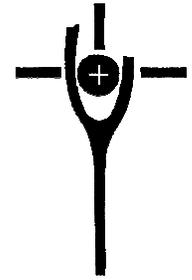


BETHEL LUTHERAN CHURCH

BETHEL BANNER



"... making disciples for Jesus Christ in our church, neighborhood and world..."

MAY 2013

2013 SUMMER VBS AND LAMP MISSION TRIP

Our mission here at Bethel Lutheran is to make disciples in our church, neighborhood and world. This year we have the opportunity to do just that through vacation bible school. Teaching VBS gives us a chance to meet our neighbors, build relationships with them and talk with them about Jesus. Both of these opportunities will change lives, theirs and ours.

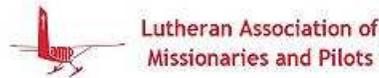


In Our Church and Neighborhood...

We'll be partnering with Church of the Redeemer (who worships in our sanctuary on Sundays at 4:30 pm) to bring VBS to our church and neighborhood. We'd love your help!

We often wonder how to share Christ with others, but don't always take advantage of the opportunities before us. This will be a great opportunity for us to make friends in the community and share Jesus love and truth with them! "Athens" VBS at Bethel will be July 22nd-July 26th.

Talk to Ruth Seabaugh to volunteer!



In our World...

This year we are excited to begin a new partnership with LAMP (Lutheran Association of Missionaries and Pilots). We'll have the joy of heading to Canada to share Jesus with a remote community up there. Up North there are few churches and fewer programs for youth that help them build a relationship with Jesus. Poverty, depression and substance abuse are issues that people are dealing with. Let's come alongside them and show them that they have friends and a God who loves them.

The details of this trip are being worked out. LAMP reviews who is available from Bethel to go and chooses the best location and dates for us to visit. We are currently looking at late July or early August. Talk to Jordan Ray ASAP if interested in making the trip to Canada with us.

More info can be found at www.lampministry.org

Pray...

Please keep the youth and families of our church, neighborhood and world in your prayers. Pray that God would prepare their hearts to hear His message of love and redemption.

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Counter-Cultural Parenting—Jesus Style!

FROM PASTOR SEABAUGH

A few weeks ago I got an email from a concerned parent about how to raise their children in a culture that has rejected God's created order and Jesus, the One sent to restore that order. I just so happened to have been teaching the last hour on the Beatitudes from Matthew 5. The answer was obvious. Jesus knew what it was like to live *in* the world and not *of* the world and he was telling us all about it in the Beatitudes. He lived it and stands as our example. As his children, we watch and learn as Jesus models cross-cultural living for us so that we can model it for our children.

"Blessed are the poor in spirit, for theirs is the kingdom of heaven."

It all starts by acknowledging who we really are. We are broken sinful creatures in total need for God's grace for life and salvation. That's what it means to be poor in spirit. Do we indoctrinate our kids with the "gospel" of self-esteem and self-reliance, or the truth that they are poor miserable sinners totally dependent upon God's grace for everything? How do we model repentance and grace for them on a daily basis?

"Blessed are those who mourn, for they shall be comforted."

Jesus then calls us to mourn deeply for the sinful brokenness of the world. Do we talk with our kids about the evils of the world and express how sad it makes us? Do we pray for those who suffer and those who cause the suffering? I know the temptation here is to shelter our children and hope they learn these things when they are more "mature." But if we do, we might also miss a crucial time when the tender heart of a child could grieve deeply for a hurting, disillusioned world.

"Blessed are the meek, for they shall inherit the earth."

Jesus is very clear that his followers live a thoroughly humble life. It's the proper disposition of anyone who is truly poor in spirit and has been saved by the grace of Jesus. Do our children see us putting others above ourselves? Do our children realize how often we put them above us? Do we encourage our children toward pride or humility? When we pray, do we thank God for more than our food and a bed to sleep in?

"Blessed are those who hunger and thirst for righteousness, for they shall be satisfied."

Our mourning turns into passion as we hunger and thirst for God's righteousness in our broken world. We long for God's creation to cease its sinful hemorrhaging and function the way it should. Do our children see our dissatisfaction with the sin in the world? When we explain the tragedies of life, do we point them toward the way God originally designed the world to function? Do we pray with them that God's perfect kingdom would come and do away with all the carnage?

"Blessed are the merciful, for they shall receive mercy."

Hunger and thirst translate into action when we are merciful. Now, this mercy isn't just helping people who are in physical need, but also those who make poor choices and don't believe in Jesus. The most merciful thing we can do is bring Jesus to people. That said, other acts of mercy can demonstrate the kind of mercy God has for us. Without concern for ourselves, we can help others with the same selfless love God has for us. He sacrificed himself for us and he saved us from our sins. We sacrifice to help people and hopefully they will also see their sins and believe in their Savior. Do we bring our children along when we do acts of mercy? Do we model to our children how to call others to repentance in love?

"Blessed are the pure in heart, for they shall see God."

One temptation is to think that the work of doing mercy will have kickbacks for us. God wishes for us to have pure intentions. It shows when we don't. So, even after the act of mercy, it never becomes about us. It's always God's work through us for the sake of someone else. The moment it becomes about us, sin takes over. Kids can see that. So, be consistent and explain to them your heart as you show mercy to others.

Continued on next page

Counter-Cultural Parenting—Jesus Style! *-continued* FROM PASTOR SEABAUGH

"Blessed are the peacemakers, for they shall be called sons of God."

Standing in the midst of conflict is hard, but when it's not about us we can stand tall! Conflict abounds in life and the household is no exception. Kids can turn on each other in a moment. We need to be the peacemakers who can humbly approach the situation hungering and thirsting for righteousness, showing mercy with a pure heart. Even if it means the peacemaker is taking the brunt of the conflict, we need to model being the peacemaker and valuing God's righteousness as the peaceful solution. When you are a peacemaker at work or with your friends or family, let your children know what you are doing. If the conflict is a burden, ask your children to pray for you and those in conflict.

"Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven."

We may be tempted to shelter our children from persecution for being Christian. We never wish persecution on anyone, but if they are blessed to endure the persecution in faith, they may mature far more from persecution than our protection. When we as parents are persecuted, we need to make sure our children see what's going on and understand the situation based on the foundation Jesus lays down here in the Beatitudes. If we can truly love our enemies and bless those who persecute us, our children will learn how to do the same.

Along the way our children need to know that they are not in the Kingdom of heaven by the things they do. We stand up for truth because it's true, not because it gets us closer to heaven. Jesus has taken care of our salvation. It's finished. They always need to know that the Kingdom of heaven is theirs by God's grace. They will know true comfort when they inherit a new and perfect earth. Their hunger and thirst will forever be satisfied. God has shown mercy to them and they will see him! They are the children of God and it has nothing to do with how good they are. We train them to be good so that others will see the Kingdom of heaven through our children. There is no better legacy than to know that God's Kingdom lives on through the next generation, especially when it's counter-cultural - Jesus style.

Blessings, Pastor Seabaugh

The Right Question

FROM PASTOR FOFANA

Life is not always fair, nor is it always the way we wish it were. Because disappointment, failure, illness, suffering and rejection will come our way. Sometimes at the most unexpected time or even in the most unexpected ways.

When this happens it is natural to ask the question, "Why, Lord? Why did you let this happen to me?" It is not wrong to ask this question. God may even answer your cry or at least give you a little hint because He has lessons to teach you through this particular experience.

But I believe the most important question you should ask when life turns against you is not "Why" but "What? What do you want me to do Lord? How should I react to this situation? What response do you want me to make?"

Remember *Proverbs 16:20* "Whoever gives heed to instruction prospers, and blessed is he who trusts in the Lord."

By the way, Christ Evangelistic Ministries is doing very fine. We lost some of our members. Why? Because they could not find jobs in MN. But with God all things are possible. We have people coming. No matter what we must worship our God.



TRUST
in the
LORD

FROM JORDAN RAY, DIRECTOR OF CHRISTIAN OUTREACH

Bloom Where You Are Planted! - Acts 17

About a week ago I was talking with my wife Marcie and she shared a thought that I'd like to pass on to you. Before I get into that I'd better give you a little history.

Marcie and I grew up together in Sunny San Diego. The day we got married is the day we packed all our things into her car and drove out here to Minnesota for a new life. As you can imagine, the culture and weather shock were difficult for her to adjust to. The first winter was rough on her to say the least. Over time we've bought a house and added pets to the family. We're planted here. We've grown roots. It would take a lot of work for us to get up and move again.

Even though we've been out here for 5 years Marcie has always, in the back of her mind, been trying to get through this phase so that we can move back to California or somewhere warmer. When we live as if our situation in life is temporary, it changes things. We don't get too attached to others around us. We don't make long range plans.

A few months back Marcie had found a journal that had inscribed in it the words "Bloom Where You Are Planted". This thought wouldn't leave Marcie and God began to confirm in her that He put her here in St Paul for a reason. In Acts 17 Paul says to the crowd "From one man he made all the nations, that they should inhabit the whole earth; and he marked out their appointed times in history and the boundaries of their lands." He put us where he wants us.

If God has planted you where you are how does this change the way you view your purpose? If God has planted your neighbors next door to you could it be that he has a purpose for you getting to know them and share His love with them?

Get to know your neighbors. Make friends. You don't live where you live on accident. God is at work.

Bloom where you are planted!



EPIC — THE FUTURE CHURCH NOW! — WEDNESDAY EVENINGS



EPIC—The Future Church Now! Jr and Sr High youth are welcome to come on Wednesdays from 6:30-9 pm for games, Bible Study and fellowship. Confirmands are welcome to join us after Confirmation!

A Stewardship Moment



For 28 years members of Bethel Lutheran Church have been serving a hot, home-cooked meal to approximately 300-350 homeless people on the fourth Sunday of every month at the Dorothy Day Center in St. Paul. This long-standing mission outreach program and cherished tradition has ended. The last meal was served on March 24, 2013.

Unfortunately we now live in a world that says, "Serve me!" We get our hamburgers from places that say "you deserve a break today" and "have it your way." The bestseller list in both paper and electronic media is filled with titles that promise "your best life now!" We instruct our children to study hard and push them to take advanced classes in school — perhaps even beyond their ability — so that they can make a better life for themselves. The self has become the center of everyone's personal universe. When we read stories of people who are selfless, who do things that are so out of character in the arena of service and sacrifice, we praise them while quietly saying to ourselves, "I wouldn't be able to do that!"

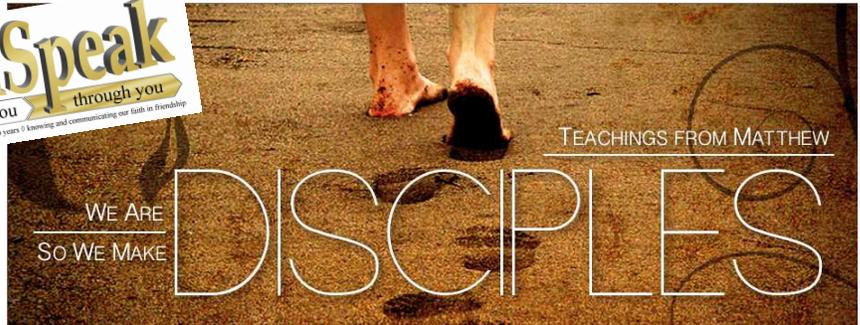
This attitude of self first is not just some "outside" problem, either. Over the last two decades, there has been a clear mindset change in the congregations of the Lutheran Church - Missouri Synod. Not all that long ago, the resource shortage in the local congregation was financial. For generations the response of most members of the local congregation sounded like this: "Pastor, I would love to be able to help pay for the project that we need, but I can't. But I will be there to help when it is time to do the work." But in these latter days, the response has shifted almost 180 degrees. How many traditional congregational events have gone by the wayside in the last few years because there just aren't enough people willing to invest their time and effort in them? Very often the 21st century response to a plea for help is this: "Pastor, I just don't have time in my very busy schedule to help with that much needed project. Can I write you a check?"

Who will now help feed the poor? Jesus said: "I say to you, inasmuch as you did it to one of the least of these My brethren, you did it to Me" (Matthew 25:40). Christians are called to be stewards of all of life and life's resources include the stewardship of our time, the talents given us by the Lord and even our physical presence. This is stewardship in action!

In the service of our Lord,

Financial Stewardship Team

**MAY GODSPEAK
READINGS &
GROUPS**



April 29-May 4 Disciple (n./v.)

Monday Matthew 6:19-24
 Tuesday Matthew 6:25-34
 Wednesday 1 Timothy 6
 Thursday James 5:1-7
 Friday Job 38
 Saturday James 4:13-17

May 6-11 Disciple (n./v.)

Monday Matthew 7:1-14
 Tuesday Romans 14
 Wednesday Ezekiel 35
 Thursday Jeremiah 29:1-14
 Friday Romans 13:8-14
 Saturday John 14:1-14

May 13-18 Disciple (n./v.)

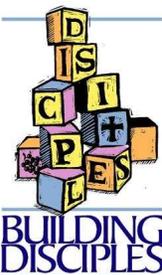
Monday Matthew 7:15-29
 Tuesday Acts 20:17-38
 Wednesday 2 Peter 2
 Thursday Hosea 8
 Friday James 1:19-27
 Saturday James 2:14-26

May 20-25 Disciple (n./v.)

Monday Matthew 8:1-17
 Tuesday Leviticus 13:45-59
 Wednesday Malachi 4
 Thursday Ephesians 3
 Friday Isaiah 55
 Saturday Mark 1:21-28

May 27-June 1 Disciple (n./v.)

Monday Matthew 8:18-27
 Tuesday Matthew 8:28-34
 Wednesday 2 Corinthians 6
 Thursday Psalm 65
 Friday Revelation 12
 Saturday Mark 1:21-28



Monday Evening 6:30 pm
 at Bethel in the Youth Room (comfy chairs!)
 Leader: Steve Moeller (651-487-0316)

**Tuesday Morning 6:30 am every other week
 May 14 & 28**
 at Suzie Norris' (1276 Dayton Ave)
 Leaders: Bob Holst (651-645-7454)/Suzie Norris (651-645-3811)

Tuesday Morning 10 am
 at Bethel in the Fellowship Hall
 Leader: Pastor David Seabaugh (651-488-6681)

Wednesday Evening (African) 6:00 pm
 at ?? (rotates homes each week)
 Leader: Lusienie Fofana (651-216-9242)

Wednesday Evening EPIC 6:30 pm
 at Bethel in the Youth Room
 Leader: Jordan Ray (651-271-5636)

Wednesday Evening 7 pm
 at Java Train (1341 Pascal St N)
 Leader: Steve Moeller (651-487-0316)

Saturday Morning 8 am
 at Bethel with breakfast at 8 am
 GodSpeak group at 8:30 am (child care provided)
 Leader: Pastor & Ruth Seabaugh (651-487-0487)

*"Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock."
 Matthew 7:24-25*

FROM THE OFFICE—LYNNE

Bulletin & e-news items are due to the office by Wednesday mornings.

Banner information is due to the office by the 15th of the month.

Church Office: 651-488-6681
bhc@bethelstpaul.com



Interested in receiving the **Lutheran Witness magazine** for a cost of \$18.57 for the year? Contact the church office

Office hours:
Monday - Friday
9 am to 3 pm

"55" CLUB FELLOWSHIP—THURSDAY, MAY 9



Join Bethel's "55" Club on Thursday, May 9 for a meatloaf dinner catered by Magnolias Restaurant. Cost of dinner is \$9 and is payable to Betty Paulus by May 5. Sign up on the lounge bulletin board.

FEED MY STARVING CHILDREN — MAY 11

Feed My Starving Children (FMSC) is a non-profit Christian organization committed to feeding God's children hungry in body and spirit. The approach is simple: children and adults hand-pack meals specifically formulated for malnourished children, and then they ship the meals to nearly 70 countries around the world.



Pack meals at Feed My Starving Children on **Saturday, May 11** from 9-11 am. Sign up on the lounge bulletin board — 3rd grade and up youth are encouraged to participate (an adult per three youth are needed). Plan to meet at church at 8:45 am to carpool to Eagan. Additional information at FMSC web-site www.fmsc.org/. Questions? Contact Sean Boll at 651-770-9504

GRADUATION CELEBRATION— SUNDAY, MAY 26



Plan to celebrate with Bethel's High School graduates on Sunday, May 26 after 9:30 am worship in the fellowship hall. Stop by for lunch and goodies and congratulate Derek, Natalia, Cody & Lizzy!

Bethel's Annual Rummage Sale — June 12-15, 2013

Bethel's Rummage Sale is the main fund raiser for education assistance provided for each Bethel student who attends a Christian School.

Start filling boxes for Bethel's annual Rummage Sale — Drop off dates are Saturdays, May 25, June 1 & 8. Volunteers are needed and welcome to pick up "treasures", host drop-off dates, advertising, set-up, day care, clean up and many hands are needed for the sale days. The EPIC Youth will be hosting the Snack Shack as a fundraiser for mission trips! Contact the office or Susan Boll to volunteer or for questions. Plan to come to the Rummage Sale to buy some treasures!





Join LINC-TC to Pray for the Cities on National Day of Prayer—Thursday, May 2
at Trinity First Lutheran Church (1115 East 19th St, Mpls)

6:30 pm for Fellowship & Refreshments and 7-9 pm Prayer Gathering in the Sanctuary.

Childcare is provided. A community conversation with God celebrating hope in Christ!

Interested in volunteering for this event? Contact Stephanie at steph@lincwincities.org

LINC-Twin Cities is in a time of transition. We are prayerfully contemplating the path God is laying before us. In your quiet prayer time we ask that you pray for the Holy Spirit's guidance and discernment for LINC-Twin Cities Board of Directors and others involved.



A recipe from...

It was so fun to share delicious bar and cookie recipes in the banner!

Now it is time to share your favorite crockpot and casserole & salad recipes!

Be sure to submit and share your recipe—just put them in Suzie Norris' church mailbox!

Thanks!



Vegetable Salad from Suzie Norris

- 2 cups red cabbage
- 6 cups torn spinach leaves
- 9 oz refrigerated tortellini (cooked, drained & rinsed)
- 1 cup cherry tomatoes
- 1/2 cup sliced onion
- 8 oz low fat Ranch dressing
- 8 slices bacon cooked and crumbled
- Grated parmesan cheese
- Layer in 9x13 pan or toss in a large bowl & refrigerate for 6 hours.

Confetti Bean Salad from Lynne Holst

- 1 can kitchen cut green beans, drained
 - 1 can peas, drained
 - 1 can whole kernel corn, drained
 - 1 can waxed beans, drained
 - 1 medium red onion, chopped
 - 2 ribs celery, chopped
 - 1 cup sweet red (or green) pepper, chopped
 - 1 cup sugar
 - 3/4 cup cider vinegar
- Serves 10-12
- Combine sugar and vinegar in small sauce pan, bring to a boil & boil 2-3 minutes. Combine vegetables in a bowl, pour boiling sugar & vinegar mixture over vegetables. Cover & refrigerate overnight. Between making & serving, stir bean mixture. Recover and refrigerate again.

Dorothy Day Ministry



Back in 1985 Rae and Leola Radke had a vision - help feed the ever-growing number of homeless people in St. Paul. With the blessings and encouragement of Pastor Edward Lutz and the assistance of Roy and Hulda Oberhamer, they started the Dorothy Day outreach program here at Bethel. The first meal was served on July 28, 1985 and consisted of sandwiches and vegetable beef soup.

During the ensuing years a countless number of people from Bethel and their friends have volunteered to help shop, prep, prepare and serve a hot, home-cooked meal to approximately 300-350 homeless people on the fourth Sunday of every month. Notably, Bethel was one of a very few groups that brought their own food to serve at Dorothy Day. This long-standing mission outreach program and cherished tradition has ended. The last meal was served on March 24, 2013.

The Dorothy Day Team Leaders would like to thank everyone who helped at Dorothy Day during the past 28 years. Your service was very much appreciated and was truly stewardship in action!

In the service of our Lord,

Dorothy Day Team Leaders

Union Gospel Mission

As part of Bethel's Urban Plunge, we spent the morning at Union Gospel Mission and were greatly impressed with their programs. Bethel is looking into providing volunteers to serve at Union Gospel Mission. Pray for God's leading in what your service or support will be at Union Gospel Mission thru Bethel and look for future opportunities to be God's loving arms around those in need.



Check out "The Daily Diner Frogtown", (615 University Ave) which offers homeless clients of the Union Gospel Mission a place to hone their cooking skills and train for new jobs. It plans to produce 25 to 30 "graduates" per year who will be ready to work in the hospitality industry. Support Union Gospel Mission by eating breakfast, lunch or dinner at the Daily Diner.

"To fully address the needs of homeless and struggling people in our community, we must overcome the obstacles that prevent people from being hired and keeping a job," Union Gospel Mission executive director Ken Peterson said in a statement.

An envelope to support Concordia Academy is enclosed. Bethel Lutheran is and association church for CA providing funds, prayer and volunteer support. Pray for God's leading on how you can support CA by your time, talents or a gift of money!



SERVING AT BETHEL IN MAY

Coffee Hour Servers

May 5
 Holly Fohrenkamm
 Deb Schultz
 May 12
 Kirsten Head
 Karin Head
 May 19
 Lisa Atchison
 Carolyn Weber
 May 26
 Graduation Party!



Pew Servicing

Evie Stener

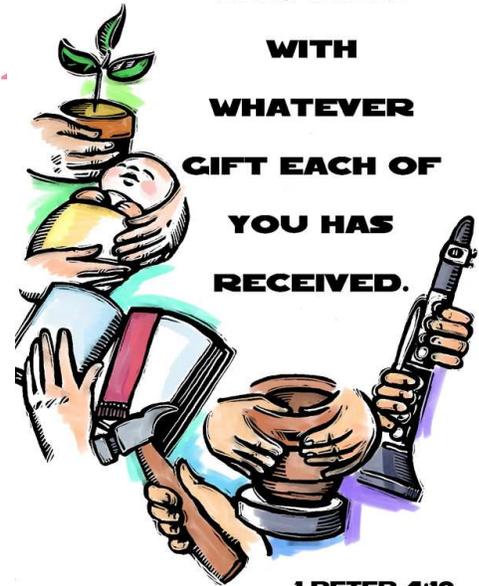


Banner Assembling Thursday, May 23

9:15 am
 Winnie Bentz
 Connie Halverson
 Mary Hubert
 Betty Paulus
 Driver: Tim Schmalz



**...SERVE ONE
 ANOTHER
 WITH
 WHATEVER
 GIFT EACH OF
 YOU HAS
 RECEIVED.**



1 PETER 4:10



Sunday Worship Team

May 5—Share the Joy
 May 12—Praise Him/Proclaim Him
 May 19—1 Timothy
 May 26—Search 'n Rescue

Meals on Wheels

May 6—Ray & Karen Bade
 May 13—Tim Schmalz & Dave Stueber
 May 20—Betty Paulus & Karita Wienke
 May 24 (Friday!)—Karen Bade & Suzie Norris

Sunday Driver

May 5—Ken Halverson
 May 12—Jim Nash
 May 19—Tim Schmalz
 May 26—Bruce Bairaktaris



Sunday Acolyte

May 5—Jessica Hoveland
 May 12—Kage Luger
 May 19—Grace Matthes
 May 26—Emma Moore

Sunday Sound

May 5—Sean Boll
 May 12—James Thies
 May 19—Derek Murray
 May 26—Cody Hartley

Money Counting—Team # 4

Sharon Bartels, Jim Nash & Tim Schmalz



DO YOU LIKE TO GARDEN?

Volunteers of America - Roseville has an opportunity to partner with the residents of their re-entry facility to start a garden. This is a chance to work with men and women as they are transitioning from prison back to the community. Female volunteers will work with women & male volunteers will work with men. If you like gardening & conversation, then this sounds like the opportunity for you. Questions? Talk to Jordan Ray!



MAY BIRTHDAYS

BAPTISM BIRTHDAYS



Kendrah Atchison 05/01
 David Sorenson 05/01
 Lois Hansen 05/03
 Nyensuahtee Fofana 05/04
 Ruth Henke 05/05
 John Kurkoski 05/07
 Autumn Engen 05/09
 Cynthia Pohl 05/09
 Michael Zierott 05/09
 Khloe Guillette 05/10
 Sam Hayhurst 05/12
 Dixie Johnson 05/16
 Autumn Atchison 05/17

Darlene Phillippi 05/19
 Marcie Ray 05/19
 James Dey 05/21
 Holly Fohrenkamm 05/21
 Lois Standfuss 05/22
 Ernest Atchison Jr 05/23
 Glen Ellmann 05/26
 Robert Matthes 05/28
 Kenneth Guillette Jr 05/30
 Carolyn Westphal 05/30

Earl Bracewell 05/01
 Bruce Breiland 05/01
 Edward Martens 05/01
 Traci Matthes 05/01
 David Stueber 05/05
 Brooke Atchison 05/06
 Anna Boll 05/08
 Karen Johnson 05/08
 Lynette Knippenberg 05/08
 Lynn Schibonski 05/12
 Barbara Moeller 05/13
 Phoebe Stefan 05/13
 Grace Matthes 05/14
 Luke Rustad 05/15
 Nancy Johnston 05/19
 Cynthia Pohl 05/19
 Dale Pohl 05/24
 David Sorenson 05/25
 Irvin Hansen 05/28

MAY ANNIVERSARIES



Todd & Karrie Thies 21 years on 05/02
 Jeffrey & Sharon Bartels 29 years on 05/05
 Alvin & Mavis Henke 48 years on 05/08
 Andrew & Grete Telander 3 years on 05/08
 David & Lynne Rustad 29 years on 05/12

"And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."
 Matthew 6:28-34

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Saint Paul MN 55117



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BETHEL LUTHERAN CHURCH LCMS

670 W WHEELOCK PARKWAY

SAINT PAUL MN 55117

651-488-6681

bhc@bethelstpaul.com

bethelstpaul.com



Sunday Morning Worship 9:30 am
Sunday Morning Bible Hour 11:00 am
Sunday Morning African Worship 11:00 am
GodSpeak Midweek Bible Groups (See page 6)
Tuesday Morning Prayer 9:30 am