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#### SCHEDULE OF SERVICES:

- Sunday School:  
9:00 - 9:40 a.m.
- Morning worship:  
9:50 a.m.
- Sunday evening:  
6:00 p.m.
- Wed. Evening Bible Study, incl. Adult, Youth, & Kids' Classes, 7 p.m. @ church & in homes
- "College & Career" Bible Study, Wed. evening, Pastor Sheldon's home, 7:30 p.m.

#### INSIDE THIS ISSUE

LIFE TALK	2
HEALTH CORNER	2
FAITH STORIES	3
FAITH STORIES	4
TAKE A GUESS	4



# THE BETHEL BUZZ

VOLUME 2, ISSUE 10

SUNDAY, OCTOBER 4, 2009

## Faith's Challenges and Strengths

**Recently, I asked several people of different generations and occupations to tell me what it's like to be a Christian in their world. "What are some struggles or strengths about your job and the times we're living in?" I asked them. You might be interested, or even challenged, to read the experiences of these four people's day to day lives. In no particular order, we will hear from Esther Nisley, Mitch Helmuth, Mattie Hochstetler and Bob Hostetler.**

My name is Esther Rose Nisley, and I attend Sarasota Christian School (SCS). As a Christian, I am faced with many dilemmas. Not every person that attends SCS is a Christian. Some main problems I face are peer pressure, cheating, and gossiping. When people pressure you to do something that you know is not right, do you do that specific thing, such as stealing? Or do you do what God wants you to do? Another problem I face is cheating. It is very tempting to look at someone's paper or test when you do not know the answer, and everybody seems to be doing it. The question that comes to me is, "If everybody's doing it then does that make the situation better?" No. If I profess to follow Christ I should not be following the world's ungodly thoughts.

Gossiping is another problem I deal with. Even though in the Bible God calls us to not to do it, gossip is still very tempting. Gossiping is talking bad about someone to another person, behind the other person's back. For me, it is extremely hard because I like to tell everybody what is going on and explain that situation. When you tend not to like a certain person, it becomes very easy to talk about them. I am learning to always trust God. He will deliver you and me out of stressful and tempting situations.

— Esther Rose Nisley

"What is it like to be a Christian at your age, in your situation at this point in your life?" Tough question—but let me begin by telling you where I am in life. First, my name is Mitch Helmuth and I am twenty-four years old. My situation? I am a recent college graduate who has been in the "real world" for about eight months. I work for a company that specializes in financial planning at an office in downtown Sarasota.

Like most stages in life, this has been a learning experience for me—one in which I jumped into with all the wisdom and grace of a newborn deer. Although I had gotten good grades in school and "put my time in" with various internships, etc., while in college, nothing could have really prepared me for my first career job or just life in general. Right from the beginning, I had to set a foundation, establish who I was and what I stood for. Not only did I have to try and attempt to be confident with the ins and outs of the financial industry that I am involved with, but I had to learn how to be confident in who I was as

Continued on page 3

## Life Talk with Caroline

"You can do this. Keep your eye on the ball. Talk to each other. Get the ball back. Shake it off. It's all right!" We, the spectators of our daughter's volleyball game, shout out these words of encouragement (or what we think would help win the game) to the players. When they spike or play good defense we cheer and clap. Sometimes I don't know who is more stressed out—us, or the players. Eventually, the game is over. If we win, we are in high spirits, and if we lose, it can be disheartening. But in the end, we all want to know that we did our best, whether we are the player or the "encouragers".

Isn't this many times the way it is in life? We are all in the "game". We are working hard to get to the finish line. Along the way, we get into situations where we need encouragement. We need to hear "You can do this. Don't give up!" We are blessed in the fact that *...we are surrounded by such a huge cloud of witnesses to the life of faith...* (Hebrews 12:1). The author of Hebrews continues to spur us on by saying "... let us run with endurance the race that is set before us," (Hebrews 12:1, ESV) We do this by *keeping our eyes on Jesus, the champion who initiates and perfects our faith* (Hebrews 12: 2). Keep running, keep encouraging. Let's finish strong. The finish line is so worth it!

## Health Corner with Conrad Penner

There's a lot of information being given in the media about flu and the dangers of it this season, especially with the onset of H1N1 (swine flu). Hopefully this can bring some clarification, as well as instruction regarding our church community here at Bethel.

The flu virus is passed through either airborne particles or by touching objects or materials that an infected person has touched. Flu symptoms include fever, body aches, runny and/or stuffy nose, and may include coughing, vomiting, or diarrhea. If you have any of these symptoms, please recognize the importance of staying home from services at church. So often we hesitate to miss and think "it'll be okay, it's just church". We have a large population of young children and elderly, who as you will see below, are particularly susceptible. Moms, if your children have a fever, please keep them home. If you use a changing table at church, wipe it down with an antibacterial wipe after usage.

Even handshaking can be risky. Washing of hands thoroughly with soap and warm water is the best flu prevention. Hand sanitizers that have an alcohol base are also useful. Today, many sanitizers may contain anti-viral ingredients, which may be especially helpful. Not touching your own mouth, nose, ears, or face is important in avoiding transmission. Coughing into your arm/sleeve instead of your hand also keeps your hands more sanitary. You'll notice that there are bottles of hand sanitizer available around the church. These are for your benefit—feel free to use them. Also make sure that you clean your hands when you get home from church or any other public setting (i.e., kids when they come home from school, ball games, etc.).

There are many ways to strengthen your immune system. I have written about some of these in other issues. But, let me reiterate a little. The B-Vitamins, Vitamin C, and Zinc all help in establishing a good immune system. These can be taken in food form such as oranges, apples, green vegetables and so on. Fresh berries are also excellent sources of nutrition to improve your immune system. Do not overdose on vitamins. Too high of a dose may be toxic. Check with your physician on this if you are unsure what dosage would be correct for you.

Flu season also causes a higher risk to those with heart disease. Inflammation from the flu virus causes inflammation in the body and therefore can increase the risk of heart attack and stroke. A flu shot is in order for those whose immune systems are compromised. The elderly and young children are prime candidates for flu shots. If you have advanced arthritis, rheumatoid arthritis, heart disease or a history of stroke, a flu shot would be a good idea.

Finally, *do not panic*. The percentage of serious illness or death occurring from flu related illness is still the lowest in the world. Normal flu virus strains this time of year may be well managed. Check with your physician on any additional swine flu precautions. Most of them are as listed above with some exceptions. Swine flu sufferers should be isolated as long as there is fever. So stay indoors and away from others if you have swine flu. Most often, if you follow the above guidelines, you will be able to manage very well.



## The Middle Ground

The middle school youth group held their first Friday Night Social at the Pavilion on September 25<sup>th</sup>. Food, fun and fellowship were enjoyed by all. The night was a great success with twenty-four youth plus sponsors in attendance.

**Our next event will be Saturday, October 10<sup>th</sup> at Stardust Skate Center.**

The normal cost for this event is \$7 plus the price of skates. But, as October is national roller skating month, Sarasota County is offering FREE admission to any Sarasota County student. All you have to do is check out a book at any Sarasota County Public Library during the month of October, and you will receive a free admission pass to Stardust on October 10<sup>th</sup> between the hours of 1:30PM and 4PM. Please see Jenell or Renee if you have any questions. Anyone in 6<sup>th</sup>-8<sup>th</sup> grade is invited. Come and bring your friends!

## \*\*Managing the Flu\*\*

## Faith's Challenges and Strengths, Continued from page 1

a person, and more importantly as a Christian. Whether you say it or not, people will know what you stand or don't stand for almost immediately, and I was tested almost from the moment I walked in the door.

I was always taught to be honest and to work hard—something that seemed normal to me growing up at Bethel and being surrounded by Christian people. I just was not aware of how uncommon those ideas are to a lot of people that I come in contact with. I made a conscious effort to always try and do exactly what I was asked and to be honest, even if it meant admitting a mistake. Although I have made plenty of mistakes throughout my journey, this effort has been something that has carried me a long way. I have earned the trust of my boss and the clients I have come in contact with, and I have begun to see it pay off. My good rapport with my boss has allowed him to open up to me and have conversations about things going on in his life. This has given me a chance to talk about my faith. Nonetheless, setting the foundation of who I was from the beginning did not mean it has all been smooth sailing. Even though I tried to establish where I stood in the beginning, there have been many challenges just like there would be in any job. Part of dealing with people and their money is that it can bring out a nasty side of their personality if things don't go as expected.

Once again, it has been a great learning experience for me because even though my boss is not a Christian, he has learned how to deal with people's emotions incredibly well. This job has worked on my patience as well as my ability to deal with people who are mean or backstabbing. I feel like I have grown spiritually and professionally, which would bring me to my challenge for you; no matter what stage in life you are in, try and have an open teachable spirit. Never stop learning from people and challenging yourself, which, for someone in my "situation," is what I have been attempting to do myself.

— Mitch Helmuth

***"So, whether you eat or drink, or whatever you do, do all to the glory of God."  
1 Corinthians 10:31 (ESV)***

*I was asked to share about faith and what it's like to be a Christian in the job I'm in and the circumstances I encounter. Is my life and witness any different at this time than from other times and other jobs? Not really. There are still many people out there who will take the time to listen regarding my relationship with Jesus Christ. Right now, I do private duty care for a number of different people. One example of being able to share the Gospel in my everyday life is this: when I first began private duty for a certain man, I asked him if he would be interested in doing a Bible study together. He responded with a very positive "yes, let's do that," even though he has not entered the door of a church in many years. He now has recommitted his life to Jesus Christ and feels he is ready for Christ to take him home whenever he is called.*

*Things are a bit different since I'm semi-retired. At first, I felt I would not have the opportunities I used to have to share my faith. I was wrong. Just the other day, I spoke to a clerk who said she was new in the area. I asked if she had found a church in this community. She said, "Well, I have been going to a Seventh Day Adventist Church but I'm open to others." I took the opportunity to invite her to Bethel.*

*Do I ever get opposition? Definitely. My former co-workers were quick to call me narrow-minded when I told them there is only one way to heaven. Jesus said, "I am the way the truth and the life. No one comes to the Father except through me," (John 14: 6, NIV). Their understanding was that there are many ways to heaven and just believing it exists will get you there.*

*However, what is interesting to me is that whenever one of the staff has a particular trial in life, they will come to me and ask for prayer. I've always felt I have a good rapport with them despite the differences of opinion about our religious beliefs.*

*I strive to share my faith whenever the opportunity arises. I regret that I have not always taken the privilege. John 4:35 says, "Open your eyes and look at the fields! They are ripe for harvest," (NIV). I urge everyone to take the opportunity to share God's word to the world. We are living in exciting times.*

— Mattie Hochstetler

## Faith's Challenges and Strengths, Continued from page 1



What an opportune time to live in! Did I mention I'm a construction worker? I may not be able to tell you the secret to becoming a millionaire; however, with scarcely any masonry jobs the past three years, I can possibly muster up a few challenges and struggles to share with you; struggles many of you are undoubtedly dealing with yourselves.

One simple principle I've been told to live by is, "Don't spend more money than you make." Herein lies the problem. Nobody gave the power company, mortgage company, or the health insurance carrier the memo to stop sending me bills after I stopped bringing in money. So the question quickly becomes: how do you generate money to pay these bills? Fortunately, these past three years have taught me a thing or two about this subject.

One of the challenges is to be willing to get out of your comfort zone with work preferences. The older you become, the harder it is to be willing to learn new skills. I would encourage you to do so anyway. Do odd jobs. Work for less money. After all, doing an odd job for eight dollars an hour is better for your billfold (and your ego) than being at home making nothing.

The greater challenge for me is this: how does the world see me respond to the economic struggles? As a Christian, how am I different in my attitude towards the down economy? Am I different at all?

At a recent MMA/Mennonite Financial meeting, Pastor Rocky Miller (*Bay Shore Mennonite Church*) gave a brief meditation entitled, "What would Jesus say (or remind us of) if He were here in these economic times?" I'd like to share these thoughts with you.

1. This world is not our home (we are just passing through)
2. Give us a new perspective on time (look past retirement to eternity)
3. Putting our hope in money is a bad idea (if we are depressed and fearful about finances, we are holding on too tight)
4. Give us a more global and historical perspective (if the market crashes, we are still better off than most of the world)
5. Jesus would remind us of His presence ("greater is He that is in you, than he that is in the world" I John 4:4, KJV)

We've heard the saying, "We may be the only Bible the world will read today." It's sobering and exciting to know that how we react to our own financial struggles or respond to the needs of others will either point people to God or turn them away. So I say it again: What an opportune time to live in!

— Bob Hostetter

### Take a Guess!

Can you tell me what couple this is? After having been married for 22 years, this husband never fails to open the car door for his wife and then shuts the door after she gets in. Now I know that there may be many husbands who still do this for their wives, but I have noticed this certain couple Sunday after Sunday, and it just never fails. If you think you have a guess, put your answer in the newsletter's mailbox. If you're a winner, expect something awesome!

### Take a moment...

#### and pray:

- For families grieving from the loss of loved ones (Tyler Fox family and Charles Shue family)
- For all students
- The Youth Pastor search
- Our pastors — October is Pastor Appreciation Month