



Beulah Land

Volume 10, Issue 3

March 2019

One of the most meaningful times of the church year is coming up for our congregation. The season of Lent is a time when we recognize the beginning of Jesus' public ministry, Jesus' baptism. On the first Sunday of Lent, we will recognize Jesus' baptism, and the occasion when the Holy Spirit descended upon Him like a dove, and the voice came down from heaven and said, "You are my son, whom I love and with whom I am well pleased." God proclaimed Jesus' Kingship for all of the world on that day.

Immediately after that, Jesus walked up out of the Jordan River Valley and past Jericho and deep into the Judean Wilderness in order to prepare Himself to be the King that God had ordained Him to be. We know that He spent 40 days there, in the wilderness, with nothing to eat and little to drink. And Jesus was tempted by Satan to deny the very accompaniment of God always with Him in exchange for relief and comfort from His fasting.

This 40-day Journey gives us a symbolic context for this Lenten season. It is a time for us to reflect on the Journey that Jesus took toward the Cross where He paid the price for our sin. The 40 days of Lent give us a chance to reflect on what the idea of surrendering means in our faith and in our lives. These 40 days give us the opportunity to reflect on our own journeys. What would our walk with the Lord look like if we walked for a time through a wilderness where our faith was tested by doing without? Would that make us stronger? What would our faith look like if, for a time, we seriously reflected on what things in our life distract us from knowing His love? Would that make us value His more than we do? What would our faith look like if for 40 days we reflected about things in our lives that tempt us away from the humility that helps shape our life in God's image rather than the image that the world teaches us? Would that make us to want to be more Christ-like? What would our faith look like if we spent 40 days considering the beauty and glory and love and forgiveness that we know was revealed at the end of Jesus' journey through His wilderness? Would our lives be more inspired by the sacrifice of our Savior? What would our faith look like if at the end of our journey through the wilderness that same beauty and glory and love and forgiveness was closer to being the guiding light of our lives?

I would like to challenge us during this season of Lent to find a deeper meaning in your journey toward the cross holding the hand of our Savior.

Pastor Tim



Sunday, March 31 will be Confirmation

We will have 4 young ladies, Kyla Elsbury, Taylor Krueger, Sierra Krueger and Rachael Sandhaas-Hoke joining the church. Confirmation will be held on March 31 during the 9am worship service with a reception following the service in the fellowship hall. There will be no Sunday School that morning so all the children can join in this special day.

Worship Committee:

Communion will be served on:

- March 3 – Transfiguration of the Lord.
- April 18 – 7pm, Maundy Thursday Service will be held at CV Presbyterian Church.
- April 21 – Easter / Resurrection of Our Lord



Lenten Activities:

- March 6 – 6:30pm Ash Wednesday Worship Service and Soup Supper.

*Note: One Great Hour of Sharing will be collected on Easter, April 21.

Please Remember Our Shut-ins in Your Prayers:

Grace Day 601 Hawthorne Crossing Drive SE Apt 213 Bondurant, IA 50035	Eleanor Garrison c/o Dan Garrison 5921 Cambridge Dr N. Richland Hills, TX 76184	Sonia Grafton Avonlea Cottage 2021 1 st St E, Room 26 Milan, IL 61264	Doris Kennedy 4909 107 th Ave Milan, IL 61264
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Prayer Requests:

Carol Browning	Cindee Brugman	Robert DeVries	Gary Lovested	Pat Modglin	Gloria Paulsen
Dylan Preston	Myrtle Sheldon	Bethany Spears	Tom Spears	Alex Strandgard	Harriet Strandgard

Please alert us with additions or changes to our Prayer List – Thank you!



Lord, grant that I may seek to comfort, rather than to be comforted.

Serve one another with whatever gift each of you has received. 1 Peter 4:10b

Be a light in the shadow, the hope in the midst of fear.

Deacon
Ministry



During the month of January, 2018, the Beulah deacons reached out to others as reported below:

While illness and the record-breaking cold weather hindered the deacons' efforts, we reached out to others as reported below in the month of January:

home visits – 0
 hospital visits – 0
 nursing home/assisted living visits – 1
 cards sent – 25

telephone calls/texts – 10
 communion – 0
 food delivered – 2
 good deeds – 2

"The test of our love to God is the love we have one for another." -- from "The Wings of Silver", pg 9.

Sherrill Hills, secretary



Hmmm, something to ponder over!

- The best things in life aren't things.
 - Fill your days with love and laughter.
 - Love is all you need!
 - Praise God daily. Live life fully. Love deeply and you will be happy!
 - When push comes to shove, don't!
 - Don't WAIT until you feel qualified to do what God is calling you to do.
 - Attitude is everything: New Way, New Strength, New Thoughts – God is there with you!
- We forget that God's love is for ALL people – even the ones we don't like or those who have hurt us.
 - Forever is composed of NOWS!
 - Examine your selfie.
 - I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.
 - We all have problems. Our problems are our opportunities. Learn from them and win. Problems can become a gift.
 - We celebrate that faith unites; it does not divide. Although it's hard to accept this at times, it is an important fact to hold fast do.

May you have a sunbeam to warm you, a moonbeam to charm you,
and a sheltering angel so nothing can harm you.

EASTER LILIES

In the midst of the cold, snowy weather we've been experiencing, we are looking forward to warmer temperatures and the Easter season. The deacons will again be taking orders for Easter lilies this year, the price of which has not yet been determined. Please contact Sherrill Hills by phone or text at 309/798-4015, or by e-mail at hills86@frontiernet.net to place an order. Be sure to give your name if you text, and provide the name of the person or persons in whose memory you are purchasing the lily. More information will appear in future church bulletins.



Don't forget to check out Beulah's web page.

www.beulahpcusa.org



*Cook with love. Say please and thank you.
Bless the food. Enjoy the company.
Try a new recipe.*

Gaelic Blessing: May the road rise up to meet you. May the wind be always at your back. May the sun shine warm upon your face; the rains fall soft upon your fields and until we meet again, may God hold you in the palm of His hand.



One of Dave Gould's family members posted this about him and took a picture of his latest creation:

"This is what a 90-year-old man does when you have record cold temps and snow and can't get out of the house!"

(Obviously, Dave made his way safely to his woodshop and put his God-given talent to work!)

THANK YOU TO ALL WHO CONTRIBUTED TO THIS YEAR'S SOUPER BOWL DAY OF CARING. WE COLLECTED \$289 WHICH WE WILL ONCE AGAIN DONATE TO KING'S HARVEST. SEE BELOW FOR THE WORK KING'S HARVEST HAS DONE IN 2018.



From King's Harvest Ministries (January 2019):
Dear Special Friends:

You really do help restore my faith in humanity. As you can imagine, it is a continual challenge when we see so many vulnerable people and pets in need of your support, compassion and love. You have generously given of yourself to help people and pets in need. Being able to count on you to sustain our important work positively impacts the people and pets in our shelters and means so much to all of us King's Harvest.



Your generosity in 2018 made it possible for us to offer life-saving assistance and programs:
King's Harvest Ministries (Soup Kitchen and Homeless Shelter)

- Served 22,495 meals
- Gave 1,480 bags of groceries and hygiene products
- Provided shelter to homeless men and women
- Had 5 sleeping rooms for recovering addicts along with 4 transitional housing rooms
- Gave over 9,000 lbs of pet food

Please know you have a part in every life changed or saved here ... you are a God-send. And also keep in mind that we will never forget what you have done for us in 2018 and are so grateful for any future gifts. I wish you and your family many blessings in the New Year! Thank you again for your love and kindness.

Sincerely,
Terri Gleize, Executive Director

Sometimes unexpected things happen that can knock us down and take the breath out of us, knock the wind out of our sails. We can allow this to keep us down for a while, and then we can pick ourselves back up and face the new situation head-on. It isn't always that easy though. Sometimes we need other people to help us out and look us straight in the eyes, tell us they believe in us and they know we are going to do just fine.



Reminder: SPRING AHEAD - Daylight Savings Time begins March 10, so turn your clocks ahead 1 hour before going to bed, Saturday, March 9.

20 Small and Easy Ways to Be Happier!

1. Go to sleep when you're tired. After a good night of sleep, you'll wake up feeling refreshed and ready to face a new day.

2. Make someone happy. Spreading happiness will not only cheer someone up but it will also make you feel better, too. Make your mom a cup of tea, call your best friend, or compliment someone on their outfit. Good energy is contagious.

3. Celebrate your small victories. Instead of wasting time putting ourselves down for not being good enough at something, celebrate small victories. It can be something like getting complimented at school or work, learning a new recipe, or making that phone call you were dreading. Be your own cheerleader!

4. Practice gratitude. Think about something you're grateful for every day before going to bed and write it down. When you take the time to count your blessings, you realize that your life is actually full of things to be grateful for.

5. Put down your electronics for an hour every day. The Internet is pretty amazing. But it's also addicting and that is why it's important to switch off. Read a book, go for a walk outside, and spend more time with your loved ones.

6. Stop snoozing your alarm. It will only make you feel more tired.

7. Start journaling. Writing is a therapy, it helps you put things into perspective. But don't try to be a creative writer - that's not the point, just let your thoughts out on the paper. Let it be messy and honest, straight from the heart.

8. Learn something new. Whether it is a new language, how to play the ukulele, or coding a website, learning something new will make you feel accomplished.

9. Spend more time with yourself. Curl up on the couch with a good book or go shopping by yourself.

10. Cry if you need to. It's okay to allow yourself to be sad sometimes, it doesn't mean you're weak. Having a cry and letting it all out will make you feel better but don't dwell on the negative things for too long.

11. Spend more time outside. It's scientifically proven that vitamin D boosts your mood and the fresh air will give you an energy boost. It also helps to clear your head when you're feeling anxious.

12. Sweat it out. You don't need to run a marathon, start by taking a walk every day or the stairs instead of the elevator. Baby steps.

13. Spend more time with your loved ones. Make more time to hang out with your closest family and friends, the people who are there for you no matter what and avoid people that put you down.

14. Make plans. Having something to look forward to will not only make you happier but also help you overcome challenges.

15. Buy a planner and organize your life. Organizing your life with a planner will make you feel accomplished and prepared to tackle your to-do list.

16. Stretch out your body in the morning. Stretching improves your posture and gives you the energy to face a new day. All you need to do is put your hands above your head and stretch as far as you can for a few seconds. Super easy!

17. Step out of your comfort zone. Take a step out of your bubble and overcome a fear. Don't let fear hold you back.

18. Learn to let go. You are wasting your energy by worrying about things that happened in the past. You can't go back and change them so focus on the present, instead.

19. Smile to your reflection in the mirror. Smiling, even when it's fake, activates a little something in your brain that makes you feel happier. So go ahead - smile!

20. Remember: you're the one in charge of your happiness. You can't control what happens to you, you can only control how you react to it. You can't rely on other people to bring you happiness, it must come from within, so focus on creating a positive mindset!



When you're caring for others,
it's important to remember
to also take care of yourself.

Presbyterian Church (U.S.A.) Presbyterian Mission 100 Witherspoon Street, Louisville, KY 40202

presbyterianmission.org

February 1, 2019

"God will not overlook your work and the love that you show" Hebrews 6:10a

Beulah Presbyterian Church 9221 148th Ave. Orion, IL 61273-9417

Dear Partners in God's Mission,

Thank you, so much, for your congregation's commitment to the ministry of Jesus Christ through Presbyterian Mission. Gifts from congregations, like yours, make a difference in the lives of people around the corner and around the world. As 2019 begins, we are encouraged by God's faithfulness, signaled by the recent support we have received from you. Because of you, the world is waking up to new possibilities in Jesus Christ.

The generosity of your congregation has provided the following support: On November 20, 2018, we received \$2,125.00 for Shared Mission Support.

Thank you once again for your support, dedication and partnership in furthering God's mission around the world. You are a valued partner. Please let me know how I can support your efforts.

Yours in Christ,

The Reverend Chris Roseland Mission Engagement Advisor

Winter is on my head, but eternal spring is in my heart!

Beulah's Lent Mission Project

Collecting Ash Wednesday until Easter (March 6 – April 21, 2019)

Recipient: Christian Care - Rescue Mission (houses 36 men)

Our Mission Committee already purchased 16 replacement pillows for their facility to replace/supplement the pillow supply we purchased for them last year. Following are the additional items they could use:

Donation List – Top Needs

1. Bed sheets (**twin size in white**) for bunk beds.
 - Fitted bottoms with flat tops
 - Package with bottom, top, & pillow case also Ok
2. Monetary Donations to purchase bus tickets (*Please make checks payable to: Beulah Mission.*)

Christian Care serves over 60,000 meals per year. They also have a daily meal site which provides meals to anyone who comes to get a meal (breakfast, lunch, and dinner 7 days a week).

We look forward to your continued support of this project. The staff and the men at Christian Care really appreciate our donations.

Thank you, Beulah Mission Committee

Note: On Sunday, March 17, Steve Gottcent from Christian Care Center – Men's Rescue Mission, will give a ten minutes presentation during the 9am morning worship service at Beulah. Please pick up a wish list at the display in the narthex.



May you always walk in sunshine.

May you never want for more.

May Irish angels rest their wings

right beside your door.

January 2019		
Worship	Giving	Attendance
01/06/19	\$ 1,370.00	41
01/13/19	\$ 937.00	21
01/20/19	\$ 830.00	47
01/27/19	\$ 1,262.00	36



New Photo Directory

Please sign up on the appointment schedule in the narthex the date and time you wish to have your picture taken for our new directory.

Place: Beulah

Date:

Friday, April 5

Saturday, April 6

Times:

2-9pm

10am-5pm

All Invited to Swimming @ Black Hawk College

1st Presbyterian Coal Valley is inviting Beulah members and their friends to an afternoon of swimming on Sunday, March 10, 1-3pm, \$5/person payable at BHC.



Food for Thought:

God laughs at the plans of man.

When you learn, teach. When you get, give.

Love yourself, just as you are.

It is not what happens to us, but how we react that matters.

Love always wins.

Compassion knows no boundaries.

Service is a great healer. If you have a broken heart, help someone else.

Your whole life will be different.

Real living is living for others.

“God never said that the journey would be easy, but He did say that the arrival would be worthwhile” – **Max Lucado**

March 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3 Mary Giannetti	4	5	6 Ash Wednesday	7	8	9
10 Daylight Saving Begins	11	12	13 Jared Nichols	14	15	16
17	18	19	20 Spring Begins	21 Jay & Sheryl Solomonson's Anniversary	22	23
24	25	26	27	28	29	30
31						

April 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 Jennie Snart	4	5 Tim Fritz Cathy Morgan	6
7	8	9	10	11 Lori Snart	12 Robert Castro Kacey Fritz	13
14	15	16	17	18 Maundy Thurs	19 Good Friday	20
21 Easter Sunday	22	23 Myrtle Sheldon	24 Dennis Morgan	25	26	27
28	29	30				

For newsletter submissions or questions,
please contact: Nancy Roberts, Email: nroberts822@gmail.com
Submission deadline is the 15th of each month.
We're on the Web! See us at: <http://www.beulahpcusa.org/>
Like us on Facebook: [Facebook.com/Beulahpresbyterianchurch](https://www.facebook.com/Beulahpresbyterianchurch)

Mission Statement:

Working together for spiritual growth to glorify, praise, worship, and share God's love.

Vision:

Beulah is:

- A Christ-centered family of faith.
- Flexible in learning and listening to God.
- Serving the Lord with gifts and talents through multi-generational engagement.
- A Landmark Church, visible in the community, vibrant in ministry and impacting the world.
- A destination for continual growth.

Slogan:

Love, Thrive, and Grow for the Glory of God.

Beulah Presbyterian Church
9221 148th Ave
Orion, IL 61273