

Walking in the winter wonderland....It is my goal to spend an hour outside in the winter, especially if I know a cold snap is approaching. One of my recent walks followed a few inches of snowfall. Pristine, carpet of white, glistening in the sun. It really was beautiful, despite many feeling that “snow” is a dirty word or that which will not be named lest we incur its wrath. Bundled in insulated sweatpants, snowboots, Cuddle Duds, down jacket, hat, scarf, and gloves, I struck out across the prairie. I imagine I am a pioneer seeing this wide-open vista for the first time, and it’s always delightful, no matter your age, to be the first person to make tracks in a perfect, undisturbed blanket of snow.

**Snow Is God’s
reminder of what
grace was
designed to look
like. It doesn’t
pick and choose
where it falls;
it covers
everything.**
Mindful Christianity

Circadian rhythms are the physical, mental, and behavioral changes an organism experiences over a 24-hour cycle. Light and dark have the biggest effect on our circadian rhythms. Meredith Oke of Quantum Biology Collective states, “Getting outside helps you relax at a cellular level because your body recognizes where it belongs. She cautions what artificial light is doing to developing brains; it is not just unhealthy, but dangerous. Your body needs both healthy light and dark signals. There is a growing body of research proving natural light is as basic to human health as air, water, and food. Artificial light at night causes anxiety, insomnia, and chronic fatigue.

Why the biology lesson? We need to be outside as much as possible, even when living in a climate like ours. Striving for half an hour a day or sitting in the sunlight by a window in the coldest months is enough. It doesn’t have to be all at once. Pull those blinds open! Open your windows for an hour on a milder day. Even on a cloudy day, we get ten times the light we would inside.

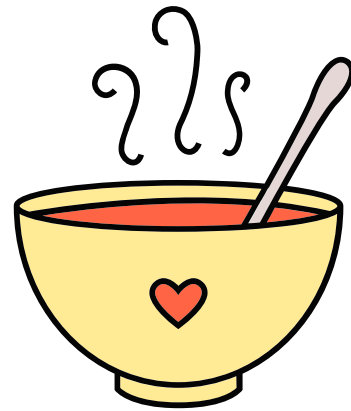
Natural light is good for mind, body, and soul! Speaking of souls, we often are too quick to follow the false lights in this world. We like our flash and bling. In John 9:5, Jesus said he was the light of the world. Matthew 4:16 says, *the people living in darkness have seen a great light; on those living in the land of the shadow of death a light has dawned.*” Jesus is our fresh breath of air and true light. He is the light that brings the healing - physically, emotionally, and spiritually.

We sing *This little light of mine; I’m gonna let it shine.* How can your light shine forth in this chaotic world? Who can you be a light for? Are you ready to tell the story of baptism that gifts us each day like a blanket of fresh snow? Let the light of Jesus and the light of his marvelous creation fill your heart and soul.

Peace, Kristi

Ash wednesday

March 5th at Butler - 6:00
Communion and Receiving of the Ashes



Soup Suppers

March 19th and April 2nd

Serving from 5:30 - 6:15

Freewill offering for Vacation Bible School expenses.

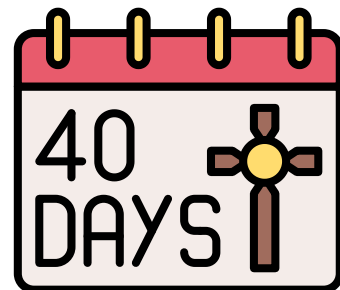
Join us for food and fellowship followed by worship!



They Were There

Weekly Lenten Services at Bethesda at 6:30

	Worship Assistants
3/12	Avery, Marshall, Karley
3/19	Remi, Leroy, Karley
3/26	Tucker & Marshall
4/2	Karley & Daisy
4/9	Kolton & Dane



March 2	Exodus 34:29-35	Psalm 99	2 Cor. 3:12-4:2	Luke 9 28-36 (37-43a)
March 9	Deut. 26:1-11	Psalm 91 1-2, 9-16	Romans 10 8b-13	Luke 4:1-13
March 16	Genesis 15:1-12,17-18	Psalm 27	Philippians 3:17-4:1	Luke 13:31-35
March 23	Isaiah 55:1-9	Psalm 63:1-8	I Cor. 10:1-13	Luke 13:1-9
March 30	Joshua 5:9-12	Psalm 32	2 Cor. 5:16-21	Luke 15 1-3, 11b-32



Our prayers of peace and comfort are with the family and friends of Lester Herr. Lester passed away on February 5, 2025.

SAVE THE DATE

**WELCA Spring Gathering
Saturday, April 26th
in Sisseton**

More information to follow



**Daylight Savings Time
begins March 9th.
Spring ahead one hour!**

**Vacation Bible School
will be the week of
June 23rd
in the mornings.
The Child Evangelism
Fellowship of SD will be
leading our lessons.**

40 Days of Giving

Butler's Lenten Offerings

- Webster PACH
- Groton BAGS
- Day County Food Pantry

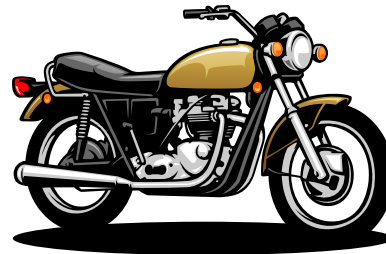
Bethesda's Lenten Offerings

- Shepherd's Table, Neighbor in Solidarity



**WEDNESDAY SCHOOL
MARCH MEAL SERVERS**

- March 5 - No Class - Ash Wednesday
- March 12 - Board of Education
- March 19 - No Class - Soup Supper
- March 26 - John & Jaclyn
- April 2 - No Class - Soup Supper



Wednesday School met their goal two months ahead of schedule with the help of others inspired to give towards the motorcycle fund. A total of \$858.13 was collected over the last six months.

We will present this gift to our companion synod in Nicaragua on April 27th.

2025 Bethesda Altar Guild

January - Karin Bartell
February - Pam Dylla, Gayle Horter
March - Kathryn Bury, Janet Lardy
April - Glenda Bakken, Carol Raap
May - Kay Espeland, Barb Clark
June - Sharon Johnson, Bonnie Anderson
July - Gail Huwe, Janel Lone
August - Fran Morehouse, Larissa Klebsch
September - Robin Anderson, Kris Hubsch
October - Jill Hansmeier, Becky Hubsch
November - Marcia Orr, Jane Goehring
December - Vickie Zimmerman, Mavis McKane



Apologies for any confusion with the schedule printed last month.
Thank you for serving!

Emergency Contact
for March 27-31

Ray Dunn, SAM
at Amercian Lutheran and Bergen
(605) 460-0381
Ray would appreciate a text before you
call him.



Wednesday School and Confirmation students will be packing shelf-stable canteen kits on May 7 for COTS. These kits are packed in quart-size bags with a combination of 3 of the following items: bags of nuts, beef sticks, cheese sticks, crackers, pop tarts and chicken/tuna salad w/crackers

If you would like to donate snack items or cash, please do so by April 27 to ensure we can plan for completing as many snack bags as possible.

The dollar stores or Walmart have a combo pack of beef/cheese sticks that work great in a quart-size bag. The smaller boxes of tuna and chicken salad are best for quart-size bags.

In planning for the heat of summer, we also like to include one or two individual shake-up drink packets, but we do not count these as food items. The dollar stores have a wide variety of these. Items can be left in the narthex of either church.