horeb and Barneveld or Mount Horeb and Ridgeway and back. You chose the distance that suits you best. 🌈



# BIKE - A

## June 5, 9am, Saturday Mt. Horeb Train Depot

When you participate in the Bike-a-Thon, you become a vital part of Bethel Horizons. You are a part of the community that fosters a better understanding of God, Self, Others, and Nature. Your donations keep the Adventure & Environmental Education Programs at Bethel Horizons going and growing! Each person who participates can take pride in knowing that they are helping people have transformative experiences in nature at Bethel Horizons. We're proud to get the majority of our funding from donations but we can't do it without you! Every dollar makes a difference to the communities we serve.

The ride is supported with rest stops along the way and a lunch/snack pack will be provided. New this year will be some additional interactive activities for our younger participants.

You can sign up at:  
<https://tinyurl.com/3ju7wj9w> 🌈



Check-in will be at 9am  
Mt. Horeb Train Depot  
Mount Horeb, WI 53572



# Bike-a-Thon



Abbie Wallhaus, Jeanne Hrovat, Denis/Laura Vogel, Joanne/Stephen Borgwardt

## In Their Own Words Denis and Laura Vogel

Every year we look forward to the Bethel Horizon's Bike-a-Thon. We enjoy the scenery of the beautiful Military Ridge Trail while joining others to support Bethel Horizons. On the trail we encounter everyone from experienced riders to those that ride only once a year. In our first year we rode from Verona to Dodgeville; lately we have opted for a more leisurely ride from Riley

to Barneveld and back to Riley, ending with joining others at Riley Tavern for a beer. Spending the night at Bethel Horizons and attending the congregational picnic the following day is a must. 🍷

“Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.”  
—Romans 12:1

## Bike Safety Check

Budget Bicycle Center will join the Bike-a-Thon again this year perform free bike inspections at the start site (Mt. Horeb Train Station).

For a fuller inspection, tune-up, and repair, take advantage of Bethel’s Pop-up Repair by Curbside Bicycles on Saturday, May 22. Cost is \$75. 🍷



**SAVE THE DATE**  
**BETHEL'S COMMUNITY PICNIC**  
 at Bethel Horizons

4651 Co Rd ZZ  
 Dodgeville, WI

June 6  
 Sunday

12:30-4pm

**REGISTER ONLINE HERE:**

[www.bethel-madison.org/picnic](http://www.bethel-madison.org/picnic)

or Call Jeff at 608.257.3577 🌈

# SPRING AT HORIZONS

## Bethel-Wide Gathering May 29-30, Saturday & Sunday

Join this intergenerational gathering over Memorial Day Weekend at Bethel Horizons. There is no cost for the event but pre-registration is required. All programming, lodging, and food are provided for Saturday May 29 and Sunday May 30. You have the option of early arrival on Friday and Sunday night but food service is not available for Friday night and/or Sunday night. Come for the whole time or just for a portion. A variety of activities (both organized and unstructured - do what works for you!) will be available including our newly renovated Nature Center, ropes course adventures, hiking, art and field activities, special scavenger hunts, campfire, service projects, plus a few fun surprises.

### Saturday Schedule

- 9-10 Move-in
- 10:00 Welcome
- 10:30-12:00 (Nature Center, Guided Short Hike, Art Shack, Sport Court)
- 12:00 Lunch
- 12:45 Announcements
- 1-4 Choice of Afternoon Activities
  - High Ropes Course (minimum age Kindergarten) and Obstacle Course (any age-g geared towards younger kids)
  - Art Programming
- 4:00 Guided Hike to find Big Foot
- 5-5:45 Dinner
- 5:45 Announcements
- 6:00 Group Activity or Rest
- 7:00 Campfire w/Smores

4651 Co. Rd. ZZ, Dodgeville, WI, 53533 🌈



Molly Czech with a mystery find.



Steve, Amy, Jeff, and Alec Ready with Welcome

## Looking Forward with Covid

The COVID-19 Task Force continues to meet twice a month to monitor and discuss the information and recommendations of the CDC, Wisconsin Department of Health Services and Dane County. Based on the increased vaccination rates and CDC / Dane County guidelines, the Task Force recommended (and the HR Team and Joint Council approved) the following:

**Staff to return to on-site work by July 1.** All Bethel staff have been notified that they should plan to return to on-site work two weeks after they are fully immunized or July 1, whichever is earlier. The July 1 date was selected as this should allow ample time for

all who choose to be vaccinated to do so and achieve immunity.

**In person worship.** Bethel will continue to offer three services every Sunday for in



person worship. Attendance will be limited so pre-registration is required but you will no longer need to complete a screening questionnaire or do a temperature check upon entering the building for worship.

Masks and proper social distancing are still required.

**Building usage.** Bethel groups of 10 or less may continue to use meeting rooms on a first come, first served basis. Reservations may be made by contacting Jeff Bittner in advance to see if a room is available. Groups will be limited to one group per room per day. Group participants will no longer need to complete a screening questionnaire or record their temperature.

Individuals who are in the building will no longer need to complete the COVID questionnaire or have temperatures taken. However, you will be asked to sign-in for the purposes of contact tracing. 🌈

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**BETHEL**

LUTHERAN CHURCH

312 Wisconsin Avenue  
Madison, WI 53703



## Welcome Suzanne McMillan!

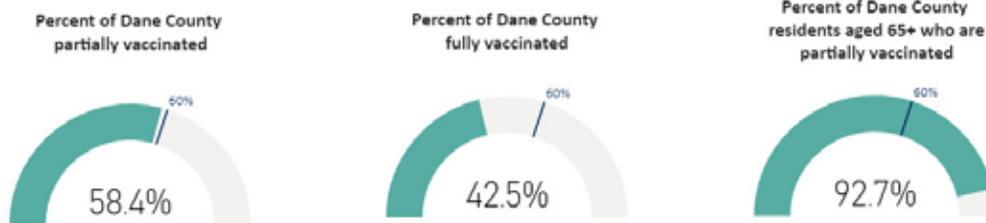
Suzanne is making Bethel her church home May 23. Having grown up in Eau Claire, Suzanne graduated from UW-Madison then moved to Puerto Rico for family and business. She raised three daughters who are now young adults and living in Los Angeles, Berlin, Germany, and New York.

Moving to downtown Madison brings her back to her roots while she also travels to Florida to care for her mother. Fluent in Spanish, Suzanne looks forward to connecting with others and getting involved in several activities and groups. When you see Suzanne, give her an enthusiastic and warm welcome.



### COVID-19 Vaccination: Core Measures

Current estimates of herd immunity are between 60% and 90%. The target line on the graphs below show the lower end of this range, as our vaccination goal across all populations falls within this range.



4/29/2021