



BETHELITE

JULY 21, 2021: VOL. 70, NO. 14

THIS ISSUE:

BETHEL'S SPEAKER SERIES IS BACK

An Evening with Shane Feldman, an Influential Millennial Motivational Speaker

MADISON AREA FOOD PANTRY GARDENS HELP STOCK BETHEL WITH FRESH PRODUCE

Learn About Bethel's New Partnership with MAFPG

FROZEN II

*Outdoor Family Worship & Movie Night
Bethel's Parking Lot*

RE-WEAVING THE FABRIC OF OUR COMMUNITY

Where can your thread help strengthen our community?

BREAKING FREE FROM DISTRACTION

You ever find yourself reading the same paragraph over and over again, not remembering anything that was said in that paragraph? Or you spend many hours checking email, shopping online, or clicking on the latest irresistible headline. You may be addicted to the internet. In 2015, Tony Schwartz, wrote "Addicted to Distraction," in The New York Times stating that, "Addiction is the relentless pull to a substance or an activity that becomes so compulsive it ultimately interferes with everyday life. By that definition, nearly everyone I know is addicted in some measure to the Internet." It would seem the Internet has replaced work as our "most socially sanctioned addiction." One recent survey, cited in the article, says that the average white-collar worker spends six hours a day on email (not including shopping online or social media interaction). Schwartz goes on to say, "The brain's craving for novelty, constant stimulation and immediate gratification creates something called a 'compulsion loop.'" As Christians, there are three steps we can take to move away from this loop.



Sara Cardinal takes a break to smell the flowers

Step 1. Focus your day on God. Jesus talked about focusing on God as "abiding" in God (John 15:1-11), communing with God, and dwelling with God. The best way to abide with God is to start your day by intentionally centering your heart and mind on God. I'm sure



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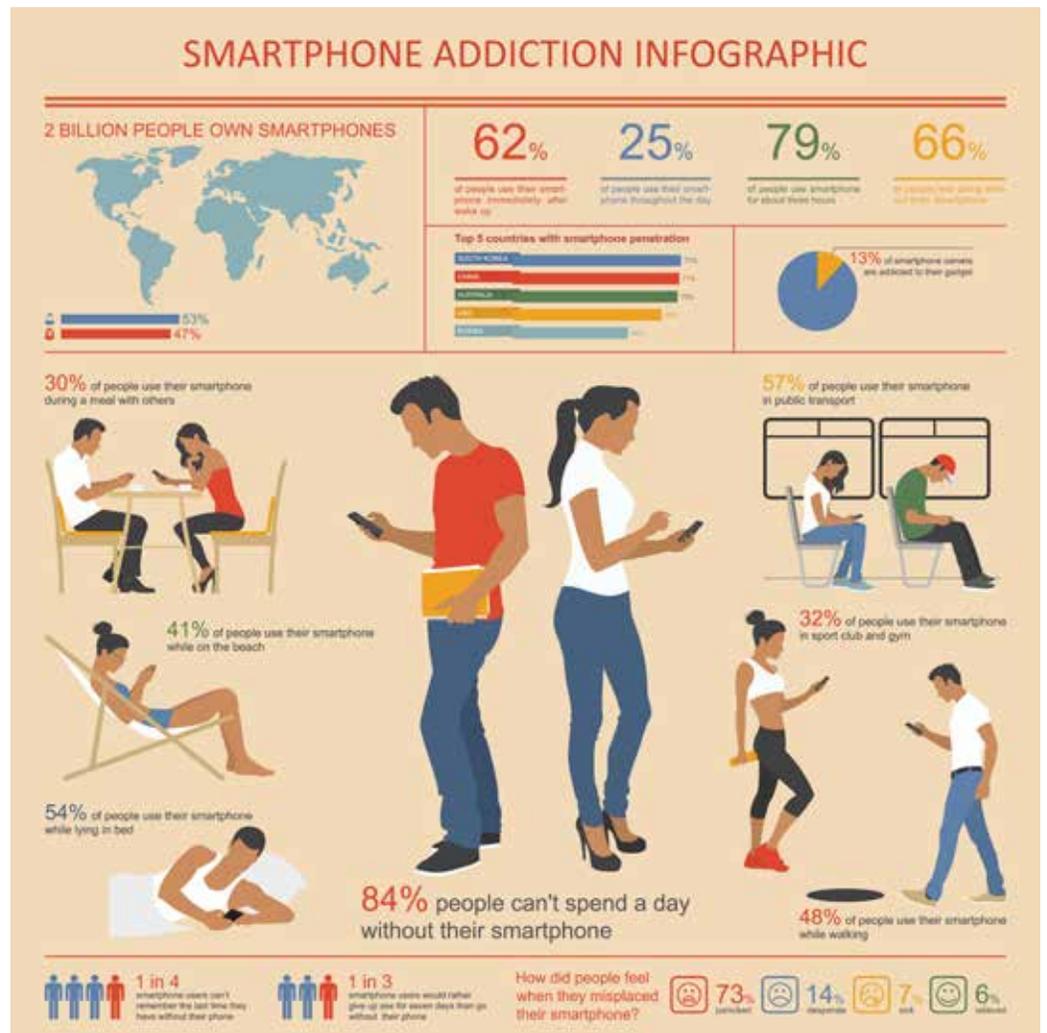
Pastor Mike

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your mornings already have a routine. But if you set aside just 5 minutes for God at the beginning of your day or at some point in the morning, you will have a greater focus on God throughout the day.

Step 2. Pray without ceasing (1 Thessalonians 5:17). This is a habit worth developing and isn't as difficult as you might think. It simply means to look for moments to talk to God whether with your words or your thoughts. For example, when you see or hear a news report that bothers you, pray for the people and the situation. When you come across someone that annoys you or tries your patience, silently pray for them and yourself. When you hear of someone facing some problem, large or small, pray for them. When your thoughts go a direction that lead to brokenness like greed, lust, envy, bitterness, pride, etc.,



pray and ask God to redirect your thoughts along the “right pathways” (Psalm 23:3). One person I know “prayed unceasingly” by offering up a quick prayer every time she heard the sirens of a police car, ambulance or fire truck. Remember, God doesn't need eloquent, long-winded pious sounding words, laced with “thees, thous” and “almighties.” God simply wants your attention, your heart. My prayers often sound as simple as “God, help!”

Step 3. Limit the distractions. We need to clear space for us and God. You can't keep your eyes on what you can't see, physically or spiritually. In Joshua 3:4, the people of Israel are commanded to keep a distance of 2,000 “cubits” between them and the ark of the covenant. That's about a half of a mile and the purpose was so the people of Israel would always be able to see the ark in all types of terrain that they were traveling through.

In our spiritual lives, when we fill all the spaces with all kinds of tasks, responsibilities, conveniences, and distractions, like the internet, it becomes very difficult and even impossible sometimes to see where the Lord is leading us. In stepping out of the “compulsion loop,” we start to recognize how much control the compulsion has over our lives. This is one of the principle insights from the 12 Steps used by Alcoholics Anonymous and many other recovery support groups. The first step of the 12 step program is “We admitted we were powerless over alcohol and that our lives had become unmanageable.” The second step says “We came to believe that a Power greater than ourselves could restore us to sanity.” Whether we are addicted to alcohol, the internet, shopping, food, God helps us move away from their grip and gives the power we do not have in ourselves. 🌈

OUTDOOR FAMILY WORSHIP & MOVIE

Bethel Parking Lot
July 24, Saturday, 6:30pm

Bethel brings a second season of creative community programming with a new series of Outdoor Family Worship and Movie events. The first of these takes place at the Bethel parking lot. Inspired by memories of Drive-In movie theaters from years gone by, Bethel creates an Outdoor Movie experience with high-definition video, powerful sound systems, FM radio transmission, and a stage.

The second outdoor movie will be the award-winning movie, *Frozen 2*, from Pixar. Prior to showing the movie, Bethel will offer a short worship experience of song, scripture, and a message that relates to the movie, helping people learn something of Jesus in the movie. In the movie, Elisa, is a bridge between two types of worlds, the mystical and the human. She discovers that her memories are an

important way to connect the two as well as the past with the present. The Bible points to followers of Jesus as bridges. They are people of reconciliation and help bring together what is broken in our relationships with God, self, nature, and others.

Please join us and others from around Madison for this unique and wonderful outreach experience. Simply show up by 6:30pm or come earlier to volunteer. To offer your help as a volunteer, please contact Cindy at cindy@bethel-madison.org

This event is made possible by a generous grant from the Bethel Endowment Foundation. 🌈



Red Hot TradJazz Band

PARKING LOT CONCERT & WORSHIP

July 25
Sunday
4-6pm

July's parking lot concert and worship service will be led by the Red Hot TradJazz band. Starting at 4pm, the band will wow with exciting dixie jazz versions of classic church hymns as well provide other entertaining music before and after. Park in the parking lot or in the city garage and pull up your lawn chair. A food truck will be on site to supply all your needs for sustenance. 🌈





Bethel Brings
Influential Millennial
to Madison

THANKS TO
THE BETHEL
ENDOWMENT
FOUNDATION

This September, Bethel resumes its speaker series with the appearance of motivational speaker Shane Feldman. Known best for starting the world's largest youth-led change movement, Count Me In, Shane is a much sought-after speaker by organizations, corporations, and governments. Originally scheduled to speak at Bethel a year ago in September, his appearance was rescheduled to this September due to the pandemic.

Attendance is limited to the first 1,000 people with a ticket. The tickets are free and available on Eventbrite at shanefeldman.eventbrite.com. Bethel members have the first opportunity for tickets. If you would like to be part of the event volunteer staff, please contact Christal at christal@bethel-madison.org. 🌈

eventbrite



AN EVE SHANE

Motivational Speaker

Sept 16 at 7pm

In this digital age of distraction and disconnection, many companies are finding it increasingly challenging to engage and retain both top-tier talent and customers. This is where Shane Feldman thrives.

Recognized by The White House, The Prime Minister of Canada, and The United Nations for his achievements in community leadership, he helps audiences activate the

a value of over \$2.6 billion to the global economy through service.

Shane's reputation as a speaker is built on his energetic approach, skilled storytelling, and his capacity to both inspire audiences and offer tangible strategies they can implement right away to activate their leadership and cultivate meaningful connections. He has worked with some of the world's most dynamic

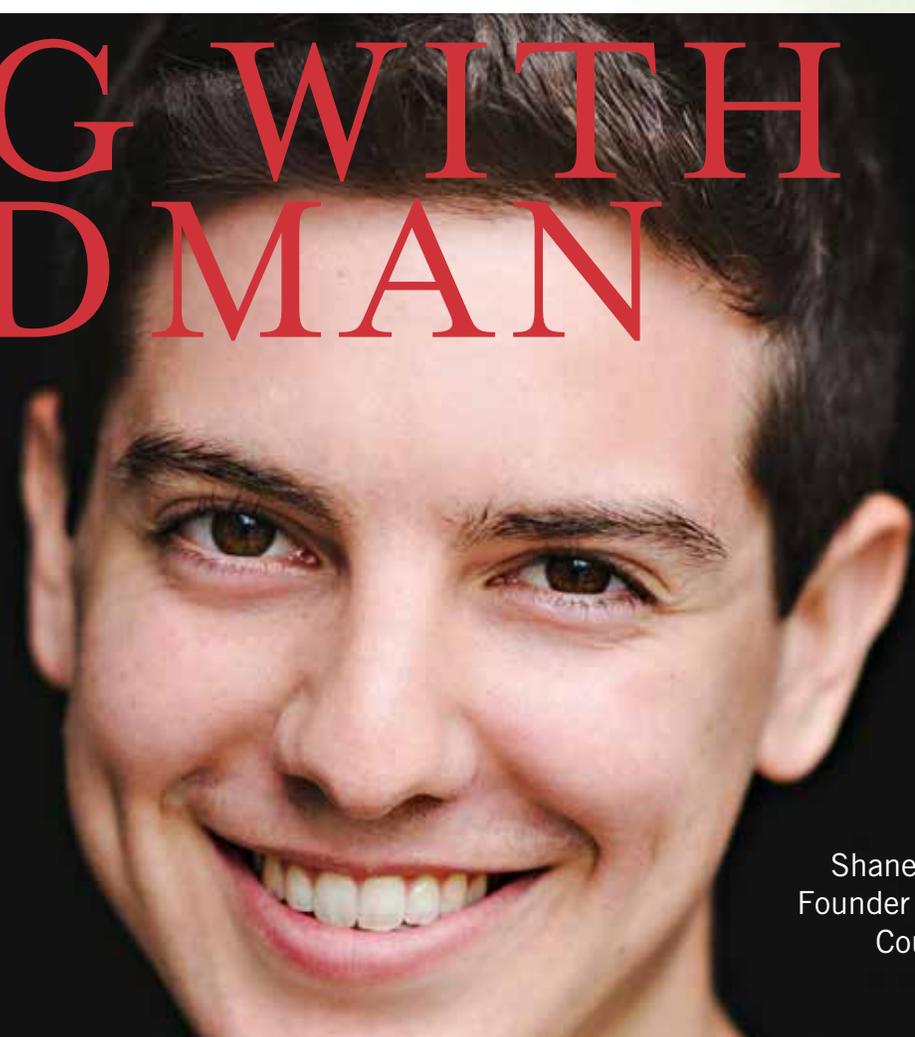


leader within and connect more authentically with colleagues and customers to see greater engagement, satisfaction, and retention. As the Founder & CEO of Count Me In, Shane is the visionary behind the world's largest millennial-led movement. Over the past decade, Count Me In has initiated tens of thousands of projects worldwide, contributing

companies, including Google, Microsoft, and The Walt Disney Company.

Shane has been featured in top media outlets including Larry King, Dr. Oz, Forbes, People Magazine, and his documentary TV series from A&E follows his community building work. 🌈

INTERVIEW WITH SHANE FELDMAN



Shane Feldman
Founder & CEO of
Count Me In

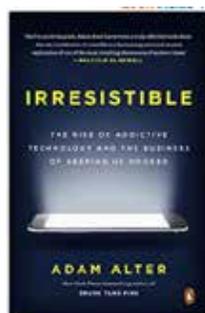
Shane is recognized by The White House, The Prime Minister of Canada, and The United Nations for his achievements in community leadership.

GOOD READ

Irresistible: The Rise of Addictive Technology and the Business of Keeping Us Hooked, by Adam Alter

If you've ever lost a weekend to a season of "House of Cards," or feel you can't stop checking your email, you're not alone. According to recent studies, as much as 40 percent of the population suffers from some form of internet addiction.

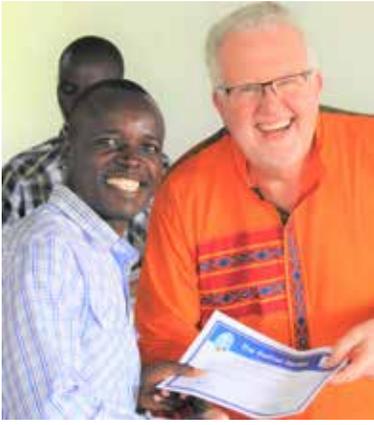
In fact, modern technology has never been so "efficient and



addictive," says Adam Alter, PhD, associate professor of marketing and psychology at New York University's Stern School of Business and author of the 2017 book *Irresistible: The Rise of Addictive Technology and the Business of Keeping Us Hooked*. This well-written and insightful book by best-selling author provides plenty to think about and act on.

"As if to prove his point, Adam Alter has written a truly addictive book about the rise of addiction. *Irresistible* is a fascinating and much needed exploration of one of the most troubling phenomena of modern times." —Malcolm Gladwell,

"Alter's sweep is broad: He includes not just the more obvious addictive technologies such as slot machines and video games, but the whole sweep of social media, dating apps, online shopping and other binge-inducing programs. He takes in everything (which today is most things) whose business model depends on being irresistible . . . [An] enjoyable yet alarming book." —Washington Post 🌈



Rev Jeff Quinto,
Executive Director,
Giving Pastor George a
Certificate

THE BETHEL SERIES

Starting Sept 18

The Bethel Bible Series is an overview of the Bible from Genesis to Revelation. Classes will be offered in two formats this fall. Saturday classes meet via Zoom from 8:30-9:30am starting Sept 18. Sunday classes meet in person from 9-10am beginning Sept 19. Both classes meet weekly. The video of the Saturday class will be available online for those who cannot attend every class. For more information or to register for either class, contact Dave Myhre at dave@bethelseries.org.

An information meeting will be held on Sunday, Aug 22, at 10:15am in Good Shepherd Chapel. 🌈



RE-WEAVING THE FABRIC OF OUR COMMUNITY

Returning to the in-person dimension of life together means picking up a lot of threads and re-weaving the fabric of our community. More than ever it is important that we strengthen the weave to securely hold our children, youth, and their families – those already familiar to us and those who are new and have just been waiting to come through our doors.

Strengthening Bethel by offering yourself as a spiritual grandparent, aunt, uncle, cousin is a tremendous gift. True intergenerational experiences for our families with infants and young children create the faith family God wants us to be. In giving and receiving kindness and joy in these experiences, everyone is nurtured in love.

Here's how you can pick up a thread and be a weaver (a.k.a. a volunteer) this fall on Sunday mornings:

- Be a Kids' Ministry leader. Be part of a team who will share Bible stories with children.

Two different time slots (9-10:30am or 10-11:30am) allow you to be a ministry leader, attend your preferred worship service, AND still enjoy a donut and coffee with your Bethel friends.

- Be with the little ones in our nursery/ Kids' Corner. We welcome volunteers for this ministry, but will also offer a stipend if that is a better arrangement for you. Serve one of two Sunday morning shifts (8:30-10am or 10-11:30am). Sign-up for as many or as few Sunday mornings as works for you.

All nursery attendants and Kids' Ministry leaders receive training and support. You are part of a team! Contact Pam Shellberg at pam@bethel-madison.org for more information. Contact Cindy Terhune Melrose at cindy@bethel-madison.org for information specific to volunteering with Kids' Ministry. Contact Dannelle Gay at dannelle@bethel-madison.org for information specific to working in the nursery/Kids' Corner. 🌈



The Tamarack Trails Community Garden is made up of 49 10'x20' plots.

Madison Area Food Pantry Gardens Help Stock Bethel with Fresh Produce

Halleluia! After a long pandemic winter, our Wisconsin landscape has turned a lush green and farmers and backyard gardeners are sowing seeds that will develop into bright green, yellow, and orange fruits and vegetables in the next couple of months. The Bethel Food Pantry Board is excited to announce that we now have two new ways to provide fresh produce to Bethel Food Pantry guests.

First, we are asking all backyard and community gardeners to consider sharing some of their harvest with the Food Pantry for distribution our pantry guests. To ensure that produce is stored properly so that it remains fresh as long as possible, we ask that items be brought directly to the Food Pantry on days and hours



Kris Fansler

that the Pantry is open - currently 12:30-3pm Monday, Wednesday and Friday.

The second way in which the Food Pantry will distribute fresh produce to pantry guests is through our partnership with Madison Area Food Pantry Gardens (MAFGP), Inc. MAFPG is a network of 11 gardens throughout Dane County that, with the help of 700 volunteers, supplies fresh-from-the-garden produce to 22 food pantries in Dane County. Beginning this year, the Bethel Food Pantry will receive weekly fresh produce free of charge from MAFPG.

To assist the MAFPG in their food-sustaining efforts, the Bethel Food Pantry Board recently approved a financial gift to help cover the cost of a variety of small wish list items.

Brian Arndt, Volunteer Development Director for MAFPG indicated his gratitude for this gift by writing, "What a blessing to get this financial commitment from Bethel! We look forward to providing produce to your pantry this year and to a long-standing partnership to serve our community in the ways we are doing."

This donation, which ultimately benefits Bethel Food Pantry guests, is made possible as a direct result of the generosity of Bethel members in supporting the Bethel Food Pantry mission. If you are interested in volunteering with any of the 11 MAFPG, please go to: www.foodpantrygardens.org/ opportunities 🌈



HOW CAN A MUPPET HELP KIDS WITH A PARENT IN PRISON OR JAIL?

A Conversation for Women of Bethel

Join the ACTJAM team on July 28 in Bethel's Emmaus Room for a conversation about the effects of parental incarceration on children.

9-10:00 Coffee hour
10-11:15 Program

FEATURED SPEAKER:



Professor Julie Poehlmann-Tynan
Child Psychologist
UW Professor of Human Ecology
Consultant to Sesame Workshop

Questions:
actjam@bethel-madison.org

Let us know if you need child care at Bethel during this time. 🌈



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Worship Times: Sunday at 7:30am & 9am - Traditional; 11am - Contemporary