

# BETHANY BEACON

**Self-Care Strategies** by Rev. Colleen Samson

Many people have asked me, "How are you doing?" I know the answer, "I'm okay," is not believable, and it really is not descriptive of how I feel. Sometimes, it is just easier not to talk about how I feel. There will come a time when a grief group will be appropriate, and joining a group is one way I will take care of myself. It is important for all of us to take care of ourselves during hard times and good times.

Women, in general, are caregivers. We care for everyone else and then, maybe, we make time for ourselves. Some of us learn from a young age that it is our responsibility to care for others, and so in the process of caring for others, we learn to neglect ourselves.

Is it ever too late to learn self-care? I hope not. There are many books we can read to help us change, but from experience, what a person reads might last for a while and then we are right back where we started. Old habits die hard. We truly need to think differently. The key words in thinking differently are *being* and *worthiness* apart from work.

Thinking differently starts with learning that *being* is just as important as *doing*. I like to think that sitting and being with God is just as important as doing God's work. If we spent as much time being with God in study, meditation, and prayer as we do working in the church and the community, we would be in a more restful, balanced state. For some of us, it is hard to sit and be. Today's society cultivates busyness in our children by involving them in activities, busyness in adults by working, working, working, and busyness in older age by working and volunteering until we use all the hours in a day.

The second way to think differently is to wonder what God sees when God sees you. Do we think God looks first at our achievements and successes? Is that how your parent(s) looked at you? Or, were your parents just happy that you were healthy and able to play outside? You are worthy apart from your works.

Take a moment and think about people who work, work, and work more. What suffers because of their inability to stop and rest and play? Their family suffers, their health suffers, and their relationships suffer. It is a fatal delusion to think that constant doing serves our best interest.

It is a battle to change our beliefs. I am an advocate of change, but this change is hard for me and probably hard for some of you, too. I resist the idea of rest and play. So, I look for help in scripture. Jesus asked this question to a man, "Do you want to be healed?" Do you believe that God wants you to enjoy the blessings bestowed upon you? Is that concept hard for you to grasp? Can you see this change as an avenue to something better?

Struggling with self-care is common especially when you are facing a loss. It is easier to work, work, work and not feel or think what the loss means. But sooner or later a person has to learn how to live with the loss. There is no right or wrong way to grieve. There is a way to care for yourself in the process. Self-care will be my way forward, and I hope you will consider caring for yourself in hard times and good times.



## BETHANY UNITED CHURCH OF CHRIST



**2952 Bethany Church Road  
Claremont, NC 28610**

**Phone: 828-464-5194**

**Email**  
[bethanyuccoffice@aol.com](mailto:bethanyuccoffice@aol.com)

**Website**  
[www.BethanyUccClaremont.org](http://www.BethanyUccClaremont.org)

**Pastor**  
Rev. Colleen Samson

**Pastor Emeritus**  
Rev. Nevin Feather

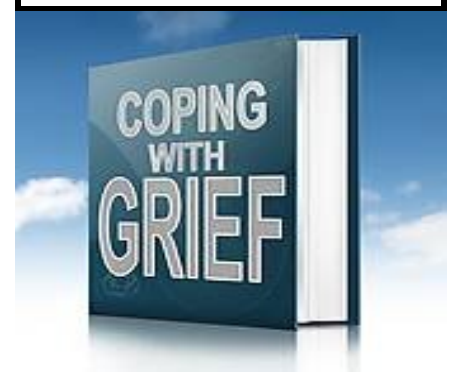
**Director After School All Stars**  
Brenda Josey

**Youth/Teens Co-Directors**  
Megan & Leslie Vann

**Interim Organist**  
Jane Cadwallader

**Bethany Beacon  
Co-Editors**  
Vivian Cline  
Donna Ervin

**Sunday Schedule**  
Sunday School: 9:30am  
Worship: 10:30am



## After Church Fellowship

Aris DeJesus is planning our fellowship time on the last Sunday of every month. She will be asking for people to host that one Sunday. Responsibilities are to provide a drink and small goodie for those who attend. Set-up and clean-up are also included. Please be responsive when Aris contacts you. Also, please remember to attend our Fellowship Time on the last Sunday of each month in Fellowship Hall.



## NEW TECHNOLOGICAL EQUIPMENT AT BETHANY UCC

Our church received a grant in order to improve the worship life of the congregation through the use of new technologies. To that effect, the church contracted with Jericho AV in order to install the equipment in the sanctuary. Along with that, some improvements in the electrical system were needed, and those expenses were covered by the grant.

The new tech equipment consists of one power supply controller, one switcher, one Mac computer, and three 70 inch monitors. It also includes the capabilities of controlling what the people on the podium see on the back monitor.

A team of four persons are in charge of preparing and doing the presentations during worship. They are Beth Cline and her son Adam, Eric Ervin, and myself, Jose A. DeJesus.

The software selected by Jericho AV is ProPresenter 5 developed by Renewed Vision Company. ProPresenter is one of the most popular programs used by congregations. It is powerful and easy to set, once you get use to it. The software works using slides that have to be prepared ahead, but it also has the capabilities of projecting pdf files, videos (set to Quicktime), audio cd's, and all types of images.

The Tech Team has been developing the worship presentation on a rotational basis and learning in the process. I do not think we have achieved complete

knowledge of the software, because it has a lot of commands that are embedded in the various menus, even in images you try to project, like changing the hue of the image, the color, the contrast, and various other parameters of the particular image.

I think that one of the limitations of ProPresenter is that videos have to be converted to Quicktime files called mov before they can be used directly in ProPresenter. Obviously, the most used video file in the market is mpeg4 that is designed for Windows operating systems. So before a video can be projected directly on ProPresenter, it has to be converted to mov file. There are plenty of converters in the market, but that is one step more to do.

We are in the learning stages of worship enhancements in our congregation, and so far we have been using content taken directly from the bulletin. However, I am anticipating that in the near future we will be able to use other content for the enrichment of worship, including video clips from movies, contemporary music videos, also family or church events videos that can be used during preaching or meditation time. With the way technology is moving today, I think the sky is the limit to enrich the worshiping life of any congregation willing to move forward in new directions.

*Prepared by Rev. Dr. Jose Abraham DeJesus*

First and foremost, we would like to thank Bethany Church for the opportunity to serve in this important role as Co-Directors of the Bethany Youth/Teens program. The importance of the role is said best when we read Proverbs 22:6, "Train children in the right way, and when old, they will not stray."

With that being said, here are some quick facts about us. Leslie is 28 years old, from Conover, NC, currently working as a sewer for TCK. Megan is 27 years old, from Waldorf, MD, and currently is a full time student. We both enjoy many activities and welcome any additional questions about us you might have.

We hope to bring more excitement, youth, teens, and outreach through the youth and teens program here at Bethany. In order to do these things, we will have to get active in our community. Some of the things we wish to achieve are sports programs, interactive study times, youth plays, fundraising, and youth volunteering. Social media has proven that it plays a vital role in youth and teens programs. One of the first things we want to do is get the program active on social media sites so that parents and children in the program will always be up to date. So make sure you check out the Bethany United Church of Christ Facebook page for any new links!

We are so excited to start this journey with the brand new Whirl Lectionary Sunday School program. The Whirl program has many great dimensions that really allow us to connect with children of all ages. The program includes weekly take home studies, story time, super fun activities, and allows children to easily follow along with the three-year lectionary cycle of scripture from the Bible. Our favorite aspect of

the Whirl program is that children, teens, and adults will all be learning the same lesson each and every Sunday. This allows children and their parents to discuss what they've learned after church. Join us for a new Whirl lesson each Sunday during Young Disciple Time.

We are excited to announce Vacation Bible School 2015. This year's VBS is Camp Kilimanjaro and is based on the book of Proverbs. It takes an exciting approach to learning through outdoor/indoor activities, singing, dancing, crafts, reading, and interactive plays. Camp Kilimanjaro will take children on a wild journey through east Africa to the tallest free standing mountain in the world. We will learn how to use our ears, hands, feet, heart, and mouth to serve God! During VBS we will also be taking donations for the Children's Hunger Fund. We have decided to create a friendly competition between the boys and girls who join us. Whichever one donates the most money during our VBS will have the opportunity to have the boys or girls group leader smash a pie in both co-directors' faces or pour a bucket of water over both co-directors. The pie or bucket of water will be voted on in the service bulletin on the last Sunday in July. So make sure you attend to make your vote count!

Again, we are excited for this new journey as co-directors of the youth and teen program here at Bethany!

*Megan and Leslie Vann  
Youth and Teens Co-Directors*





## **LINC Ministry Undertakes New Community Outreach Program**

LINC Ministry, an outreach ministry of five local churches (Bethel UCC, Bethany UCC, Church of the Master UCC, St. Matthews UCC and Unifour Christian Fellowship) has entered into a new community program with Exodus Ministry.

Exodus Ministry provides a rehabilitation program for persons with drug addictions and those coming out of prison to successfully re-enter community living. Persons coming into the Exodus Program most often come with nothing and when they are ready to move from Exodus Housing into living quarters of their own, they have little or nothing to begin housekeeping. LINC Ministry has taken on the challenge to provide Welcome Packets for new residents coming to Exodus for their rehab program and Home Maker Packets for persons moving from Exodus into their own living quarters.

This program will operate through the LINC Gift and Thrift Store at 213 South College Avenue, Newton, NC where items will be collected, assembled and

passed on to Exodus Ministry. All of the churches participating in LINC will help collect the needed items and from time to time bring them to the store to help with the project. Customers who come into the store will also be given the opportunity to participate in this project. Items donated to the store will be used to make up the packets and profits from the store will be used to purchase items needed to make up the individual packets.

This is one more way the churches working together in LINC Ministry are able to reach out into the community and make a difference. A list of items needed for each packet is also available at the LINC Gift and Thrift Store. There are also containers at the store to receive donated items. Items can also be deposited in the container located in the hallway outside the Fellowship Hall at Bethany UCC.

*Submitted by Lou Grandmaison,  
LINC Contact person*

### **Welcome Packets for New Residents:** Persons coming to Exodus for their rehabilitation.

Toothbrush  
Toothpaste  
Dental Floss  
Shampoo  
Soap  
Wash Cloths (2)  
Towels (2)  
Linens for Single Bed  
Pillow  
Blanket



### **Home Maker Packets:** Persons moving from Exodus into their own living quarters.

Paper Towels  
Toilet Paper  
Dish Detergent  
Laundry Detergent  
Broom  
Dust Pan  
Bucket  
Mop  
Plates, cups, glasses (4)  
3 different pans/pots  
Flatware (4)  
Bakeware that will fit into an oven (cake pan, baking dish, etc.)



*Items can be used as well as new.*

With the theme "Let It Shine, All the Time," the Southern Conference started its 50th Anniversary Celebration and Annual meeting on June 18, 2015. The venue for the meeting was the Sheraton Four Seasons in Greensboro, NC.

At 1:00 pm the meeting opened with a worship service, "Let Your Faith Shine," with Rev. Rose Wright-Scott as preacher. It was a powerful service of celebration.

The first plenary was opened at 2:00 with Rev. Carla Gregg-Kearns chairing the meeting. Most of the afternoon after the Call to Order was a parade of both government officials and religious leaders welcoming the delegates and congratulating the Southern Conference for its 50 years of service in the south.

The keynote address, "Let It Shine," was going to be given by the General Minister and President of the United Church of Christ, Rev. Geoffrey Black, but his airplane was delayed in Baltimore. The afternoon continued with greetings from various institutions and ministries of the UCC.

Late afternoon, people moved to the Congregational Church UCC in Greensboro for a Leadership "Let It Shine" presentation. Key leaders presented their ministries and challenged the churches to continue shining in their communities.

Unfortunately, that night there was the shooting at the AME Church in Charleston, SC. The meeting took a different atmosphere due to the pain that was running around. Rev. Dr. William Barber from the NAACP was scheduled to speak at the annual meeting, and he gave a very powerful message.

Throughout the meeting there were videos about the history of the Southern Conference prepared by the

Historical Committee, chaired by Rev. Ervin Milton. We also had the opportunity to hear from the UCC National Staff, some who were present and some through a video presentation.

Rev. Geoffrey Black, Minister and President of the UCC, had the opportunity to present the greetings from the National Office as well as his Keynote speech that was scheduled for the previous afternoon.

During Friday afternoon the annual meeting celebrated the "Let It Shine in Word and Witness" Preaching Festival. Six preachers preached for ten minutes on the following themes-- Celebrating Our SOC-UCC Heritage, Diversity in Unity, and Race Matters.

Friday night there was a Gala Celebration. People had the opportunity to meet Rev. Dr. John Dorhauer, the new General Minister and President Nominee. (He was just elected at General Synod this past weekend.) The night went on with a Jazz Orchestra and a Buffet Dinner for all the delegates. There were recognitions and some dancing during the Gala.

On Saturday, the Conference budget of \$500,000.00 was approved. During 2014 the budget was \$522,000.00, but the expenses were \$627,764.90 which left a negative balance of -\$194,370.37. For the year 2016 the approved budget was \$519,300.00. Needless to say, out of that negative balance \$94,000 is depreciation of equipment and facilities.

The SOC Annual Meeting was closed with a Communion worship service with the nominee Rev. Dr. John Dorhauer preaching and serving communion along with the actual retiring president Rev. Geoffrey Black. After worship, the 50<sup>th</sup> Annual Meeting was closed.

*Prepared by Rev. Dr. Jose Abraham DeJesus*

## Important Dates To Remember

<b>August 2-6, 6-8 pm</b>	VBS Camp Kilimanjaro
<b>September 12, 11 am-2 pm</b>	Seventh Annual Community Fun Festival Canned Drink Donations Needed
<b>September 13, 10:30 am</b>	Bluegrass Worship Service
<b>September 20, 10:30 am</b>	Homecoming Celebration with Rev. Dr. Edward Davis, Conference Minister of the UCC Southern Conference, bringing the message.

## In The Good Ole' Summer Time

Summer Camp started on June 15 and will continue until school starts in the fall. Our first week was Game Week, and we were true to this genre. The children were outside in the morning while it was cool for group games. During the heat of the day, it was board games of all kinds. We really have some great players in Monopoly, Clue, and Sorry! Of course they were allowed to bring their electronics on certain days. Just feed a child a pizza and their week was fabulous. Our second week was Olympic Week, and all the games were competitions. We had the Cheeto Toss with shaving cream and dunking for jaw breakers in a bowl of powdered sugar. The clothes race was so much fun with them racing to put on and off around 10 pieces of clothing (that did not fit them). Drum's Restaurant for lunch and Kool Park to cool down made for two great weeks. Water Week is in full force as I write this article. We will have water balloons, sponge toss, water piñata, and of course the Slip and Slide. Kool Park will be our destination for the great finale. Other weeks include Community, Science, Drama, and Crafts. I can assure you that each child is having a great summer!

We have 26 children enrolled in Summer Camp. This is our highest enrollment ever! Our parents are enjoying the camp also, because these children are worn out when they leave each day.

A special thank you to our staff this year. Ms Jeannine is working some full days so that I can have a little down time (golden age syndrome) and I could not have the children at Bethany without her. Ms Jordan is home from Gardner Webb and is working her third term(ha-ha) as our lead counselor. Ms Jessica S. and

Ms Jessica E. come from our After School program and are such an asset to us (if they ever finish vacationing). Ms Jalynn is working an internship, and Ms Riley is new and a former camper of mine from Mt Ruhama. This group really fits together well. The chemistry is just right to have a great balance of fun for the children and organization to keep the program goals in mind. Thank you so much, staff, for all you do.

I cannot believe how quickly the years have gone by. It seems only yesterday that Jalynn came to us as a very young girl. Now she is working an internship and doing a wonderful job. This is year number 6, and we are going strong. We should all be grateful to the church for having this vision and seeing it come alive. Thanks be to God!

Our snacks are still coming from ECCCM, and that is such a game changer for the program. I just go by and load my car up with what is available. We have never been disappointed with what we receive. They are always happy to share with us.

I did not mean for this article to be so long, but a lot of GOOD STUFF is going on. One thing in closing is a praise from all of us. 2016 has already been funded by United Way of Catawba County. Our grant is \$12,460.50. You may donate to Bethany After School in your name, and we will be notified. This has happened several times this year. Thank you United Way and all of you who give so generously to the program.

*Brenda Josey/Program Director  
Jeannine Poole /Assistant Director*



Catawba County United Way  
Community Partner



## Prayer List

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If you want to activate the Prayer Chain, please call Becky Cline at 828-464-4346.  
Anyone can activate the Prayer Chain with a prayer request or gratitude for a prayer answered.

Vicky Allen	Sheila Earp	Harry Moore
Faye Beard	Sheila Eisenhour	Nadine Pennell
C.J. Brooks	Donnie Harris	Louise Perry
Linda Brooks	Louise Harris	Tracy Royal
Bill Cline (Conover Rehab Rm.107-A)	David Hasson	Lynnette Stoker
Elizabeth Cline (CVL 126)	Ruby Henderson	Bill Wahl
Lyerly Cline (AL Pavillion 248)	Kay Ikerd	Cindy Watson
Vivian Compton	Doris Kirby and Angelica	Barbara Wireman
Esther Dollarhyde	Jerry Laye	Lynda Wilkinson
	Kenneth Lockwood	O.D. Witherspoon (CVL 105)



### SERVING IN JULY AND AUGUST 2015

#### **Liturgists:**

**July**  
 5 Lynn Brooks  
 2 Samuel 5: 1-5, 9-10  
 12 Jose DeJesus  
 2 Samuel 6: 1-5, 12b-19  
 19 Carolyn Kale  
 Mark 6: 30-34, 53-56  
 26 Louise Setzer  
 John 6: 1-21

**August**  
 2 Beth Cline  
 John 6: 24-35  
 9 Eddie Ervin  
 Psalm 130  
 16 Brenda Josey  
 John 6: 51-58  
 23 Norma Boggs  
 John 6: 56-69  
 30 John Pope  
 Psalm 15

#### **Elder of the Month:**

**July**  
 5 Eddie Ervin  
 12  
 19  
 26

**August**  
 Steve Kale

#### **Ushers:**

**July**  
 2 Lisa Goins  
 9  
 16  
 23  
 30 Lou Grandmaison

**August**  
 Katie Barrett  
 Beth Cline

#### **Counting Offerings:**

**July**  
 5  
 12  
 19  
 26  
 2  
 9  
 16  
 23  
 30

**August**  
 Donna Ervin  
 Steve Kale

#### **Acolytes:**

**July**  
 Vivian Cline  
 Tommy Little  
 Carolyn Kale  
 Donna Ervin  
 4  
 8  
 22  
 30

**August**  
 Zach Stewart  
 Steve Kale  
 Vivian Cline  
 Tommy Little  
 Carolyn Kale

#### **Childcare**

#### **Providers:**

**July**  
 Beth Cline  
 Lynn Brooks  
 Louise Setzer  
 Katie Barrett  
 1  
 26  
 3  
 5  
 6

**August**  
 Vivian Cline  
 Gina Beard  
 Beth Cline  
 Lynn Brooks  
 Louise Setzer

#### **Happy Birthday!**



**July**  
 Eddie Ervin  
 Bradley Setzer  
 Crystal Setzer  
 O. D. Witherspoon

**August**  
 Jessica Laney  
 Fred Shields



#### **Happy Anniversary!**

**July**  
 Roger & Brenda Josey  
 Steve & Carolyn Kale

**August**  
 Chris & Lynn Brooks  
 Rev. Jose and Aris De Jesus  
 O.D. & Margie Witherspoon

Thank You!

TO ALL WHO SERVE THESE MONTHS .....  
 WE COULDN'T DO IT WITHOUT YOU!!!!

.....AND.....

THERE IS ALWAYS ROOM FOR  
 NEW VOLUNTEERS !!!!





Bethany United Church of Christ  
2952 Bethany Church Road  
Claremont, North Carolina 28610

Bethany is a  
Community of Justice  
and Peace serving the  
needs of people on  
their spiritual journey.

NO MATTER  
WHO YOU ARE  
OR WHERE  
YOU ARE ON  
LIFE'S  
JOURNEY  
YOU ARE  
WELCOME  
HERE!



Rev. Colleen E. Samson  
Pastor, Bethany UCC

Phone: 828-464-5194

E-mail:

BethanyUCCOffice@aol.com

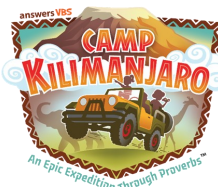
EVERYONE  
IS  
WELCOME



We Are on The Web

[www.BethanyUccClaremont.org](http://www.BethanyUccClaremont.org)

MARK YOUR CALENDARS



VBS Workshops

July 24, 28, and 31

VBS Camp Kilimanjaro

August 2-6, 6-8 p.m.

Seventh Annual Community Fun Festival

September 12, 11am-2 pm

Canned Drink Donations Needed



Homecoming Celebration

September 20, 10:30 a.m.

with Rev. Dr. Edward Davis, Conference Minister  
of the UCC Southern Conference