

FOOTPRINTS

Bethel Lutheran Church Believe—Belong—Become

“Your word is a lamp for my feet, a light on my path.” Psalm 119:105

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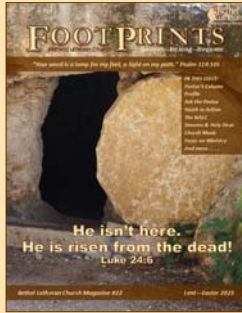
Church Music

Focus on Ministry

And more

***He isn’t here.
He is risen from the dead!
Luke 24:6***

FOOTPRINTS



ON THE COVER:

Luke 24:6

Pixabay

FOOTPRINTS

Issue # 22

With the name **FOOTPRINTS**, we honor our commitment to walk in the steps of our Lord and Savior Jesus Christ leaving a legacy for others to follow. At the same time, we look back and acknowledge the Bethel believers and our own personal *cloud of witnesses* who have gone before us leaving their footprints of faith for us to follow. We hope our humble efforts give Glory to God and provide enlightenment, entertainment, and knowledge to our readers. God bless you all!

† † †

Bethel's **vision** is to be a dynamic, life-changing church of fully devoted disciples of Jesus Christ.

† † †

Bethel's **mission**: We are a prevailing church that engages the curious, encourages the convinced, and empowers the committed to be fully devoted disciples of Jesus who make disciples.

† † †

PoWeR SuRge

Pray daily

Worship regularly

Read Scripture daily

Serve others

Relate to other Christians in Faith

Give of your financial resources

† † †

Editorial Board:

Gay Hanson (Editor in Chief), Ros Demaree, Jill Dietz, Pastor Doug Gast, Pastor Dave Hill, Trudy Kussow, and John Patterson.

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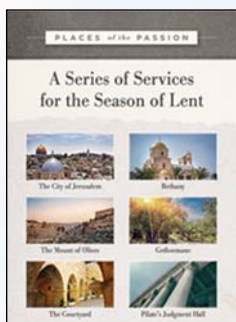
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LENT ✚ HOLY WEEK ✚ EASTER

PASTOR'S COLUMN



My friends, during this very special church season, we'll be taking a spiritual journey with our Lord and Savior Jesus with the help of a series of special services for the Sundays of Lent. On this journey, we'll be exploring the spiritual relevance of, the history of, and the spiritual inspiration associated with some *places* along the way. And we'll learn things that we may not have known before as we grow to understand more

deeply the difficult road that our Lord took so that the way to heaven could be open to us.

These *places* are where some of Jesus' suffering took place, and they hold special meaning to the children of God. These *places* remind us that Jesus did indeed walk this earth, and was physically at these *places* that are still found today in order to carry out His mission of salvation. No! It wasn't a sightseeing trip for Him! There was a serious reason why He came to be at certain *places* and at particular times to suffer, die, and rise again. He was fulfilling the will of His Father who desired that we be forgiven and given a place in heaven with Him forever.

The following is a list of the *places* that we will be visiting every Saturday/Sunday:

Week 1: Bethany

Matthew 26:6-13: Jesus is anointed for burial by his friend Mary, at her home in this small town.

Week 2: The Mount of Olives

Matthew 26:30-35: The disciples sing a hymn with Jesus before they head out to this place of prayer.

Week 3: The Garden of Gethsemane

Matthew 26:47-56: Jesus is betrayed and arrested in this garden under cover of darkness.

Week 4: The Courtyard

Matthew 26:57-69: While Jesus is put on trial before the high priest, Peter denies Jesus in this place.

Week 5: Pilate's Judgment Hall

Matthew 27:11-23: Pilate is positioned here to set Jesus free, but turns him over to be crucified instead.

Palm Sunday: Bethphage

Matthew 21:1-11—This place is where the ride into Jerusalem on a donkey begins for Jesus.

Maundy Thursday: The Upper Room

Matthew 26:17-29—Climb the stairs to join the disciples in receiving the body and blood of Christ in bread and wine.

Good Friday: Golgotha

Matthew 27:45-56—The Place of the Skull is where Jesus breathes his last.

Easter Saturday/Sunday: The Garden Tomb

Matthew 28:1-10—See the place where they laid him who is now arisen.



For our Wednesday night worship experiences, come for *supper at 6 p.m.* and then *service at 7 p.m.* Come and allow our *Promised Treasures* series to give you a fresh opportunity to be blessed by God's amazing love in new ways. St. Paul clearly said that "*faith comes from hearing*" (Romans 10:17), but the Gospel is also communicated through the physical senses of *sight, smell, touch, and taste*. Jesus mentions that a good teacher not only brings out *new treasures* but reminds people of *old and rich treasures* as well (Matthew 13:52). So, we'll be making a weekly journey to concretely see, smell, touch, and taste a number of biblical elements.

Just as Israel wandered through the wilderness for forty years, awaiting the *Promised Land*, we await heaven in the wilderness of this life. Life, as exiles in the wilderness of this world, isn't easy or pain-free. So, we await our real home, the *new promised land* of heaven. Until we get there, the Lord calls us to be His light in this dark world (Colossians 3; Ephesians 4).

The following is a list of the sensory treasures that we will be experiencing:

Ash Wednesday:

Sitting in Dust and Ashes

Midweek 2:

Salt: The Gift That Sweetens and Preserves

Midweek 3:

Water Gives You Life

Midweek 4:

Light Shining in the Darkness

Midweek 5:

Bread of Life

Midweek 6:

Palms and Victory

Bethel, it's my hope and prayer that you'll make a commitment to Jesus to allow both "*Places of the Passion*" and "*Promised Treasures*" to bless you through Lent. Please come every night if you can, so that God can remind you of His eternal love in Christ and fill you with renewed hope, and increase your joy knowing that because you are His baptized child, God is near to you now more than ever.

In HIS love,

Pastor Dave



PROFILE:

Gary & Rise Helgemo



Gary and Rise Helgemo, affectionately known as Mr. and Mrs. H by most of the youth here at Bethel, are our 4th and 5th grade Sunday School teachers. If you've had children attend Sunday School here you've likely met them as they have been teaching Sunday School here for almost 25 years.



The Helgemos, who now live in Cicero, first moved to Noblesville in 1984. They became members of Bethel at its Cicero location soon after. They raised their two sons, Scott and Jon, at that location. They first started teaching Sunday School because there were not enough volunteers to teach, and they decided they could do it together. It worked out so well that they continued teaching together. Often their classes include siblings of previous students.

Their first class was a Pre-K/K class. They continued with this group of children until they reached confirmation age and then decided to continue teaching 4th and 5th graders.

Inspired by their personal religious educations growing up, the Helgemos developed their own curriculum over time. Gary grew up Lutheran in a small town in Minnesota, and Rise grew up attending St Joan of Arc Catholic Church in Indianapolis. Their core belief as Sunday School teachers is that it is more important to understand what we believe versus memorizing words, and that learning can be fun. The Helgemos try to make their program relate to the students and the world they live in while retelling the biblical stories that are the basis of our faith. So many of the biblical heroes were just a few years older than the 9- and 10-year-old students in their class, so it is easy for the children to imagine what it would be like for them in a similar situation. Their program is extremely participatory, and the students are up out of their seats working together in teams learning why we believe in our faith.

Their curriculum is based on the Old Testament in the fall and the New Testament in the spring. They also have lessons on the Lord's Prayer, the Apostle's Creed, and the Psalms and Proverbs.





with Janus Developmental Services, Inc. and mentor at the local schools.

The Helgemos continue to teach Sunday School because it is so rewarding. “The students want to know more about their religion, and they ask such good questions and really work through issues.” Gary and Rise truly believe that they have developed a deeper understanding of their own faith through their teaching experience. They encourage anyone to serve as a Sunday School teacher and believe that anyone who does so will find it a very rewarding experience!

In addition to being Sunday School teachers, Gary has served on the church council for many years and is currently the Christian Education liason. He also volunteered many hours helping to build our current Bethel home. They both volunteer for the annual Rummage Sale each year, help with funeral dinners, and help with many fellowship events including the 80+ Luncheon, VBS, and various Bethel events and dinners. Outside of Bethel, they both volunteer

In their spare time they enjoy boating in the summer and snowmobiling in the winter. During January and February you can find them traveling through Michigan and Wisconsin looking for the perfect snowmobile trail.

In addition to their two sons Scott and Jon, they are the proud Papa and Nana to Dylan, their grandson. Dylan has become somewhat of a celebrity on YouTube known as Dizzy Dyl.



Devoted to
PRAYER

2023-2024 DAILY PRAYER AND READING CALENDAR

The NALC has released its next two-year daily prayer and reading calendar, *Devoted to Prayer*. This guide is to provide the average layperson and pastor with the simple tools for sorting through the busyness of their lives and reclaiming an act of daily discipleship with their Lord. The daily readings follow the *Lutheran Book of Worship* two-year daily lectionary, which reflect the church calendar closely. Go to: <https://thenalc.org/worship-resources/devoted-to-prayer-introduction/> OR [click here](#).



Promised Treasures

Lent Midweek at Bethel

Weekly Themes



Ash Wednesday: Ashes



Midweek 3: Light



Midweek 1: Salt



Midweek 4: Bread



Midweek 2: Water



Midweek 5: Palms

Places of the Passion

Lent & Holy Week at Bethel

In this worship series, we follow in the footsteps of Jesus, contemplating what happened at each place our Savior stood along the path of his Passion for our sake. You will learn things you may not have known before and grow to understand more deeply the hard road our Lord took that the way to heaven might be open to us.

Week 1: Bethany



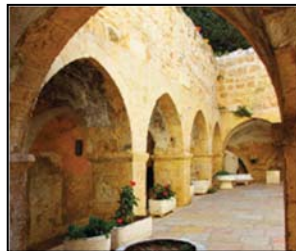
Week 2: The Mount of Olives



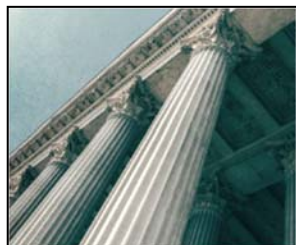
Week 3: The Garden of Gethsemane



Week 4: The Courtyard



Week 5: Pilate's Judgment Hall



Holy Week:

Palm Sunday: Bethphage



Maundy Thursday: The Upper Room



Good Friday: Golgotha



Easter Saturday/ Sunday: Garden Tomb



"Cheeseburger in Paradise" Theme



Bethel Lutheran
STAND UP COMEDY

**Feb 10
6p**

Dave Dugan

Rick Garrett



Jeremy Brown



Feb 10

food at 6p

show at 7p

Tickets

\$25/person



Proceeds benefit YOUTH Camps and other activities for Bethel Lutheran Church

For Tickets contact Holly at the office or Eddie at eddie@bethellutheranchurch.com

STEWARDSHIP

By Mary Jo Mikulski



Time, Talents & Treasure

Godly Time

The most overused phrase in the English language and probably in all the rest of the languages is “I don’t have enough time.” Every day when someone asks us to do something outside of our normal 9-to-5 day we say, “I will see if I have any time, or I really don’t have the time, or my time is taken up by this or that.”

What we are really saying is that this, whatever this is, is not worth my time. We always make time for the things that are important to us. We prioritize what is truly important to us!

As believers in Christ as our Savior and Redeemer, we need to be very careful about what is first on our time list. As a Biblical Giver in our Stewardship actions, time is a very big component — just as large as giving of our treasure or our talent to the Lord and to his work. The six values of a Biblical Giver apply very much in our ability to do God’s work using our time.

Being Intentional in our giving of our time means to plan what part of our day and week are devoted to furthering the work of the Lord. Looking at your week and picking out a time to serve in some way to share Christ and tell others about Christ and then do it.

Using your time Regularly would help you to do so without putting up roadblocks to sharing this time. It becomes as much a part of your day and week as eating or sleeping. Then, seriously

think about being Generous with your time. Are there some weeks that you could enlarge the block of time you give to the church, the food bank, the Sunday School, with the one-of-a-kind activities that come up in our Christian life?

The time you give to sharing Christ and spreading His love should be First, as you determine how you spend your time each day and week. Just the fact that you wake up and kneel down to pray before going about your day is giving of your time to the Lord First. It also helps you focus on the day’s events and can make all the rest of your time move smoothly.

All of the time we give to the Lord should be a focus of our total life, but the actual minutes should be Proportional to our daily life so that we do them as we support our family and our church and our country. In all of this giving of our time, we do it Cheerfully without complaint or bragging about how much we are doing in relationship to others.

Time is as much a part of our Biblical Giving as our Stewardship of our money. There is the statement that where your treasure is your heart is. But in this case the statement would be where you spend your time is where you heart is. Look at your life for a week and decide where has your heart been that week and think about how you use your heart in time to show others your love of Christ and wanting to share God with others.



ASK THE PASTOR



IS THERE SOMETHING YOU ALWAYS WANTED TO ASK?

By Doug Gast, Pastor Emeritus



What is Care Ministry?

During the second week of January I stopped by Bethel, but now I can't remember why I stopped. It must have been a prompting of the Holy Spirit. The staff was gathered in Holly's office area just chatting. We talked and laughed and shared friendship in that time and space. Gay Hanson was there, and as I was getting ready to leave she said she was starting to work on the Lent/Easter Footprints and asked if I would write an article for the column "Ask the Pastor?" I asked her if she had any ideas about what she thought would be good. She thought for a minute and then said, "Here's an idea. How about . . . What is Care Ministry?"

Shortly after that I was asked by Pastor Dave and Mark Heckman if I would be willing to accept a limited part-time call as Bethel's Care Pastor. I have agreed and will start in March.

It seems to me that care is a two-sided coin. I believe we all have a need to be cared for, and we also have a need to care for others. Care is not something that automatically happens. Care takes thought, time, energy, a tender heart and a loving spirit. It makes life a little softer, gentler, and kinder. When I looked up the definition of care, here's what I discovered. As a noun, *care* is the provision of what is necessary for the health, welfare, maintenance, and

protection of someone or something. For example, the care of the elderly. As a verb *care* is to feel concern or interest or to attach importance to something. It is the looking after and providing the needs for someone. Remember the story of the Good Samaritan? He stopped, helped and took care of the man who had been injured. He is immortalized for his care.

Why is care so important? Isn't it because this is a rough and tough world? How many times each and every day do we get beat up and beat down? How many times every day do we feel left out, isolated, ignored, and lonely, wondering if there is anyone who cares about us. Isn't one of the most hurtful things someone can say is, "I don't care." Yes, from our very first breath on this earth to our very last, we cherish being

cared for. Our well-being and world view is in large measure determined by how well we have been cared for.

I looked up *CARE* in my Bible concordance and the word care or some form of it occurs 190 times in the Old Testament and 58 times in the New Testament. Over and over, we read how much God cares for His creation, but especially for His children. There is so much about God that will always be a mystery, but there are two things that we know for sure – first, He is



always with us and second, He always cares about us. In fact, there are many instances where you substitute the word care for the word love. “For God so cared for the world, that He sent His one and only son.” “Care for one another as God has cared for you.” “So faith, hope and care abide, these three, but the greatest of these is care.” Well, you get the idea. Isn’t the primary reason the 23rd Psalm is so endearing and enduring is because it portrays the care of the Good Shepherd? Jesus knew that care

CAST ALL YOUR ANXIETY ON HIM, BECAUSE HE CARES FOR YOU.

1 PETER 5:7

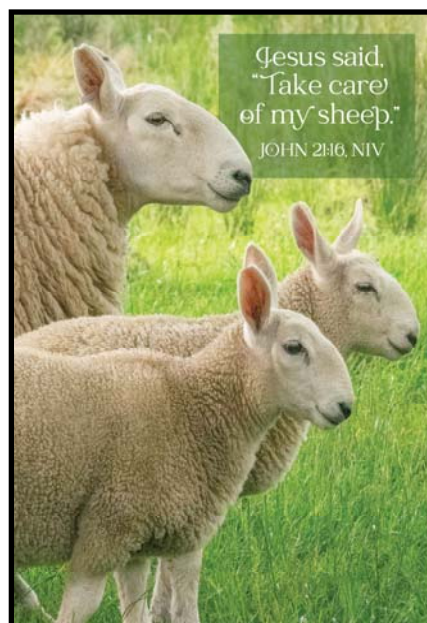
and expressed so visually when he said, “Are not two sparrows sold for a penny? Yet not one of them will fall to the ground outside your Father’s care.” One of my go-to Bible verses is I Peter 5:7. “Cast all your anxiety on him because he cares for you.”

Just as being cared for is life-giving, so also is caring for God’s creation, caring for God’s children (which is all of us), caring for the things God cares about. Justice, fairness, honesty, integrity, and righteousness are all hallmarks of the caring spirit God calls us to embody.

We have all heard the saying: “People don’t care how much you know until they know how much you care.” I might be the point man for Care Ministry, but here’s the deal: we are all care ministers. It is the one job in the church that is shared by us all. One of the things the world noticed about the early church was the care the members displayed not only with one another but also with the world. “See how they care. See how they welcome all. See how they share what they have with generous spirits. See how they reflect the light and love of Christ with joy and passion.”

Our scriptures remind us how important it is for us to reflect the very care of God. Jesus said in as much as you care for the least and the lost, the hurting and lonely, you care for him. And in one of the last encounters Jesus had with his disciples, he challenged Peter and the rest of the disciples to “Take care of my sheep.” The Apostle admonished his young mentee, “Timothy, guard what has been entrusted to your care.” How might I embody a spirit of care in my daily walk and in my relationships? How we talk and what we say conveys either care or indifference. Care can be expressed by taking the time to be fully present with others, to listen - really listen - to others, sharing a hug, mailing a card, calling or even sending a text, or simply crying with someone who is grieving. Here at Bethel our care starts with a smile or noticing a guest and extending a welcome to them. Become a noticer who pays attention to things others might overlook. Become a care partner by praying for and with those on our prayer chain, by signing up to help with coffee fellowship or funeral dinners. I’m sure you can probably add your own care touches.

Let’s wrap this into our Lenten and Easter season observance. On a scale from 1 to 10, how caring do you think you are? What if you made an effort to raise your care score by 1 from a 5 to a 6, or from an 8 to 9. Do you think it would make a difference? I do! For you, for those around you and for our entire church. Wouldn’t it be wonderful to hear our community say about us: “Bethel . . . see how they care!” All in the name and spirit of Jesus.



SEASONS & HOLY DAYS

GOOD FRIDAY

By Gay Hanson

Good Friday is the day Christians commemorate the crucifixion of Jesus. It is part of the Paschal Triduum. A triduum is Latin for a religious observance lasting three days; therefore, the Paschal or Easter Triduum is observed Maundy Thursday, Good Friday, and Easter, which begins on Holy Saturday with the Easter Vigil and continues through Sunday. It is thought of as one continuous service.

The term "Good Friday" comes from the definition of the word "good" as "pious" or "holy." It is the same usage as saying the "Good Book" to mean the Bible. In Old English, the day was called "Long Friday" and versions of this term are still used in parts of Scandinavia.

In the Lutheran church, the liturgical color associated with Good Friday is black.

In Lutheranism during the 16th to 20th century, Good Friday was a very important religious holiday. Abstention from all worldly works was expected although there doesn't seem to have been a restriction on the celebration of communion.

Currently, the Lutheran liturgical practice is to make Good Friday a part of the Three Days or Triduum. The Three Days remain one liturgy, which celebrates the death and resurrection of Jesus. In this liturgy, the Eucharist is celebrated in remembrance of the Last Supper on the evening of Maundy Thursday and then not again until Easter. Many Lutheran churches use a *tenebrae* service on Good Friday, usually conducted in low or candlelight and consisting of various accounts from the Gospels of Jesus' Passion.

Some Lutherans emphasize the importance of Good Friday as a day of fasting with only one simple meal during the day, usually without meat. They may do the same on Ash Wednesday.

On Good Friday, Jesus was questioned, flogged, and tried then sent to be crucified. He carried his cross, aided by Simon of Cyrene, to the execution site called the "place of the Skull" or "Golgotha" in Hebrew and "Calvary" in Latin. There he was crucified besides two criminals.

Jesus agonized on the cross for six hours and for the last three hours, it is reported that darkness fell over the whole land. He spoke from the cross 7 times (see boxes to right). Then, with a loud cry, Jesus gave up his spirit, and there was an earthquake, tombs broke open, and the Temple curtain was torn from top to bottom. The Roman centurion on guard at the execution site said, "This man truly was the Son of God!" Matthew 27:54 & Mark 15:39

Joseph of Arimathea, a member of the Sanhedrin and secret follower of Jesus, who had not consented to Jesus' condemnation, requested the body from Pilate. Before giving permission, Pilate asked for confirmation of the death. A soldier pierced Jesus' side and blood and water flowed out, so the centurion confirmed the death to Pilate who gave the requested permission.

Joseph took Jesus' body, wrapped it in a clean linen shroud, and placed it in his own new garden tomb that had been carved in the rock near the site of the crucifixion. Nicodemus, another secret follower of Jesus and member of the Sanhedrin, brought 75 pounds spices and placed them in the linen with the body in keeping with Jewish burial customs. They rolled a large rock over the entrance of the tomb. Then they returned home and rested, because the Sabbath began at sunset.

Then, "Early on Sunday morning, as the new day was dawning, Mary Magdalene and the other Mary went out to visit the tomb. Suddenly there was a great earthquake! For an angel of the Lord came down from heaven, rolled aside the stone, and sat on it. His face shone like lightning, and his clothing was as white as snow. The guards shook with fear when they saw him, and they fell into a dead faint. Then the angel spoke to the women. "Don't be afraid!" he said. "I know you are looking for Jesus, who was crucified. He isn't here! He is risen from the dead, just as he said would happen. Come, see where his body was lying. And now, go quickly and tell his disciples that he has risen from the dead, and he is going ahead of you to Galilee. You will see him there. Remember what I have told you." Matt. 28:1-7

Jesus said, "Father, forgive them, for they don't know what they are doing." Luke 23:34a

And Jesus replied, "I assure you, today you will be with me in paradise." Luke 23:43

When Jesus saw his mother standing there beside the disciple he loved, he said to her, "Dear woman, here is your son." And he said to this disciple, "Here is your mother." And from then on this disciple took her into his home. John 19:26-27

At about three o'clock, Jesus called out with a loud voice, "Eli, Eli, lema sabachthani?" which means "My God, my God, why have you abandoned me?" Matthew 27:46 (Psalm 22:1)

Jesus knew that his mission was now finished, and to fulfill Scripture he said, "I am thirsty." John 19:28 (Psalm 22:15, 69)

When Jesus had tasted it, he said, "It is finished!" Then he bowed his head and gave up his spirit. John 19:30

Then Jesus shouted, "Father, I entrust my spirit into your hands!" (Psalm 31:5) And with those words he breathed his last. Luke 23:46

LUTHERAN CHRISTIANS

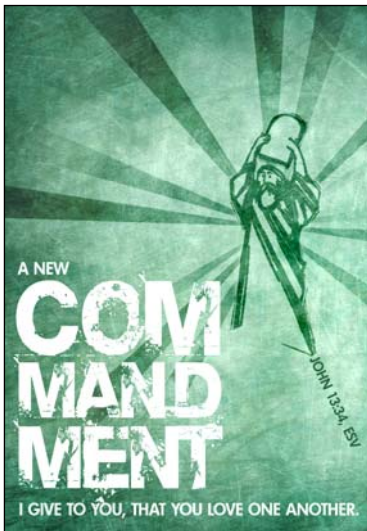
WHO WE ARE - WHAT WE BELIEVE

By Gay Hanson

The Traditions of Maundy Thursday

Maundy Thursday

The liturgical color is either white for purity or scarlet for Jesus' blood.



What Does the Name Mean?

The term “Maundy” comes from the Latin *mandatum* or command. It refers to Jesus’ instruction after the Last Supper to the disciples, “So now I am giving you a new commandment: Love each other. Just as I have loved you, you should love each other.” John 13:34

The Last Supper

On the first Maundy Thursday at what Christians call the Last Supper, Jesus gave the disciples bread (his body) and wine (his blood) for the forgiveness of their sins and commanded that believers “do this for the remembrance of me.” Lutherans celebrate Holy Communion or the Eucharist as one of two sacraments — gifts from God. Most worship services focus on the meal and communion as a way to commemorate this day, for the forgiveness of sins, and to connect personally to God. At Bethel, Maundy Thursday is usually the day that youth celebrate their First Communion.



Foot Washing

To illustrate humility and service, Jesus performs the duty of a slave, washing the feet of his disciples and urging them to do the same for one another. Some Lutheran congregations incorporate this act of humility into their Maundy Thursday services, and it is interesting that the story of the foot washing is only found in John’s Gospel account.

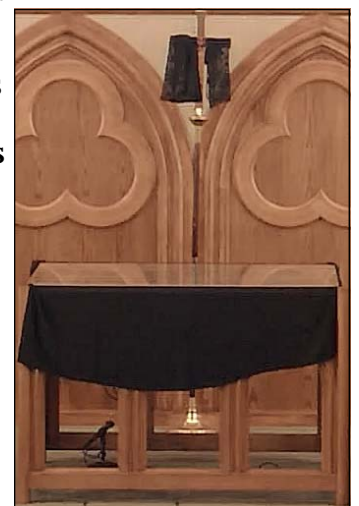
He poured water
into a basin and began
to wash his
disciples’ feet ...

John 13:5



Stripping of the Altar

After the Eucharist is celebrated it is customary to “strip the altar.” This symbolizes the abandonment of Jesus by his disciples and the stripping of Jesus by the soldiers before his crucifixion. It represents his humiliation and the consequences of sin. It is also a preparation for the celebration of the resurrection to new life as the altar remains stripped or is clothed in black until the Easter Vigil. Sometimes Psalm 22 is read or sung while the paraments are being removed.



James Nestigen, Theologian 1945-2022

From NALC newsletter



James Arne Nestigen, 77, returned to Christ Jesus on December 31, 2022. He died of a heart attack while at home in Roseville, Minnesota.

James Nestigen was a Norwegian-American child of the prairie, born November 21, 1945,

of a storytelling tradition that he lived out throughout his life, doing so with joy, skill, and a fair dose of humor. In his profession as a pastor, author, speaker, teacher and professor of church history at Luther Seminary in St. Paul, Minnesota, as well as with his family and friends, he enjoyed nothing more than trading stories and laughter — with a rare off-color joke thrown in.

The central story of his life was his belief in Christ's promise that through the grace of God we, though by nature sinful, confess, are forgiven and welcomed into new and eternal life. It is this story that inspired a life of study, teaching, scholarship and service, following his father Joyce Nestigen and father-in-law Olaf K. Storaasli. In this vocation, he took great joy in the colleagues, friends, trouble-makers and sinners that he met and with whom he shared a common faith.

Jim graduated from Concordia College, Moorhead (1967), and earned an M.Div. from Luther Seminary (1971). He served as intern pastor in Spokane, Washington, as well as pastor in Coquille, Oregon, and Toronto, Ontario. He received his Th.D. from the University of Toronto (1984).

He was the author of hundreds of popular and scholarly articles, as well as the books *The Lutheran Confessions: History and Theology of The Book of Concord* (with Robert Kolb and Charles P. Arand, 2012), *Martin Luther: A Life* (2009), *Martin Luther: His Life and His Teachings* (2004), *Sources and Contexts of the Book of Concord* (with Robert Kolb, 2001), *Manger in the Mountains* (2000), *The Faith We Hold* (1983), *Roots of Our Faith* (1978), and *Free to Be* (with Gerhard Forde, 1975).

His life and work was much enriched by his wife, Carolyn Nestigen. They were happily married for 54 years, sharing travel and adventure grounded in their faith. Since 2006, Jim had taken particular joy in his

eight grandchildren, Ella, Willa, Ansel, Alida, Harriet, Thore, Caia, and Lilja. He loved spending time with them.

Throughout his life, Jim was an avid collector of music with a soft-spot for Ellington, Bach, Coltrane, Mingus and Sun-Ra. He was also a reader, tool collector, periodic woodworker, fisher and hunter. Always, he was a hockey and baseball fan — passions dating to North Dakota pond hockey and radio broadcasts of his childhood. Characterized by an adventurous spirit, with a mischievousness as a storyteller, he was often willing to indulge in a bit of hyperbole; he was not always patient, was at times bullish, and was consistently and deeply a loving family man.

He is survived by his wife Carolyn Storaasli Nestigen, brother Rolf Nestigen, sisters Mary Nestigen and Janann Sims, sons Andrew Nestigen (Karen Baker), Peder Nestigen (Sarah Horstmann), Jacob Ole Nestigen (Sonja Nestigen), and his eight grandchildren. His loss is equally mourned by his loving mother-in-law and extended family of nieces, nephews, cousins and other cherished relatives.

He was preceded in death by his parents, Joyce and Ruth Vinge Nestigen.

A funeral service was held Friday, January 6, at St. James Lutheran Church in West St. Paul, Minnesota. A live-stream video of the service is available on the church's YouTube site.

Memorials are preferred to Lutheran World Relief.



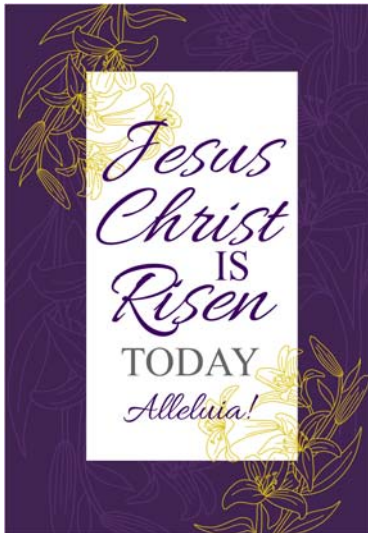
Rev. Dr. Jim Nestigen was instrumental in the establishment and continued development of the NALC. He was also a regular and much esteemed preacher and teacher at NALC convocations and events.



CHURCH MUSIC

JESUS CHRIST IS RISEN TODAY

By Jill Dietz



The history of this beloved hymn is a bit of a mystery. An early English translation came from the Lutheran chorale *Erstanden ist der heil'ge Christ*, published in Nuremberg in 1544, which was taken from a 14th century Latin carol, *Surrexit Christus hodie*.

This hymn is often associated with Charles Wesley, who adapted it in 1739 as “Christ the Lord Is Risen Today” (notice the changing of the first three words), but it’s also been attributed incorrectly to publisher John Walsh, who published it in 1708, with the title “The Resurrection” in an anonymous publication called *Lyra Davidica*. It has retained the first verse and roughly follows the musical setting of the earliest known version.

The hymn, based on a poem of 11 verses, had only 3 verses with just the first verse being a direct Latin-to-English translation. In 1740, Wesley added a fourth verse. These two hymns, “Jesus Christ Is Risen Today” and “Christ the Lord Is Risen Today,” are set in the same meter, can be interchanged with the same tune, and are often confused with each other.

In 2007, a music historian named Tom Dixon made a connection between *Lyra Davidica* and the manuscript diaries of a poet, prophet and clergyman named Richard Roach. Roach’s diaries clearly indicate that he was the primary composer and editor of *Lyra Davidica*, which would then indicate that he also wrote “Jesus Christ Is Risen Today.”

Roach was Rector of St. Augustine’s, Hackney and a Fellow of St. John’s College, Oxford. He was a leading figure in the Philadelphian Society, a female-centered group of mystic-visionaries, who relied heavily on music, singing, poems and meditations. Music was such a part of Roach’s life that when he hired a new maid, she was first asked if she could like a holy retired life and secondly, could she sing?

This favorite Easter hymn is based on Matthew 28:6, Acts 2:32, 1 Peter 3:18 and Revelation 1:17-18 and is also noted for having Alleluia as a refrain after every line. Versions of this hymn have been sung in Easter services for over 280 years.

Enjoy singing this hymn, this year and sing out loud and strong when those trumpets join the organ! Jesus Christ is Risen today – Alleluia!

Jesus Christ is Risen Today

Jesus Christ is risen today, Alleluia!
Our triumphant holy day, Alleluia!
Who did once upon the cross, Alleluia!
Suffer to redeem our loss. Alleluia!

Hymns of praise then let us sing, Alleluia!
Unto Christ, our heavenly king, Alleluia!
Who endured the cross and grave, Alleluia!
Sinners to redeem and save. Alleluia!

But the pains which he endured, Alleluia!
Our salvation have procured; Alleluia!
Now above the sky he's king, Alleluia!
Where the angels ever sing. Alleluia!

Sing we to our God above, Alleluia!
Praise eternal as his love; Alleluia!
Praise him, all you heavenly host, Alleluia!
Father, Son, and Holy Ghost. Alleluia!

EASTER TRADITIONS

Easter Eggs

How did the egg come to represent Easter?

Historically, eggs have been a symbol of fertility, new life, and rebirth. Throughout history, eggs have been part of spring festivals to mark the seasons. In early Egypt and various cultures of Mesopotamia and Crete, eggs were associated with death and rebirth. Decorated eggs in gold and silver have been found in ancient Egyptian and Sumerian graves as early as 5,000 years ago.

In Christianity, the egg, as a symbol of new life and rebirth, came to represent Jesus' resurrection from death and the tomb at Easter. This custom, according to many sources, can be traced to the early Christians of Mesopotamia. From there it spread to Eastern Europe and Siberia through the Orthodox Churches, and later into Europe through the Catholic and Protestant Churches. Some Christians symbolically link the cracking open of Easter eggs with the empty tomb of Jesus.

Eggs may also carry a Trinitarian symbolism as shell, yolk, and white are three parts of one egg. In any event, there are references to eggs as part of Easter celebrations back to the 13th Century. The Roman Catholic Church officially adopted the custom of regarding the eggs as a symbol of the resurrection of Jesus with the *Roman Ritual* in the early 1600s. The *Ritual* refers to the Easter Blessings of Food, one for eggs, along with those for lamb, bread, and new produce. That Blessing reads, "Lord, let the grace of your blessing + come upon these eggs, that they be healthful food for your faithful who eat them in thanksgiving for the resurrection of our Lord Jesus Christ, who lives and reigns with you forever and ever."

In the Orthodox churches, Easter eggs are blessed by the priest at the end of the Paschal or Easter Vigil and distributed to the faithful. The egg is seen by followers of Christianity as a symbol of resurrection with a new life sealed within it. There are scholars and historians who say that the custom of Easter eggs has its roots in the fact that eggs were not to be eaten

during Lent. The Lenten fast marked Jesus' time in the wilderness. This prohibition on eating eggs during Lent is also the reason behind making pancakes on Shrove Tuesday and Mardi Gras or "Fat Tuesday" – to use up the eggs and dairy products in the house. It would produce a surplus of eggs for Easter as well, since the birds would not stop laying eggs. Eggs on Easter would be a great treat after Lent.

A number of superstitions sprang up around eggs at Easter-time. For example, some thought that eggs laid on Good Friday would turn into diamonds if they were kept for 100 years. Others thought that eggs cooked on Good Friday and eaten on Easter would promote fertility and prevent sudden death, and it became the custom to have your eggs blessed before you ate them. Another superstition was that if your egg had two yolks, you'd soon become rich.



Coloring Eggs

Decorating eggs for Easter is a tradition that dates back to at least the 13th Century, according to some sources. The oldest tradition, which continues to be used by Orthodox and Eastern Catholic Churches, is to use dyed and painted chicken eggs. A particular ancient tradition is to stain the Easter egg with the color red to represent the blood of Christ shed at the crucifixion. The dyeing of hard-boiled Easter eggs in different colors is now commonplace. Colors are achieved by boiling the egg in natural

EGGS, COLORS, & HUNTS

substances, such as onion peel, bark, walnut shells, beet juice, coffee grains, and other natural substances. Today, artificial coloring is used most often. In addition, using wax from candles or crayons allowed letters, symbols, or patterns to be put on the eggs which would show up after the dyeing. The eggs can also be painted.

A modern custom in some places is to substitute chocolate eggs wrapped in colored foil, hand-carved wooden eggs, or plastic eggs filled with candy. The first chocolate Easter egg was made by Cadbury's in 1875.

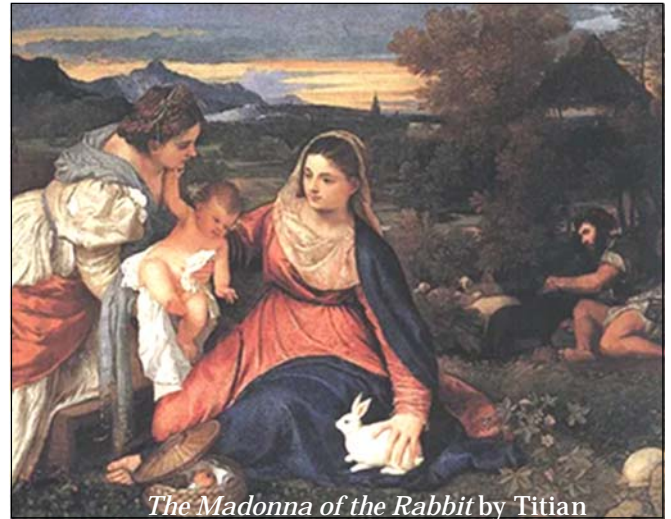
Easter Egg Hunt

The custom of the Easter egg hunt comes from Germany. Some suggest that it dates back to the late 16th Century when Martin Luther organized eggs hunts for his congregation. Men would hide eggs for women and children to find. This is even a nod to the fact that it was women who found the tomb empty at the Resurrection.



The German Lutheran tradition of the Easter egg hunt is linked to the Easter Bunny – or the egg-laying Easter Hare as he was originally known. The first written reference to the Easter Hare was in 1682 in Georg Franck von Franckenu's essay, *De ovis*

paschalibus ('About Easter eggs'). However, references to hares/rabbits and Easter do go back even earlier in central Europe. Hares were associated with fertility, the arrival of spring with its new flowers and baby animals, and with the Virgin Mary. Hares sometimes appear in paintings of the Virgin and Christ Child and in illuminated manuscripts. Early custom had it that the hare would bring a basket of brightly painted eggs for all the children who had been good, and these would be hidden around the house and garden for the children to find.



The Madonna of the Rabbit by Titian

Easter eggs and the egg hunt became more popular in the late 19th and early 20th centuries as society began to change. Family life became more of a priority, and people had more disposable income. As a result, Easter moved away from being a primarily religious and communal celebration and became more centered on family, home and the fun for the children.



The Most Important Celebration

Easter traditions and symbols have changed and evolved over time. Some have been around for centuries like red-colored eggs, while others like chocolate Easter eggs are comparatively recent. The most recognizable secular symbol of Easter – the Easter Bunny, was most likely brought to America by German immigrants with their stories of an egg-laying hare. No matter the traditions and symbols, the most important celebration of all at Easter is that of the Resurrection of Jesus Christ!

Sources: "Why Do We Have Easter Eggs," [English Heritage](#); "Easter Egg," [Wikipedia](#); "Easter Symbols and Traditions," [History Channel](#)

CHRISTIAN EDUCATION

YOUTH & SPIRITUAL DEVELOPMENT



Sunday School for children, ages Kindergarten through 12th grade, begins every Sunday at 10:00 a.m. All classes go to their usually assigned classrooms and parents can pick them up from those classrooms at 10:55 a.m.

Nursery is staffed on Sunday by volunteers from Kidz City. Want to take advantage of nursery care? Please bring your little ones to the nursery at the time children are dismissed for Kidz City. And it would be great if you could help every once in a while.

Preschool-Kindergarten
Children who turn 3 years old before December 31st, and those in Kindergarten, can join our Preschool-Kindergarten Sunday School Class at 10:00 a.m. Gospel Light Curriculum teaches them Bible lessons in a fun, age-appropriate way, with engaging songs, stories, videos and puppets!

1st-5th Grade — Children are grouped in Sunday School classes by age/grade. Students learn basic Bible stories and Lutheran teachings in preparation for Confirmation during Middle School.

High School
We explore various topics of mutual interest, seeking to apply our faith to real-life situations and challenges and to move beyond the accumulation of more head knowledge, into the area of faith application and growing as disciples. We begin class each week sharing at least one good thing from the past week. We encourage conversation and discussion in a respectful manner. We encourage active serving while reminding them of the little eyes looking up to them here at church. We end each class in a prayer that honors prayer requests.



Confirmation
A class for Middle School students (grades 6-8) who want to understand what their faith in Jesus is all about. The goal is to develop a life-long faith through a combination of engaging learning events, regular fellowship activities, and service opportunities in and outside our congregation. Need info? Contact [Pastor Dave](mailto:pastordave@bethellutheranchurch.com) at pastordave@bethellutheranchurch.com.

LIVE @ 5:17 YOUTH & FAMILY FUN NIGHTS

“Live” @ 5:17 Youth & Family Fun Night on the last Sunday of the month starting at 5 p.m. in the Fellowship Hall.



No Classes
April 2 or April 9 —
Spring Break & Easter



Baptism Class
This class is for parents who wish to have their child(ren) baptized. During this session, we explore what happens when we come to the font and what it means to be a disciple of Jesus Christ. We review the expectations placed on parents and the support they can expect to receive from the church. Contact [Pastor Dave](mailto:pastordave@bethellutheranchurch.com) at pastordave@bethellutheranchurch.com or call the church at 317-773-4315 for more information.



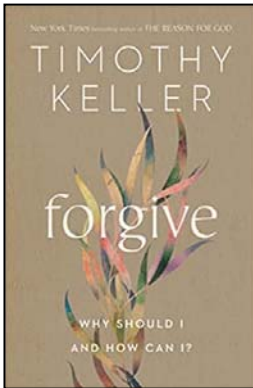
First Communion Class
Children in 4th grade and up learn about God's promises and the importance of Holy Communion. Classes will be Saturdays, March 11, 18, & 25 at 9 a.m. Pastor Emeritus Doug Gast will be the instructor. The Rite of First Communion will be at the Maundy Thursday Service, 7 p.m. on April 6. Contact the church office at 317-773-4315 for more information or to enroll.



Discovery:
Becoming a Disciple of Jesus
Sundays — TBD
Participants will grow deeper into the life of discipleship during this interactive and engaging “new disciple” orientation as we explore key aspects of our Lutheran Christian faith, including how God has wired each of us to be ministers rather than simply members of the Church. Contact the church office (317-773-4315) or the pastor for information.

BOOKS OF INTEREST

Reading level:
Adult



FORGIVE: WHY SHOULD I AND HOW CAN I?

by Tim Keller

Forgiving someone who has hurt you is one of the hardest things a person can do. In *Forgive*, Tim Keller explores the spiritual and practical aspects of it. It is impossible to move past transgression without forgiveness, but few people have the resources to forgive others fully and move on with their lives. Although Keller gives many suggestions about how to be able to forgive, for me the strength of the book is that it reveals how the redemptive work Jesus did for us is the basis for our ability to forgive.

As we approach Easter, this book fills us with deep appreciation for what our Lord did for us on the cross.



Reading level:
Adult

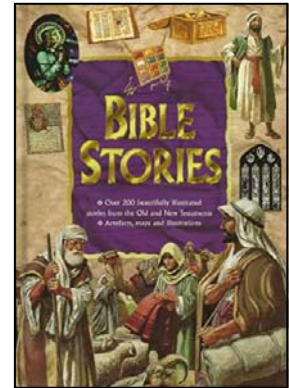


7 MEN AND THE SECRET OF THEIR GREATNESS

By Eric Metaxas

This book presents a portrait of seven widely known, but not well understood, Christian men who committed to live by certain virtues in the truth of the Gospel. They call us to a way of living that embodies the gospel in the world around us. It addresses what it means to be a man today, at a time when media and popular culture present images of masculinity that are not the picture presented in Scripture and historic civil life — encouraging us to think critically, act honorably, and lead by example.

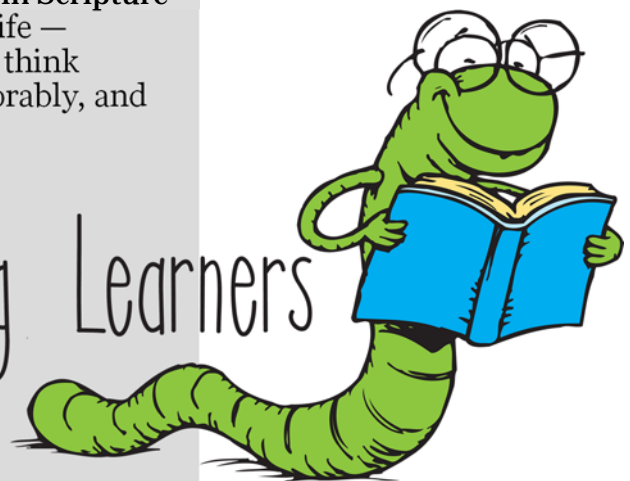
Reading level:
Children



BIBLE STORIES FOR CHILDREN AND THEIR CARING ADULTS

This book is an exciting introduction to the world of the Bible to be enjoyed by all the family. It features stories from both the Old and New Testaments told in a lively style and brought to life by dramatic illustrations. There are also maps, photographs, and diagrams to help in understanding ancient Israel.

Lifelong Learners



THE SERMON ON THE MOUNT

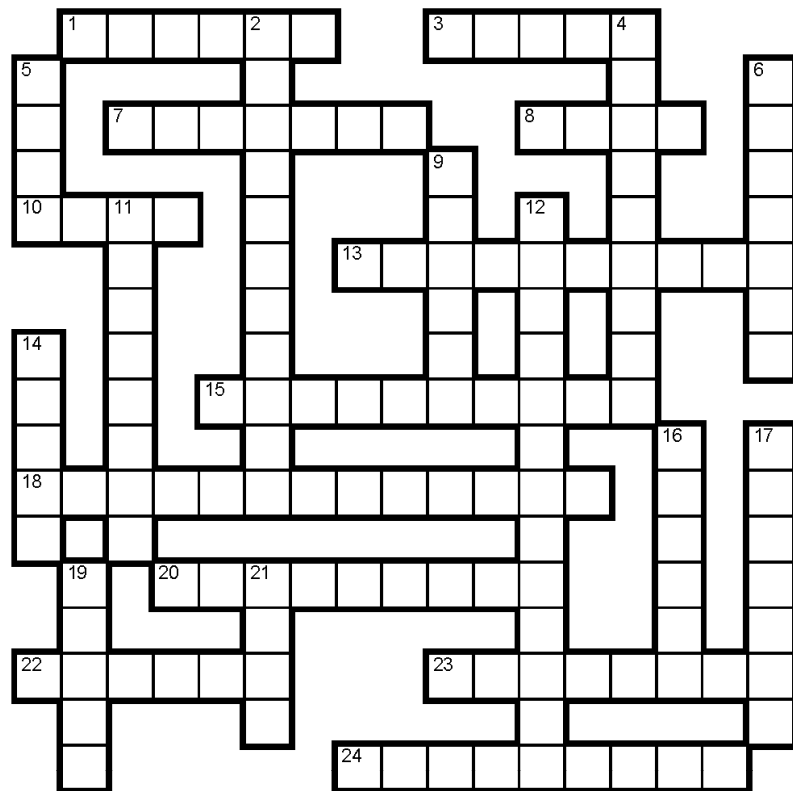
Across

- 1 Not to be put under a bushel. (6)
- 3 Let yours shine before men! (5)
- 7 Moth and rust will do this to your earthly store. (7)
- 8 If you do this, you will find. (4)
- 10 These should not be done in view of men. (4)
- 13 The eight sayings by Christ at the beginning of his sermon. (10)
- 15 They sound trumpets in the streets when they are being charitable. (10)

- 18 The peacemakers will be called this. (8,2,3)
- 20 They were with Jesus when he gave the sermon. (9)
- 22 You can't serve God and this. (6)
- 23 Fellow believers. (8)
- 24 The earth is this to God. (9)

Down

- 2 Jesus gave this as example of how to communicate with God. (5,6)



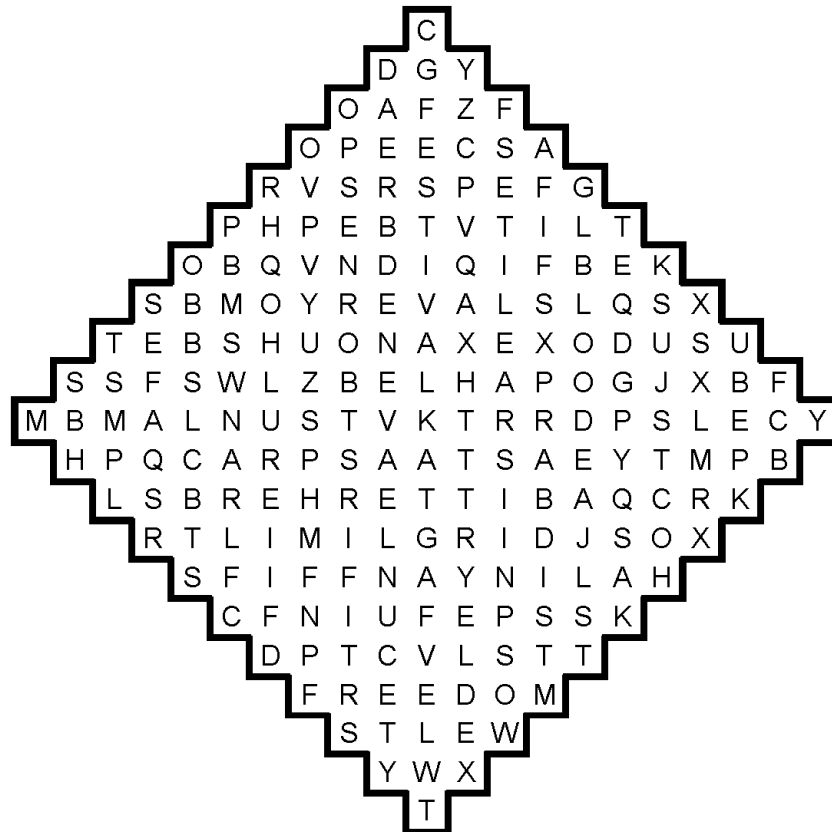
BiblePuzzles.org.uk

- 4 Don't lay these upon the earth. (9)
- 5 Whoever says this to his brother shall be in danger of the council. (4)
- 6 Those who are given happiness and good fortune. (7)
- 9 When engaging in this, you should enter into your closet and shut the door. (6)
- 11 Where the sermon was given. (8)
- 12 You should search for this first, before worrying about food and clothing. (13)
- 14 What you should do to your eye if it offends. (5)
- 16 They which do this shall be filled. (6)
- 17 The hypocrites disfigured their faces while doing this. (7)
- 19 If you are forced to go a mile with someone, this is how far you should go. (5)
- 21 The foolish man built his house on this. (4)

Answers may be found on Page 22.

PLAY

PASSOVER WORD SEARCH



BiblePuzzles.org.uk

BITTER HERBS
BLOOD
DOORPOSTS
EAT
EGYPT
EXODUS
FESTIVAL
FIRSTBORN
FREEDOM
ISRAELITES

LAMB
LINTEL
MEAL
PASSOVER
ROAST
SACRIFICE
SEVEN DAYS
SLAVERY
UNLEAVENED BREAD
YEAST

CALENDAR

LITURGICAL CALENDAR

Bethel Lutheran Church functions on a liturgical calendar with seasons and holy days. There are colors associated with each of the seasons and holy days. These are shown on this calendar and are reflected in the paraments in the sanctuary.

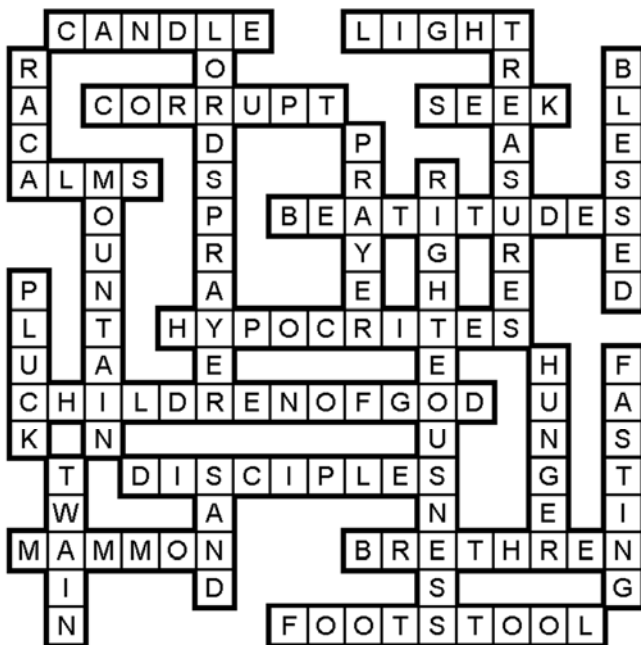
DAY	DATE	CHURCH CALENDAR
Sunday	2/5/23	5th Sunday after Epiphany
Sunday	2/12/23	6th Sunday after Epiphany
Sunday	2/19/23	Transfiguration Sunday
Wednesday	2/22/23	Ash Wednesday
Sunday	2/26/23	1st Sunday of Lent
Sunday	3/5/23	2nd Sunday of Lent
Sunday	3/12/23	3rd Sunday of Lent
Sunday	3/19/23	4th Sunday of Lent
Sunday	3/26/23	5th Sunday of Lent
Sunday	4/2/23	Palm Sunday
Thursday	4/6/23	Maundy Thursday
Friday	4/7/23	Good Friday
Saturday	4/8/23	Holy Saturday
Sunday	4/9/23	Easter
Sunday	4/16/23	2nd Sunday of Easter
Sunday	4/23/23	3rd Sunday of Easter
Sunday	4/30/23	4th Sunday of Easter

EVENTS & ACTIVITIES

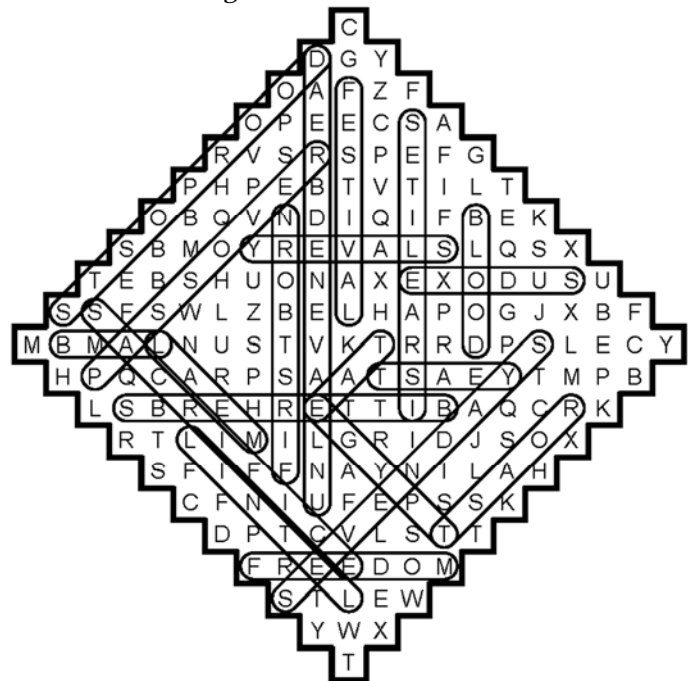
February 1, 2023 — April 30, 2022

- Feb 8 Healing Service 7 p.m.
- Feb 10 Comedy Night 6-9 p.m.
- Feb 11 Winter Jam for Youth, Baker's Life Fieldhouse
- Feb 19 **Transfiguration of Our Lord**
- Feb 22 Ash Wednesday Service 12:15 p.m. & 7 p.m.
- Feb 26 Youth-Family Fellowship Night 5 p.m.
- Mar 2 Healing Service 7 p.m. (Thursday due to Lent)
- Mar 8 Midweek - Dinner 6 p.m. & Worship 7 p.m.
- Mar 11 First Communion Class 9 a.m.
- Mar 12 Daylight Savings Time - Spring Forward
- Mar 15 Midweek - Dinner 6 p.m. & Worship 7 p.m.
- Mar 18 First Communion Class 9 a.m.
- Mar 22 Midweek - Dinner 6 p.m. & Worship 7 p.m.
- Mar 25 First Communion Class 9 a.m.
- Mar 26 Youth-Family Fellowship Night 5 p.m.
- Mar 29 Midweek - Dinner 6 p.m. & Worship 7 p.m.
- Apr 2 Palm Sunday
- Apr 5 No Healing Service due to Holy Week
- Apr 6 Maundy Thursday/1st Communion 7 p.m.
- Apr 7 Good Friday: Services @ 12:15 p.m. and 7 p.m.
- Apr 8 Easter Egg Hunt 10 a.m.
- Apr 8 Holy Saturday Service 5:30 p.m.
- Apr 9 **EASTER**—7, 8:45 & 11:11 a.m. services
- Apr 15-16 Preschool Silent Auction
- Apr 30 Blood Drive 8:30 a.m.—12:30 p.m.
- Apr 30 Youth-Family Fellowship Night 5 p.m.

Answers from Page 20



Answers from Page 21



Events & Activities





WEEKEND WORSHIP OPPORTUNITIES

SATURDAY

5:30 p.m. – Casual Worship

SUNDAY

8:45 a.m. – Classic Worship

10:00 a.m. – Christian Education Hour

11:11 a.m. – Praise Worship

Communion will be celebrated at all services.



OTHER WORSHIP OPPORTUNITIES

1st WEDNESDAY OF THE MONTH

7:00 p.m. – Healing Service — February & March

ASH WEDNESDAY — FEBRUARY 22

12:15 p.m. & 7:00 p.m. – Worship Service

MARCH 1, 8, 15, 22, & 29

6:00 p.m.— Dinner & 7:00 p.m. – Worship Service

HOLY WEEK

Palm Sunday, April 2 - 8:45 a.m. & 11:11 a.m.

Maundy Thursday, April 6 - 7 p.m.

Good Friday, April 7 - 12:15 p.m. & 7 p.m.

Holy Saturday, April 8 - 5:30 p.m.

EASTER SUNDAY — APRIL 9

7 a.m. (Sunrise), 8:45 a.m. & 11:11 a.m.

Bethel Lutheran Church

20650 Cumberland Road

Noblesville, IN 46062

317.773.4315

BethelLutheranChurch.com



NALC
North American Lutheran Church