

**SUNDAY WORSHIP SERVICE (via Facebook Live or ULC website)
SUNDAYS @ 9:30AM**

**SUNDAY COFFEE & CHAT (Zoom Chat)
SUNDAYS @ 10:30AM**

**WATOTO VIRTUAL CONCERT
(via Facebook Live, ULC Website, or in the Sanctuary)
TUESDAY, JULY 2ND @ 6:30PM**

**INTERNATIONAL VILLAGE FOOD FESTIVAL 2:
SCANDINAVIAN CUISINE
SATURDAY, JULY 25TH
4:00PM - 7:00PM**

**BOOK CLUB (Zoom Chat)
MONDAY, JULY 27TH @ 6:30PM**

UNITED LUTHERAN CHURCH

We are a Stephen Ministry Church

Address: 100 Cooper Road · Bella Vista · AR 72715

Phone: 479-855-1325

Email: admin@unitedlutheranbv.org

Website: www.unitedlutheranbv.org

LIKE US on Facebook: @ United Lutheran Church



July 2020

FROM THE PASTOR'S OFFICE: A Profound Opportunity

We will never forget 2020 ... and as I typed this, the year 20-20, I had the thought that perhaps this will all help us to see more clearly. Perhaps this year will help us to clarify what is real and what is really important.

It seems like it has been one thing after another: trouble in Washington, a world-wide health pandemic, a call to shelter in place, and now, a cry to finally deal with the systematic racism that seems to flourish in our country. It is a lot, and then there are all the other considerations. There are families that are living together like never before with all the firsts that entails, including an increase in domestic violence, the loss of mobility, jobs, resources, inconsistent availability of just about everything, health concerns that have nothing to do with COVID-19, the death of loved ones, no potential to gather to celebrate, comfort, mourn, and relationships that are strained for a variety of reasons. There are those who had looked forward to graduations, but what they have always dreamed of has not been possible. Many jobs are not available, after years of preparation, we face record high unemployment, essential workers at risk, and the list is so much longer.... I am reminded of the gospel from a couple of weeks ago where Jesus looks at the people, in all the messiness of their lives, and "he had compassion for them." As he does today, he looks at us, loves us, gives us the strength/courage/inspiration/motivation to be his people in the world, and then he sends us out to make a difference. We have an incredible opportunity at this time to make a difference in one another's lives, and in the life of our community, letting those ripples reach out into the world God so loves.

I know we have missed being together for worship. We have done a good job (if I dare say so myself) of on-line worship. (Many, many thanks to Jeremy, Liz, Sarah, Jerry, Louise, all the readers and musicians who have come together to make it work.) We have worshipped well, to God be the glory. And yet, it is not the same as seeing another smiling face three feet away, of passing the peace, of breaking bread, or of grabbing a cup of coffee and sharing a story from the last week. We have missed it; we have missed seeing each other. Still, we have listened well to the experts. We want to not only be safe, we also we want others in our community to come out of this time healthy and well. And so we continue to do things differently.

Even though we are not worshipping on site together, the church has continued to be about important ministry: God's work. Our hands. We have kept the little pantry stocked, restocking several times a week, and we have continued to pray, worship, and work. We have called on those in our community. We have paraded by to share a wave and a honk. We have learned new technology and ZOOMed like never before. We have measured the floor and set chairs six feet apart. We have worn a mask even when we did not want to....

And now we are once again being called to put our faith into action to help end systematic racism in our country. This is one of those problems we think is too big, so we can't make a difference, but we can. Together we can. Several weeks ago, I included with the liturgy, from a resource I receive, "today'sFUNNY." I am sharing it again:

I want to share an email I received from Funnies reader Edith:

"I have been a longtime reader of the Funnies, and have at times donated. I also used many of your stories for children's messages while holding the position of youth director in my church. I said all that to say this, I am a black woman with two black sons, ages 28 and 29, and a brand-new grandson. The other day I was riding through a nearby town with my son and we passed by two young white men standing by their bicycles laughing and talking with each other. My son said, 'I wonder what it's like to wake up in the morning and not be afraid to go out. To hang out with your friends, and not be afraid of the police if you get stopped.' He and his brother are always trying to tell me not to worry when they go out. But, at that moment, I realized they were just saying that for my sake, that they themselves were scared being out in this world. Imagine living your life like that?"

No parent wants this kind of life for their children. No parent should want this for anyone's children.

If I read it right, the Bible says that God detests injustice, and He loves when His people fight injustice. I have been inspired by African American evangelical pastors sharing their sorrow and hearts, like Dr. Tony Evans and Rev. Miles McPherson, as they encouraged believers to clearly state their outrage at the murder of George Floyd at the hands of police officers, to "righteously protest unrighteousness." As my friend Casey said, "My heart is broken by the conduct of bad cops. My heart is broken for the vast majority of good cops."

Our black Christian leaders challenge us to be part of the solution. We can do this individually, in our neighborhoods and communities, by bringing the care of Christ to others not like us, and by loving and learning. Our churches can be part of the change in our communities by connecting with other churches that we many not look like, and listening and learning. This is an unprecedented time to demonstrate the unconditional love we have received from our heavenly Father, and pass it along to all the people He created... Red & yellow, black and white; they are precious in His sight. Pray. Learn. Act. Pray again. I would like us to commit to this ...

Pray. Learn. Act. Pray again.

To that end, the Book group is reading "I'm Still Here. Black Dignity in a World Made for Whiteness." Pick up a copy, or download it on Kindle (more about the book later in this newsletter.) Join the group for a discussion on what we can do. Then Pray. Learn. Act. Pray again. I would like to see an end to systematic/communal racism now, sooner rather than later. Remember that together we can always make a difference. Amen. Let's get to work. God's work. Our hands.

May God bless you until we see each other again. A thousand blessings, - *Pastor Karen*

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A NOTE FROM THE ULC COUNCIL LEADERSHIP

We continue to worship on-line, during July the leadership council met Saturday, June 27th, via ZOOM to discuss worship options for July. We all want to get back to on site worship; we miss each other; we enjoy being the body of Christ together ... and yet, with the numbers in NWA being what they are, we just can not come back at this time. And so, we are bumping back the resumption of on site worship once again. July worship will be on-line. Honestly, this makes us all sad, and yet we want to be safe; we want everyone to be safe from the spread of this virus. Here's to the possibility of August, we'll keep you informed!! Please note, we are doing more and more small group ministry at United ... all at a distance. **AND, please note: If you are at United, you must wear a mask.**

And remember: United's ministries continue even during these unusual times, we depend on your support. Please **consider making a gift** by sending a check (ULC, 100 Cooper Rd, Bella Vista, AR 72715), calling our Financial Secretary (M-F 9am-11am) to use your credit card, or stopping by during office hours (M-Th, 8:30am -4:30pm, F, 8:30am - 12noon.)

Thank you for your support of our ministry.

Congregational Care

STEPHEN MINISTRY



**Stephen Ministry Meeting
Monday, July 6th at 3:30pm**

Congregational Care

PARISH NURSES

Ways To Make Water More Interesting & Taste Better This Summer

We all know it's important to hydrate, but sometimes plain water seems a little bit boring. We have all heard our kids, grandchildren or perhaps we've said it, "I want something different or sweeter to drink." Drinking water helps maintain the balance of body fluids. Our body is composed of about 60% water. The functions of healthy bodily fluids include digestion, absorption, circulation, helps to flush toxins, creation of saliva, transportation of nutrients & maintenance of body temperature. Water is universally the most beneficial beverage you can drink. So let's get on board this summer to make drinking more water fun. Get creative with yourself, kids & grandkids to make drinking water more interesting, fun & more flavorful without using so much added sugar. Below you will find some different ideas to try this summer as you drink more water this summer.

- Adding fresh fruits & herbs to water increases nutritional benefits
- Use juice as a good base to flavor water: cranberry, pomegranate, grape & apple. Find juices that are natural with no added sugars. These contain good vitamins & antioxidants.
- Make flavored ice cubes with different fruits, mint & shapes
- Drink teas especially herbal, fruit, green, white, red tea generally better for us than black teas because less caffeine. Lots of flavors to choose from these days.
- If you just need more sweetness, try stevia or a little honey
- Cinnamon sticks for a spicier water
- Make it bubbly by adding a seltzer or a carbonated water
- Try some of these combinations of fruit & spices:
- Lemon/raspberry + rosemary
- Orange/blueberry + basil
- Lemon + thyme
- Watermelon/honeydew + mint
- Lemon & thyme
- Cucumber/Strawberry/Lime + mint
- Pineapple + ginger



Isaiah: 58:11 "The LORD will guide you always; he will satisfy your needs in a sun-scorched land and will strengthen your frame. You will be like a well-watered garden, like a spring whose waters never fail."

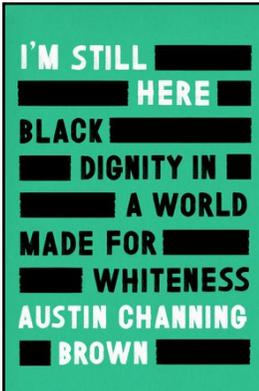
Your Parish Nurses: Charlotte Spencer & Tonja Seusy

Education

BOOK CLUB - MONDAY, JULY 29TH @ 6:30PM (via ZOOM)

I'm Still Here. Black Dignity in a World Mad for Whiteness

Austin Channing Brown



Austin Channing Brown's first encounter with a racialized America came at age seven, when she discovered her parents named her Austin to deceive future employers into thinking she was a white man. Growing up in majority-white schools and churches, Austin writes, "I had to learn what it means to love blackness," a journey that led to a lifetime spent navigating America's racial divide as a writer, speaker, and expert helping organizations practice genuine inclusion. In a time when nearly every institution (schools, churches, universities, businesses) claims to value diversity in its mission statement, Austin writes in breathtaking detail about her journey to self worth and the pitfalls that kill our attempts at racial justice. Her stories bear witness to the complexity of America's social fabric—from Black Cleveland neighborhoods to private schools in the middle-class suburbs, from prison walls to the boardrooms at majority-white organizations.

I'm Still Here is an illuminating look at how white, middle-class, Evangelicalism has participated in an era of rising racial hostility, inviting the reader to confront apathy, recognize God's ongoing work in the world, and discover how blackness—if we let it—can save us all. Join the Zoom meeting, July 27th, 6:30pm.

Let Pastor know to send you the link.



A quick word about Zoom.us: You will need to down load the free app either to your computer or smart phone. You will need to set up a log-in account, again it's free. When we send you an email inviting you to join the group, you will simply klick on the link and the app will open to the meeting. It will ask if you would like to use your camera, and audio, you would respond yes.

CALL CALL CALL SEND A NOTE • SEND A CARD • SEND A GREETING

Evangelism is all about sharing good news, the good news of God's love and care. In this time of intentional isolation, reach out with care and concern to those who need to be reminded that they are not alone, that they are loved and beloved. Think about the people you see everyday, friends, relatives, neighbors. Give a call, send a text ... thinking of you, how is it going today? I was just sitting down to pray, what might I add for you? Talk about your faith, your love of God, your desire to serve, it may be the light someone needs that day.



Fundraising

A big "Thank You!" to the Fundraising Committee members who worked hard on Saturday, to provide a delicious, Asian meal for our first International Village Food Festival (IVFF) in 2020!! Binh Hoang led the crew, organizing a smooth-running Chicken Teriyaki and fried rice assembly line. Several awesome bakers shared their skills, with delicious pineapple upside down cake for dessert. Technology helped us keep the pick-ups and orders packaged, and running smoothly. We served over 120 meals and there are several leftover meals, packaged and marked, and available for purchase now. The next IVFF dinner will be July 25th, and it will feature Scandinavian fare.



July 25 – Scandinavian Food – Swedish Meatballs, Purple Cabbage, Lefsa, Dessert
(Orders taken from July 11-22)

August 22 – Italian Food – Pasta/meatballs, Salad, Garlic Bread, Dessert
(Orders taken from August 8-19)

September 26 – Mexican Food – Enchilada Casserole, Beans, Rice, Dessert
(Orders taken from September 12-23)

October 24 - European Food – Pork, Sauerkraut, Mashed Potatoes, Slaw, Dessert
(Orders taken from October 10-21)

Meals include the main dish, two sides and dessert. The cost is \$12.00 per meal.

Fundraising



INTERNATIONAL VILLAGE FOOD FESTIVAL

SATURDAY, JULY 25TH 4:00PM-7:00PM

***Featuring - Scandinavian Cuisine:
Swedish Meatballs, Purple Cabbage, Lefsa,
& Dessert***

**GRAB & GO SERVICE OR DELIVERY
\$12.00 PER PLATE**

There are several ways to *order your meals*.

- Email the church office at admin@unitedlutheranbv.org
- Call the church office at 479-855-1325
- Stop in at United Lutheran and place your order

How do I Pay?

- Pay when you pick up your food, or when it is delivered. Cash or check will work!
- Pay with debit/credit card by calling the church office.
- Send or deliver a check to ULC Attention IVFF.

**For questions and ordering, please call 479-855-1325
or go to www.unitedlutheranbv.org**

Fundraising

Your food orders will help fill a desperate need in our local area!

Each month, 80% of the profits will go to the United Lutheran Church General Fund, and 20% will be donated to local organizations. In June, 20% will go to the *United Way of NWA* for their COVID-19 Relief Fund. 20% of the July and August profits will go to *Gravette Schools* for food-filled backpacks. 20% of the September and October profits will go to the *NWA Food Bank*. After the final meal in October, 10% of the profits kept by ULC will be donated to *Lutheran World Relief*. *It feels good to help others, and the need is so evident!*

The *Auction* portion of the Festival is also still in the works. Robin and her team are evaluating a variety of methods for viewing the items and bidding. More to follow on this part of the event!

For now, *mark your calendars* for the dates when food can be ordered and picked up. Look around for quality items to *donate to the Auction*, and *continue your prayers* for ULC and the world!

Kathy Bassett
Stewardship Chairperson

Kids Corner

I'm happy to report that the kids are slowly getting back into their normal summer routines. Softball games, basketball practices, berry picking and swimming!

In June, we were able to get together for Art-In-The-Park, the Firefighter Challenge and a service project at the Bella Vista Cemetery.



Parish Updates

**WATOTO CONCERT SCHEDULED ... VIRTUALLY
JULY 2ND - @ 6:30PM**

via ULC website, our Facebook page, and on the big screens at United!

We are hosting a virtual concert with the Watoto Children's Choir. While they would have loved to be with us in person this year, they are hopeful that the virtual concert will bring some joy and encouragement in this unusual time. The virtual concert consists of a recording of a Watoto Children's Choir concert. The concert was recorded in Uganda prior to social distancing and stay-at-home orders. On July 2nd, you may view it at home through our website or Facebook page. There will also be a showing at United, July 2nd at 6:30pm. **You will be asked to sit every other pew, with a mask, at least 6 feet from other who are not in your household.** You may make a donation to Watoto through United (we will forward it along) OR you may donate through Watoto's on line giving option at their website: www.watoto.com



Parish Updates

ULC OFFICE HOURS BACK TO “NORMAL”

The United Lutheran Church office is back to regular hours of 8:30am - 4:30pm Monday through Thursday and 8:30am - 12:00pm on Fridays. We will continue to practice social distancing during these hours and wear masks/gloves as needed.

MASKS, QUILTS, & HOME PROJECTS



THANK YOU TO ALL THOSE WHO ARE MAKING MASKS DURING THIS TIME! We've had many people stop by in need of masks; it's such a blessing to be able to give those in need a mask. Please know your efforts are appreciated!

If you have any elastic you can spare for mask making, please drop it by the church office during office hours. The elastic will be used to help more masks get finished up for those that need them.

Thank you ULC for continuing to spread the love to those around you!

SHARE THE PEACE - SHARE A SELFIE

It was suggested that we “share the peace” by sending selfies, and having them woven together in a virtual sharing of love and greeting during Sunday worship. So, please send a selfie to Jeremy: troll@povera.com. We will use them as they come in.



CALL US IF YOU NEED HELP!

If you need any help getting to the store, picking up groceries, prescriptions, etc., please let the church office know so that we can find help within our congregation and staff. We are here for each other during this time and are willing to help with errand running as needed.

DON'T FORGET TO SMILE!

Amazon.com has set up a way to send a percentage of their sales to charity. I set my charity as United Lutheran Church, Bella Vista, AR. It's not a large amount, but every bit helps and I hope that more people will do the same. **Here's how to do it: instead of just going to amazon.com, go to the Amazon site of <http://smile.amazon.com> - Here you choose United Lutheran Church of Bella Vista.** You can still use the app or your cart on amazon as usual. But, whenever you want to check out go through the smile.amazon.com site. Your cart is the same, your payments are the same, everything is the same, but they will send a little bit of money to United. If you have any questions, let me know.

Thanks! - Jeremy Fowler-Lindemulder



Social Ministry

Good morning everyone!! and what a beautiful day full of sunshine it is! I hope during this time of mostly stay at home time you are still able to find some rays of sunshine in your days. Maybe a walk in the beautiful outdoors, or in a phone call you received or made or "attending" the beautiful worship services from United every Sunday. During this time we often hear that churches are closed. BUT I WANT TO DECLARE LOUDLY THAT OUR CHURCH IS NOT CLOSED!! We may not be meeting in a building but we are still very much being about God's business.

Through worship and fellowship time each week we are still very much connecting and bringing peace and joy to one another. Last Tuesday several leadership team members and spouses participated in a second drive-by parade that visited a number of homes of United members. Being a part of those parades is such fun and I think those in the parade receive as much joy as the people we visit! Sunshine is still in the air!

Other ways we bring sunshine into people's lives is through our Social Ministry collections. **Right now we are collecting hand soap, sanitizer and dishwashing soap for OAKS INDIAN MISSION. We will continue to collect these items during July but we are adding cookies and crackers to the list.** If you have already gotten some of the first three items maybe you would like to consider adding some cookies or crackers during July. Any and all items are SO very welcome and appreciated as always. During these times OAKS income has slowed as well so anything extra is extra appreciated.

The second opportunity is the healthy snacks collection for GRAVETTE schools. Items like small boxes of cereal, fruit snacks, packages of crackers, especially cheez-its!, cookies, fruit bars, granola bars, small drink containers are just some ideas. HOWEVER -- NOTHING WITH NUTS OR PEANUT BUTTER!!!!!! We have been collecting these items during June and will continue to do so during July.

The people, especially children, we provide these rays of sunshine for are some of the most needy of God's children around us. And Jesus continues to remind us that when we help those who have the least we are helping HIM!

I would like to send a big kudo thank you to Carole and Larry Olson for their very generous gift to purchase items for both of the above collections as well as United's little pantry. Also a big thank you to all of you who so constantly continue to help those who most need to be loved. WE ARE SENDING RAYS OF SUNSHINE WITH EVERY ITEM YOU GIVE!

May you all be blessed with much sunshine each day, by what you receive and by what you give!

- Joyce Jebsen
Social Ministry Chair

THE LITTLE PANTRY & THE LITTLE LIBRARY

The Little Pantry has been blessed! As we continue to practice social distancing, ULC continues to reach the community. The Little Pantry has not only been stocked by our members, but also by our neighbors and others from our community! During these times of isolation, it is still important to be there for those in need. You can still bring donations for the Little Pantry up to the church office during the new modified office hours, or you can leave your donations in the Little Pantry itself. You can also drop off a book donation to the Little Library as well.

SUGGESTIONS FOR THE LITTLE PANTRY

**Canned Vegetables
Crackers
Juice Boxes
Canned Tuna or Chicken**

**Toothbrushes
Soap
Maxi Pads or Tampons
Ramen Noodles**

**Vienna Sausages
Cereal
Peanut Butter
Mac and Cheese**



A Community of Women



We will meet again when it's safe. Watch the weekly updates for info!

WE NEED SHEETS AND FABRIC!

If you have some to donate, call Sarah Stephenson or Louise Wobig and we'll arrange a way to get them. Until we can safely meet again, Sarah has prepared kits for sewing at home. Also, the LWR mask project continues. **See the page that has info about making face masks.**

Sit and Chat Monday, July 13

Our next Sit and Chat article is "Witnesses to the Transcendent" by Bishop Eaton. The article is available on our website at www.unitedlutheranbv.org, or you can pick it up at the church office. We hope to meet in person in the narthex at United. Facemasks and distancing are required. We'll have a facemask for you if you don't have one! **EVERYONE is invited!**

Women of the ELCA Synodical Convention

Plans are underway to hold our Fall Convention via Zoom. Be watching for more information.

A Community of Women "Just Love" Summer Bible Study Monday, July 20 9:30 a.m. Pastor Karen

Everyone is invited to join us in this study. If possible we will meet at church. Masks will be required, and distances will be carefully maintained. If meeting at United is not possible, we hope to set up a Zoom session.

Pastor Karen is wonderful study leader—plan to join us!

This three-session Bible study invites readers to consider how justice and love intersect. What does "just love" look like? How is this kind of love more than a sentimental or sanitized emotion, but is instead a love-in-action that seeks to dismantle the various systems of sin that damage God's creation and harm God's people?

Session 1: "Just Love" in the Family: What's Love Got to do with it? (John 11:1-6, 17-37). Session 1 focuses on what "just love" might look like in a family system.

Session 2: "Just Love" in the Community: From Tree to We (Luke 19:1-10). Session 2 views the story of Zacchaeus through the lens of restorative justice.

Session 3: "Just Love" in the Nation: Giving Birth to Justice (Exodus 1:8-22). Session 3 challenges readers to examine what "just love" requires when injustice occurs at the highest levels of government. In the book of Exodus the midwives Shiphrah and Puah defy Pharaoh to save the lives of Hebrew babies. This session draws on understandings of formal and informal power and how we can use the power God has given us to effect change.

Call the church office to get a copy of the study, or download the summer study free at <https://www.gathermagazine.org/bible-study/free-bible-studies/>

Dear Friend in Christ, do you want to sustain the community that is a hallmark of Women of the ELCA? Then join *Dear Friend in Christ*, a unique letter-exchange project to which all participants are invited. More information can be found on the following pages.

Dear Friend in Christ,



Want to sustain the community that is a hallmark of Women of the ELCA? Then join *Dear Friend in Christ*, a unique letter-exchange project to which all participants are invited.

How does it work?

1. Write a letter. Use the “Dear Friend in Christ” salutation. Fill a page or two, however you are inspired. Among other things, please share your thoughts on these questions: How is your faith in Jesus Christ sustaining you during the global pandemic? What words of encouragement can you offer the person who receives your letter?
2. You can handwrite or type the letter.
3. You could include a drawing, a photo, or a recipe, anything that fits into an envelope.
4. Offer up a prayer for the recipient.
5. You may include your mailing address in the letter if you do not wish to remain anonymous.
6. Print and sign the Dear Friend in Christ release form. If you don’t have access to a printer, please use our online form. We cannot exchange letters without a release.
7. Mail your letter and signed release form to Dear Friend in Christ, Women of the ELCA, 8765 W Higgins Road, Chicago IL 60631. Deadline for mailing letters to the churchwide organization is October 15, 2020.

What else do I need to know?

When you write to Dear Friend in Christ, your letter will be swapped with a letter from another writer. They will get your letter; you will get their letter. The exchange is anonymous (unless you provide your contact information), so you can share as little or as much information about yourself as you like.

Dear Friend in Christ is open to all participants, although writers under 18 must have parental consent. Download the release form.

Letters are paired at random, and we will try to match participants with someone in a different geographical part of the ELCA. Women of the ELCA staff read all letters before the exchange happens. Letters will be mailed to participants on a rolling basis, beginning in June 2020. We will continue exchanging letters received through All Saints Day, November 1, 2020.

More info at:

<https://www.womenoftheelca.org/special-initiatives/dear-friend-christ>

A banner with a woven texture background. The text "Dear Friend in Christ" is written in a white, serif font. In the background, there are some colorful cards or letters.

Dear Friend in Christ

Dear Friend in Christ Participant Information Form

Thank you for participating in Dear Friend in Christ. Please complete and sign this form and send it along with your letter to Dear Friend in Christ, Women of the ELCA, 8765 W Higgins Road, Chicago IL 60631. Letters must be mailed by October 15, 2020 to be exchanged. We will not share any of your contact information without your explicit permission, so do not include your return address in the body of the letter unless you intend to share it with the recipient.

Name _____

Email Address _____

Mailing Address _____

City _____ State ____ Zip Code _____

By signing below, I grant Women of the ELCA permission to share my letter with another participant in Dear Friend in Christ and acknowledge that Women of the ELCA accepts no responsibility for the content of correspondence exchanged through Dear Friend in Christ.

Signature _____

Date _____

Dear Friend in Christ participants will be added to Women of the ELCA's monthly e-newsletter (Bold Connections) mailing list.

Please check this box if you do not want to receive our e-newsletter. We post images and excerpts from some Dear Friend in Christ letters to the Women of the ELCA website.



Hope is all the more precious

During this time of social distancing, financial uncertainty, and conflicting information, we know God's love is constant. **Daily Grace** is an on-the-go companion for your journey through these difficult times, offering a faith reflection every day. Encounter God's extravagant, boundless and often surprising grace by signing up for a daily email message.

<https://www.womenoftheelca.org/blog/category/daily-grace>



**Not all heroes wear capes.
Some make face masks.
Join the 75,000 more
Face Mask Challenge!**

Many people in developing countries don't have the option of social distancing or frequent handwashing to slow the spread of COVID-19. The U.S. Centers for Disease Control and Prevention now says cloth face masks, along with hand washing and social distancing may help reduce transmission. We need your help to sew cloth face masks to help us reach men, women and children in vulnerable communities. After all, Lutheran World Relief was founded 75 years ago to help neighbors around the globe who were suffering during World War II. What will be our generation's legacy during this time of crisis?

How do I make masks?

Information about the masks including directions and videos can be found at <https://lwr.org/masks>

Where and when will the masks be distributed?

Cloth face masks will be distributed with upcoming international shipments of personal care kits already scheduled for summer and fall. Face masks will be distributed to individuals in vulnerable communities and are not intended to be a replacement for medical grade personal protective equipment. Deadline: October 1

How do I help if I can't sew?

Your gift helps ship masks — made as part of LWR's 75,000 Face Mask Challenge — to your neighbors in

How do I get my masks to Lutheran World Relief?

If you bring your masks to United, we will bundle and send them or you can send them to the address on the website [LWR.org/masks](https://lwr.org/masks), **Be sure to mark them for LWR!**

desperate need around the world. Send a donation to United marked LWR facemasks or send your gift directly at [LWR.org/masks](https://lwr.org/masks)

How to Make a face Mask with Ties (See the video at <https://lwr.org/masks>)

SUPPLIES FOR 1 MASK:

- One (1) 8" x 14" piece of cotton fabric
- Two (2) 2" x 34" strips
- Thread & sewing machine

PREPARE THE MASK:

- On 8" x 14" piece, right sides together, sew 1/4" seam, creating tube.
- Turn right sides out, press seam and fabric.
- Make 3 pleats, approx. 1" each in size, using steam or pins to hold. Mask will be approx. 3" – 3.5" width.
- Sew 1/4" seam on each side of mask, securing pleats.
- Trim seam allowance.

PREPARE THE TIES:

- Fold in half and press (1"). Open tie back up.
- Fold each edge in to meet middle (1/2") and press.
- Fold in half again, securing raw edges inside and press. Each tie will be approx. 1/2" width.

ASSEMBLY:

- Align center of tie with side of mask, open tie so edge of mask fits snugly inside. Pin.
- Sew tie to mask. Seam will be very short, get as close as able while still catching all fabric. You are just attaching the mask to the tie at this point, not sewing the whole tie yet.
- Repeat for other tie and other side of mask.
- Sew down edges of tie, securing raw edges inside. Seam is very short. You will stitch over where mask is already attached. This is good because it helps reinforce.
- Repeat for other tie and other side of mask.
- Clip any stray fabric.

Worship & Music

Updates

ONLINE WORSHIP OPTIONS

Last month we began **FACEBOOK Live, at 9:30am.**

It is almost like being together, we can see who else is watching at the same time, allowing a sense of community. We can send forth an AMEN, or a thumbs up, a heart, we can respond in real time. If you do not choose to watch live, the service remains on FACEBOOK at the conclusion of the 9:30am service; it can be viewed at any time.

AND/OR, it is uploaded to our website on Saturday (www.unitedlutheranbv.org). Regardless of how you worship, **9:30am live, website anytime, or time spent with the written liturgy (which is both emailed and sent to those who have no internet access)**, it's good to be together.

Another possibility with Facebook live, you can invite others really easily by just sharing to your feed. Find the page on United's page, and hit share, then post. Done. AND, FACEBOOK allows for a reminder. Simply hit the Get Reminder tab, for the Sunday worship.

We are still learning together how to use this technology to the glory of God. Jeremy Fowler-Lindemulder or Jerry Shaw would be happy to answer any questions or talk you through the site.

And following worship, join us for Coffee on ZOOM, 10:30am. (BYO Coffee) Please note the link changes in July. The new link will be sent with the liturgy for each Sunday.

WELCOME TO THE FAMILY

Quinn Luther Ortega and Skyler Landon Ortega

On Sunday June 28th we welcomed Quinn and Skyler to the family of faith through the Sacrament of Holy Baptism.

And so we pray:

Gracious God, through baptism you received Quinn and Skyler into the household of God and entrusted them with the good news of Jesus Christ. Continue to shower your love and care on them, Aaron, Heidi, Vada and Ezra. As they grow in years, embolden them to love and serve you and their neighbors, by your holy and life-giving Spirit. Encourage us as we live together in community so that we are truly the body of Christ, with a shared mission of love and grace. Amen



Prayer Corner

A PRAYER FOR THE 4TH OF JULY

Lord of the nations, in your hands are all the people of this world: the prideful, the needy, the arrogant, the lost, the high, the lowly, the entitled, the dispossessed, the loved and the unloved, the blessed and the not so blessed.

As a nation we give you thanks, and we seek your guidance. We give you thanks for the gift of freedom. May we learn to use our freedoms to be servants to our neighbors. We give you thanks for the call to do justice. May our own actions – and the actions of our nation – facilitate justice for all. Come to the aid of nations and leaders who need your guidance. Come to the aid of those standing in harm's way.

Make us mindful of the sacrifices of our military and their families. Make us mindful of ways that we can support them in their service. Strengthen us in faith and calm the fears within us. God of all who are in need, heed our call and answer our prayer. Send peace in our time, peace for our hearts, peace for our land, peace for all the world, peace that abides in us as we abide in you. For you are God alone, source and ground of our being, from whom comes the only peace that endures forever and ever.

Amen! (Salem Lutheran, Stillwater, Tuesday Memo)

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PRAYERS FOR THE TIMES...

A prayer to be said when putting on your mask: We bless you and we praise you, Lord Christ, for commanding us to love one another. Let this mask be a sign of your love, and let my behavior be filled with love for my neighbor. Amen ~St. Augustine's Episcopal Church, Kansas City, MO

Console us, O Lord, when we cry to you. When we feel separated from you, remind us of your gracious presence. When we are broken, make us whole. When we are afraid, be our comfort, for you alone save and give steadfast love. ~Bread for the Day

O loving God of life, God of compassion, as the crisis is shaking our world, we turn to you with all our worries: for our loved ones, for our societies, for jobs and economies, and for how the most vulnerable among us will be affected. Transform uncertainty and fear into love and care. Give us courage, wisdom and consolation.

Trusting in the power of the Holy Spirit, we pray for the sick and those who are caring for them, for the researchers who are working to find medicine and vaccine, for those who must take difficult decisions that affect many, for international cooperation in the service of justice and peace, for spiritual leadership that is faithful to your will.

In your mercy, help us to hold on to what is right, true and beautiful. Through Jesus Christ, whom we have come to know as our Saviour and Healer. Amen. ~Archbishop Dr Antje Jackelen, Church of Sweden

We pray for church communities navigating worship outside the church building. We pray for families who are separated, that they will find meaningful ways to connect. We pray for those living alone or in nursing homes, that they may feel God's presence. We give thanks for faith mentors who guide us. We give thanks for stories and songs that we share together. We give thanks for the witness of the saints, who continue to inspire and teach us. Lord, in your mercy, hear our prayers. Amen. ~Rev. Kimberly Knowle-Zeller

Prayer Corner

UNITED IN PRAYER - MONDAYS @ 3:00PM

Everyone is welcome to join in!

We are currently meeting at the church, with masks on and practicing proper social distancing.

Members in Need of Prayer

Lucile Aasmundstad's Family & Friends
Bonnie Buechler
Margaret Christianson
Roger & Anne Costa
Ruth Dronen
Dar Dykema
Helen Eidem
Ruth Gabriel
Loruss Grasmick
John & Liz Hanson
Dorothy Klitzke
Ruby Kroona
Red & Bonnie Larson
Sally Leffler
Bill Lindeman's Family & Friends

Mark Maki
Maxine McClain
The Ortega Family
Gary & Susie Parker (*recently moved*)
Ardythe Schultz
Mable Shaw
Mike & Charlotte Spencer
Joyce Strunk
Bud Taylor

Family & Friends in Need of Prayer

Janine Copley
Hannah Dykema
Craig Farrow
Beth Haney
Sandi Johnson
Mike Lynch
Bella Matakas
Mackaiah Medlock
Karen Murray
Inez Polaski & Daughters
Thomas Pyle
Rachel Sparks
Heather Spencer
Colleen Sullivan
Darlene Tamburini
Don Wallman
Hunter West

Members in Care Centers

Highlands – Cleo Sundal
Innisfree - Vern Sutter

Let us continue to pray for all those we know who are experiencing isolation or loneliness while in a care center or facility here or elsewhere.

Local Churches & Area ELCA Churches

Peace in Joplin
Neighborhood
Good Shepherd
Faith
Living Word
Christ the King
Peace in Rogers
St. Luke's
Emmanuel
Bishop & Staff
Bella Vista Christian Fellowship
Eben Ezer Lutheran Church

Pray for: the world & our country, our church, Pastor Karen & Jeremy, church council, staff, music, children's ministry, members, the Phobes and shut-ins, Stephen Ministers & care receivers, friends & family members.

There are many times when your phone call to the church office is the only way we may discover that someone is in the hospital, ill or in need of a pastoral visit. Please, let us know if you have special needs outside of the regular office hours.

July 2020

****SOME ULC EVENTS FOR THE MONTH OF JULY HAVE BEEN CANCELLED OR POSTPONED. MEETINGS THAT HAVE NOT BEEN CANCELLED OR POSTPONED WILL EITHER BE ZOOM CONFERENCE SESSIONS OR PHONE CONFERENCE SESSIONS. IN PERSON MEETINGS WILL ADHERE TO SOCIAL DISTANCING GUIDELINES. ****

July 3 - Friday	<i>Church Office Closed in Observance of Independence Day</i>
July 4 - Saturday	<i>Independence Day</i>
July 5 - Sunday	9:30AM - Worship & <i>(through ULC Website or Facebook Live)</i> 10:30AM - Coffee & Chat <i>(through Zoom)</i> 5:00PM - ULC Salvation Army Community Service
July 6 - Monday	1:00PM - Staff Meeting 3:00PM - United in Prayer 3:30PM - Stephen Ministry Meeting
July 12 - Sunday	9:30AM - Worship & <i>(through ULC Website or Facebook Live)</i> 10:30AM - Coffee & Chat <i>(through Zoom)</i>
July 13 - Monday	10:00AM - W-ELCA Sit & Chat 1:00PM - Staff Meeting 3:00PM - United in Prayer 3:30PM - Stephen Ministry Meeting
July 18 - Saturday	10:00AM - Council Meeting <i>(via Zoom)</i>
July 19 - Sunday	9:30AM - Worship & <i>(through ULC Website or Facebook Live)</i> 10:30AM - Coffee & Chat <i>(through Zoom)</i>
July 20 - Monday	1:00PM - Staff Meeting 3:00PM - United in Prayer
July 25 - Saturday	INTERNATIONAL VILLAGE FOOD FESTIVAL - SCANDINAVIAN CUISINE
July 26 - Sunday	9:30AM - Worship & <i>(through ULC Website or Facebook Live)</i> 10:30AM - Coffee & Chat <i>(through Zoom)</i>
July 27 - Monday	1:00PM - Staff Meeting 3:00PM - United in Prayer 6:30PM - Book Club <i>(via Zoom)</i>

BIRTHDAYS

7/1 – Jim Nugent	7/17 – Vera Miller
7/2 – CathySue Anderson	7/17 – Jasmine Rendon
7/3 – James Bowser	7/21 – Gerald McGuffin
7/3 – John Swinney	7/22 – Ted Dreher
7/4 – Al Hvidsten	7/27 – Brad Leisinger
7/5 – Mary Boicourt	7/31 – Jerry Shaw
7/6 - Bill Roush	7/31 – Charlton Troutner
7/8 – James Medin	
7/12 – Marvin Boicourt	
7/12 – Donald Christianson	
7/13 -Larry Behlendorf	
7/13 – Ginny Swinney	
7/14 – Cathy Behlendorf	
7/15 – Brian Seusy	
7/17 – Gerald Herman	
7/17 – Alice Medin	
7/17 – Betty Erion	

ANNIVERSARIES

7/5 – Lyndell & Wanda Brogren
7/8 – Dean & Karen Fevold
7/18 – Ed & Jeanne Downey
7/18 – Garey & Deb Olson
7/21 – Al & Mary Klotz
7/27 – Mark & Lorraine Maki
7/30 – Walt & Verana Steckel