



Pastor Kris—402-499-4993

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Church Website—[bethlehemdavey.org](http://bethlehemdavey.org)[Bethlehem Lutheran Church - Davey](#)

If you have ideas or items for the newsletter, please let me know. I'd be glad to put in things of importance to you and your family, to our congregation and in the community around us. I'm also happy to put in soup recipes from our "Souper Bowl!"

Bethlehem Lutheran Church  
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**Encounter Christ    Grow in faith    Love as Christ loved    Tell the Story**

### ***Sabbath***

I just watched a funny video someone shared – it's a music video done by The Holderness family. I'd never heard of them before I saw this video. They do music video parodies – you can look for them on YouTube. The video I saw was called [Maycember](#). If you get this electronically you can follow the link.

It was a play on how busy May is for families with children..."as busy as December but without the lights." It was very funny. But it belies a reality that many of us face...life can get so busy, we don't know whether we're coming or going. And that seems to be especially true for families with children.

Right after Pentecost, which is June 9, we will begin a series called *Sabbath*. Sabbath is often misunderstood. Christians tend to underplay the "rest" part of Sabbath and focus just on Sunday worship, if they concede Sabbath is even pertinent to Christians. But in the Ten Commandments, Sabbath is about rest...and in 21<sup>st</sup> Century America, it's about acknowledging that we can become slaves to our schedules just as surely as the people of Israel were slaves in Egypt.

On June 2, worship and the sermon will focus on the life of resurrection...specifically our baptism into Christ's death and resurrection. Then on Pentecost, we'll work through some exercises in listening for the voice of the Spirit assuring, calling and inviting us into that new life.

Talking about Sabbath may seem like an odd way to then launch into looking at how we live the resurrection life. Doesn't it make more sense to launch into some service project or something? But when we do that, we just make our work in the church another thing to add to our schedules. It becomes more about what we do.

What we need to do first is to tap into who we are...and specifically tap into the God within us...the indwelling Holy Spirit that is not somewhere "out there" but truly and deeply "in here" - in us. Ultimately, when we are more connected to the Spirit "in here" we are better able to connect to that same Spirit that is in the people we encounter "out there." Then, loving and serving our neighbors can flow more naturally than if it's just another thing on our busy schedule. Setting aside Sabbath time can help us do that.

Sabbath I think also can help us better live in the moment we are presently in. When we're too busy and never just try to stop and be, we're too often looking at the next thing there is to do when we haven't finished what we're doing right now. And God forbid there be any interruptions, like an aging parent in need of help, or a friend with a flooded basement!

Jesus calls us to take up our cross and said that he who loses his life will gain it, but I don't think he meant we should "busy" ourselves to death. Stick around this summer and find out more about what it might mean instead. And try some of the ideas on page 2.

Christ's Peace, *Pastor Kris*

## Ideas for Practicing Sabbath

Jesus said “the Sabbath was made for humankind, not humankind for the Sabbath. It’s about our own rejuvenation and being freed from our slavery to crazy schedules and obligations. Here are a few ideas, but a website called [sabbathideas.org](http://sabbathideas.org) has over 400 ideas

- Read a book about Sabbath keeping—here are some suggestions

*Sabbath Keeping: Finding Freedom in the Rhythms of Rest* by Lynne Baab

*Sabbath as Resistance: Saying No to the Culture of Now* by Walter Brueggeman

*Sabbath* by Abraham Joshua Heschel

- Find at least one day a month to completely rest—prepare the day before by prepping meals, getting household chores done, etc. Stay home except to take a walk outside. Put mobile devices on do not disturb—most phones allow you to make exceptions if there are any calls you absolutely have to take. You can also set your mobile phone to answer if the caller repeats, signaling an emergency. This may take some education of family/friends.
- If a whole day is too much, dedicate an evening a week to Sabbath keeping. Spend the time reading, connecting with the people you live with, taking a walk outside
- Plan ahead with some no stress activities for your Sabbath day, especially if you have kids—play games, read books, make something, plan a family vacation or outing, make a list of free activities you can do in the summer, go for a walk, meditate—or again check out [sabbathideas.org](http://sabbathideas.org).

## June Helpers

Lector—Curtis Olson  
Communion Assistant—Janna Harsch  
Ushers—Larry Pasco  
Cleaners—Wk 1/2—open  
Wk 3/4—Marilyn Kahler  
Altar—LaDonna Pasco

## June Calendar

June 2 10:30 am—Worship with Holy Communion

**June 2—June 9—Pastor Kris is on vacation. Pastor Glenda Ferguson will cover for emergencies—  
phone number—402-442-5503**

June 9 10:30 am—Guitar Worship

June 18 10:30– am—Worship with Holy Communion

June 27 10:30 am—Worship at Saunders Care Center. **No worship at Bethlehem**

**Also—remember to bring cookies for Matt Talbot prior to the second Monday of the month.**

## Congratulations Carlos, Conner and Jace

### Affirmation of Baptism May 26, 2019



## Looking Ahead

**Youth Group Camp out at Branched Oak—weekend of August 9. Details TBD.**