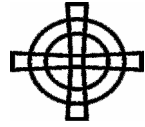
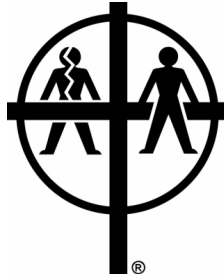


May, 2009



# THE VOICE

United Lutheran Church, Bella Vista, Arkansas



## What Do Stephen Ministers Do? Ever Thought about Becoming a Stephen Minister?

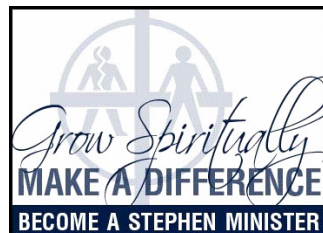
United Lutheran Church will be training another class of Stephen Ministers in early September. Stephen Ministers work alongside our pastors and parish nurse to care, encourage, and provide emotional and spiritual support to people who are going through a difficult time, such as divorce, grief, hospitalization, unemployment, terminal illness, relocation, chronic illness, or loneliness. If you have gifts for caring, encouragement, and listening, please begin to prayerfully consider whether you might want to be part of this exciting ministry. If you think you might be interested, talk with one of our Stephen Ministry Leaders: Jerry or Linda Shaw Jane Nelson, Donna Paris-Bluml or Richard Solberg.

### Stephen Ministry Events in May:

**May 11, 2009 – Stephen Ministers Meet (6:00 PM)**

**Please watch the May Sunday Bulletins for:**

**The Ten Best Reasons for YOU to become a Stephen Minister**





## A Mexican/American Miracle

How lucky we are to have been born to parents who were citizens of the United States of America.

We have clean water to use, sewers that work and safe and comfortable homes.

We have a judicial system that is fair and just, free elections, where hopefully the best candidate is elected, and a police force and military that we do not have to fear.

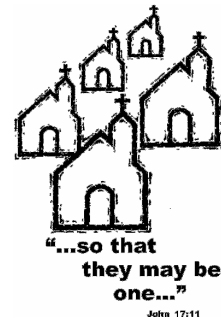
We have good jobs and schools that are open to all.

Thank God that through his inspiration, our founding fathers were able to put together a system of government that works for all of us. Even when it seems the most frustrating.

Even with all it's shortcomings, it is the biggest miracle of all!

One of the Mexico Trippers\*

\* One of our mission team that went to Mexico last fall.



## ***GREETINGS!***

Parish  
Nurse



### **What Is Celiac Disease?**

Celiac Disease (CD) is a lifelong autoimmune disorder affecting the intestines. Damage to the surface of the small intestine is caused by a reaction to the ingestion of gluten and interferes with the absorption of nutrients. Celiac Disease is unique in that a specific food component, gluten, has been identified as the trigger. Gluten is the common name for a protein in cereal grains that is harmful to persons with CD. These proteins are found in all types of wheat, rye, barley, and triticale, and must all be eliminated from a CD patient's diet.

The symptoms of Celiac Disease may appear at any time in a person's life. The disease can be triggered for the first time after surgery, viral infections, severe emotional stress, pregnancy or childbirth. CD symptoms vary and can often mimic other bowel disorders.

#### Classic symptoms may include:

- Abdominal cramping
- Chronic diarrhea or constipation or both
- Steatorrhea (fatty stools)
- Anemia
- Weight loss with large appetite or weight gain.

#### Other symptoms may include:

- Dental enamel defects
- Osteoporosis
- Bone or joint pain
- Fatigue, weakness, or lack of energy
- Infertility
- Depression

To learn more about Celiac Disease, you may go to the Celiac Disease Foundation web site at [www.CeliacCentral.org](http://www.CeliacCentral.org)

“Then Jesus declared, I am the Bread of Life; he who comes to me will never go hungry and he who believes in me will never be thirsty.” John 6:35

Your Parish Nurse,  
Pat Kugler

# Notes from the Music Department

Our THANKS to Sandy Kerner, daughter of Shiela Jones, for her vocal solo “I Know That My Redeemer Lives” on Easter Sunday and to Marie Andrews, Kermit and Rayoma Andrews granddaughter, for her vocal solo “If God Be For Us, Who Can Be Against Us?” also on Easter Sunday! We THANK Betty Wehner and Lorraine Larson for playing their trumpets with the closing hymn on Easter, “Jesus Christ Is Risen Today!”

I want to THANK ALL THE CHOIR MEMBERS, ORCHESTRA MEMBERS, PHYLLIS BERGSTROM and MARILYN DENNISTON for the MANY EXTRA HOURS they spent in rehearsals preparing for the Good Friday Service Cantata “TOUCHED BY THE CHRIST” and for the HALLELUJAH CHORUS for both services on EASTER!!!

We THANK ALL WHO HELPED IN ANY WAY WITH THE GOOD FRIDAY SERVICE!! We needed MANY HELPING HANDS FOR THE CANTATA!!!

THANKS, also, to the Youth Choir, for leading the congregation in two new hymns –“We Walk by Faith” and “Come, Let Us Eat” on April 26<sup>th</sup>!

Beginning May 3<sup>rd</sup> we will be using Setting 6 for the months of May and June. This is the “jubilant” liturgy setting which is most appropriate during the Sundays following Easter.

National Music Week, sponsored by the National Federation of Music Clubs, is being celebrated May 3-10. The NFMC has chosen the hymn “God of Grace and God of Glory” as the Hymn of the Month for May and requested all churches sing this hymn during the Worship Services on May 3<sup>rd</sup> or May 10<sup>th</sup>. We will participate in this nationwide event by singing “God of Grace and God of Glory” during the Gathering on May 10<sup>th</sup>.

We wish all Mothers a HAPPY MOTHER’S DAY on Sunday, May 10<sup>th</sup>.

Sunday, May 31<sup>st</sup>, is Pentecost. As part of the Pentecost Celebration we are encouraged to wear RED that Sunday. The Choirs will be wearing white shirts and dark trousers or skirts with our red stoles and ties.

We are approaching the summer months when some of you have children and grandchildren who will be coming to visit. If any of them are musically gifted and would like to share their talents with us while they are here, please contact me, Lois Carlson—and I will be happy to schedule them into our worship services.

Also, if any of you members would like to play or sing, please contact me. The Chancel and Sanctuary Choirs will be “on vacation” in July and August so we will need soloists and small ensembles to provide music for BOTH Sunday Morning Worship Services during those 2 months. Now is the time to “volunteer”!!



April 6, 2009 ULMC Minutes

There were 36 in attendance including one guest. The kitchen crew was thanked and the meal was preceded by the singing of the table grace.

Birthdays and anniversaries were acknowledged..

Devotion was given by Pastor Fodness.

The Secretary's and Treasurer's reports were read and approved.

Duane introduced Jon Woodward, Executive Director, Seven Hills Homeless Shelter in Fayetteville. Mr. Woodward gave an excellent presentation regarding homeless concerns in Benton and Washington counties. His shelter works with people having social, mental or physical problems. They also coordinate with other non-profit organizations in the counties as well as some state and federal agencies. The fastest growing homeless population is veterans, single women and children. He mentioned that Benton County has 1300 homeless folks.

There was no old business.

Under new business a motion was made that the ULMC absorb the \$112 cost of the Lenten dinner. It was passed with no opposing votes. Duane said that next month we will have a golf outing instead of a meeting. Dick Muller will be the coordinator for the event. Papa Mike's will cater the outing and food will be served at 4:00 P.M.

The meeting closed with the Lord's Prayer.

### **BOOKS! BOOKS! BOOKS!**

It has come to our attention that there are many who are unaware there is a library at United. Follow the "LIBRARY" sign which is located by the coat rack on the Northeast corner of the Narthex.

Christian fiction is the most popular category of books to read. Several other sub-titles include non-fiction; self-help; devotionals; research books, and others. Some books are in large print, also.

If you need help in searching for something, or have any questions, please contact:

Beverly Hanson or Shirley Sautter

**HAPPY READING!**

### **Bread for the World**

Have Faith, End Hunger

Bread for the World is a collective Christian Voice urging our nation's decision makers to end hunger at home and abroad. Members around the country are organizing and participating in an Offering of Letters.

This year, BFW is calling on Congress to rework U.S. foreign assistance to make it more effective in reducing poverty—starting by ensuring that poverty reduction is a primary goal of foreign assistance. A second step is to make sure there are sufficient resources for hungry children in this country by urging members of Congress to make \$20 billion available for needed changes in this year's authorization of the Child Nutrition Act.

You are invited to join the local chapter of Bread for the World, which meets at United Lutheran every third Wednesday morning at 9:15. The next meeting will be May 20th.

### **Tanzania Up-date.**

We attended a Global Mission Committee Meeting on April 4. The Bishop of the Morogoro Diocese, Jacob Mameo, and Barbara Robertson, Assistant to the Bishop, were in Tulsa for the meeting. We want to share with you the highlights of this very informative meeting.

This year the Ark-Ok Synod will be sending two teams of volunteers to our sister synod in Morogoro, Tanzania. The construction team of five people will leave May 19 and return June 7. They have raised about \$6,000 to build a church in the Chalinze District. They are also taking a full complement of tools to replace or add to the tools we took 5 years ago and are also trying to raise additional funds to buy another 28-volt framing saw and charger. Church building has come a long way since we visited five years ago. Luka the young builder has steadily improved building techniques and now has a truck to haul materials to building sites, thanks to a donation of \$25,000 from a donor in Okla.

Our medical team led by Cindy Pennie from Stillwater, Ok will be going to Morogoro on June 29 to July 7. They will be doing surgeries and have several days of clinic. Due to airline restrictions, most of the meds will have to be bought in Tanzania on their arrival. There is a need for funds to buy these meds and supplies.

Upendo Swai, a young Massai girl, will be coming to the US for the Youth Gathering this year. Joy Lutheran Church, Tulsa, is sponsoring her. Upendo's parents in Tanzania are very excited that she will have this opportunity to visit the US.

Water-well drilling has been on hold until such time that a more reliable driller could be found. This is also true of Asbury Methodist and we have been working jointly with them to locate a reliable driller and will be coordinating future wells with them so as to reduce cost by having several wells to drill at one time. We have checked out two drilling companies with good reports on both of them. Asbury is planning to be ready to drill four wells in Sept. and will send two men over at the time they drill to supervise the drilling.

Jacob Mameo, the new bishop, is highly regarded in Morogoro and is well respected throughout Tanzania. The Prime Minister of Tanzania has enlisted his help to settle several land disputes. Another encouraging development is that the cancellation of the debt of African nations by the U.S. and other countries has enabled them to spend more money on education and Morogoro has seen a 189% increase in school enrollments.

Keep Tanzania in your prayers. We are making great progress. Our Lutheran Church is alive and well and growing by leaps and bounds in Tanzania.

*Roger and Alice Rahlfs  
Synod Global Mission Committee*



**Morning Circles**

**May 6<sup>th</sup> – 9:30 a.m.**  
Deborah.....Lola Fodness  
Elizabeth .....Mary Lou Stolp  
Mary .....Judy Kloss  
Naomi .....Elsie Taylor  
Rachel .....Marilyn Brown  
..... (At Church)

**Afternoon Circles**

**May 5<sup>th</sup> – 1:00 p.m.**  
Hannah.....Lorrayne Maki  
**May 12<sup>th</sup> – 1:00 p.m.**  
Martha.....Shirley Gehl/Peg  
Reimer  
**May 19<sup>th</sup> – 1:00 p.m.**  
Esther .....Kristine Weaver

**Evening Circle**

**May 4<sup>th</sup> – 7:00 p.m.** (At Church)  
Priscilla .....Lois Carlson/  
Joyce Jebsen  
**Piece Makers – Thursdays 9:00 a.m.**

*Thank you so much . . .*

Our treasurer reports that we have surpassed our goal of \$2250 for our Bakeless Bake Sale! Thank you to everyone for your generosity.



**Circle**

**May 10**

**May 13 10:00 a.m.** General Board Meeting  
**Luncheon at 11:00**  
**May 20 9:00 a.m.** Visiting Phobes  
**May 27 9:00 a.m.** Altar Guild  
**May 27 9:30 a.m.** Bible Study Leaders



**Act boldly! Women of United**

**Women of United  
Monday, May 18  
6:00 p.m.  
Pot Luck Supper  
Hostess: Rachel Circle  
Bring a salad or casserole.  
Dessert provided**

*You are invited to the first ever production of* **“The Luther Hall Ladies Present an Ozark Home Companion”** *starring Bel Canto and featuring Pastor Nelson and the Basement Boys.*



*Tap your toes to such all time favorites as “What a Friend We Have in Jello” and “Tuna Hotdish, We Adore Thee.” Learn the truth about Pastor Nelson and his little known brother, Willie. See Bel Canto as you wish you’d never seen them. The entire congregation is invited. Tickets are \$1 each or 4 for \$5 with proceeds going to Bel Canto for the purchase of better music than they have for this production. Sign up at the*


**Lutefisk**



**Just Say No**

**MARY MAGDALENE AWARD**

\* \* \* \* \*

\*  \*  
 \* John tells us That after the resurrection, Jesus appeared first to Mary  
 \* Magdalene and instructed her to “GO TO MY BROTHERS AND TELL  
 \* THEM” (John 20:17) In response, Mary Magdalene went to the Disciples with  
 \* the news: **“I HAVE SEEN THE LORD!”** and she told them that He had said these  
 \* things to her” (John 20:18) Each year the Women of United honor a woman who best  
 \* exemplifies this command to “Go and Tell.” In addition to honoring her at our October  
 \* Women of United meeting, we also submit her name to the AR/OK Synodical Board,  
 \* and at our fall convention, one woman from each of our conferences is honored as the  
 \* Conference Mary Magdalene Award Winner. There are many women at United who  
 \* are deserving of this award. If you have some one special you would like to nominate,  
 \* please pick up a form from the Women’s Bulletin Board and get it to Glenda Heist or  
 \* Louise Wobig by August 1. Past winners of the award are Margaret Seba\*, Dorothea  
 \* Sherwood Paul\*, Esther Eyberg\*, Pearl Peterson, Betty Schaffer, Helen Young, Jane  
 \* Nelson, Louise Wobig\*, Sandy Hansen, Peg Reimer, Pat Dobbe, Alice Rahlfs\* and  
 \* Barbara Nelson. Those with asterisks also received the conference award.  
 \* \* \* \* \*



Clip the UPC code from Best Choice products. Be sure to include brand name and all numbers.

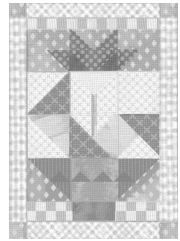
Don’t forget to clip the bar codes from Best Choice products. Dee Sadenwasser reports that she needs a few more to earn \$30. With the year only half done, we should be able to earn another \$30 if you all help.

~~~~~

We are looking for program ideas for the upcoming year. Contact Glenda Heist or Pat Dobbe if you have suggestions.  
 Also, let Louise Wobig know if you have corrections or changes for the yearbook.

~~~~~

Thank you to everyone who has made a spring table quilt! We already have 13 beautiful quilts in the box in the narthex. If you’d like to make one, the instructions are on the table by the quilts.



Don’t forget to check our Fair Trade table for beautiful baskets for spring. You can use them for birthdays, hostess gifts, Mother’s Day, or just to brighten a friend’s day.



### **MEALS ON WHEELS**

United Lutheran delivers Meals on Wheels the month of May. Many of you have signed up but there are still many vacant spaces. Please look over the calendar to see which days you can help us out. It takes less than an hour and you would be so appreciated. Questions, call Marlene Doran, Barbara Hollrah or Betty Gillette

### **Social Ministry**

The offerings from Easter, the Lenten Services and Suppers will benefit both people in our community, in the U.S. and in countries beyond our borders. We will be making significant contributions to the Samaritan Center which provides backpacks filled with food for children in Benton County whose parents are struggling to feed their families, the Single Parent Scholarship Program, the Community Dental and Medical Clinics of Rogers and Youth Bridge. All of these agencies serve people living in Benton County. Additional funds will go to Oaks and to the Youth's Heifer Project which has now raised enough money to purchase an ark. We will also be able to make a contribution to our synod's Tanzanian Projects. We thank Thrivent for the \$1,200. in matching funds for the money raised at the Lenten Suppers. Lastly we will contribute to Amextra the agency providing support to Lomas de San Isidro, the community visited by our Mission Team to Mexico. The money sent to Amextra will help fund nutrition projects in Lomas, an impoverished community outside of Mexico City where the people are working to make positive changes in their lives and in their community. Lutherans have been providing some of the funding which has helped the people of Lomas in their work to provide better lives for themselves and for their children

The Social Ministry Committee thanks the people of United who make it possible for our congregation to be God's hands working to show his love as we live our lives in his world.

*Social Ministry Team of United*

UNITED LUTHERAN STAFF

Office: 855-1325

Email - [office@unitedlutheranbv.org](mailto:office@unitedlutheranbv.org)

web site - [unitedlutheranbv.org](http://unitedlutheranbv.org)

Pastor: Fred Nelson

Secretaries: Karen Anderson & Kay Anderson

Custodian: Jeff Peleaux

Parish Nurses: Pat Kugler, Charlotte Spencer

Grief Share Coordinators: Pat Kugler

Stephen Ministry Coordinator: Jerry & Linda Shaw

Visitation Coordinator: Fred Schaap

Youth Director: Sally Ball & Janelle Redlazyk

Financial Secretary: Mable Eckert

Worship & Music Coordinator: Lois Carlson

Choir Directors: Lois Carlson, Peg Ehm, Shiela Jones

Bell Choir Director: Margaret Seba

Orchestra Director: Lois Carlson

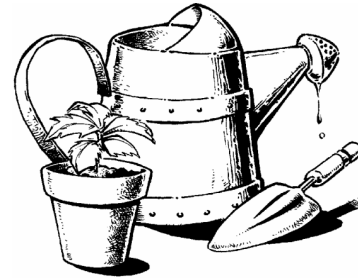
Youth Choir Director: Holly Jones

Organists: Margaret Seba, Lois Carlson, Peg Ehm

Pianist: Phyllis Bergstrom, Marilyn Denniston

***VOICE* deadline:**  
**May 20, 2008**

The church office may edit submissions for clarity and brevity.



**MAY**



UNITED LUTHERAN CHURCH

100 Cooper Road

Bella Vista, AR 72715

Sunday Worship

8:15 a.m.

10:30 a.m.

Sunday School

for all ages

9:15 a.m.