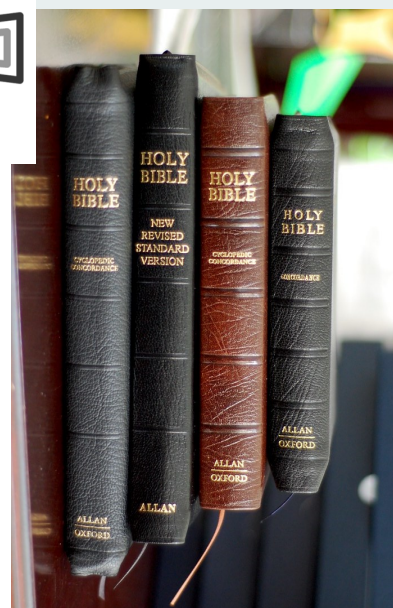




Two Boxes



I have in my hands two boxes
Which God gave me to hold
He said, "Put all your sorrows in the black, And all your
joys in the gold."
I heeded his words, and in the two boxes Both my joys
and sorrows I store
But though the gold became heavier each day The black
was as light as before
With curiosity, I opened the black
I wanted to find out why
And I saw, in the base of the box, a hole
Which my sorrows had fallen out by
I showed the hole to God, and mused aloud,
"I wonder where my sorrows could be."
He smiled a gentle smile at me.
"My child, they're all here with me."
I asked, "God, why give me the boxes, "Why the gold, and
the black with the hole?"
"My child, the gold is for you to count your blessings, the
black is for you to let go."

*written by
Limin Hong*

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*¹⁹And my God will meet all your needs according to his glorious riches
in Christ Jesus. *Philippians 4:19 NIV**

United Lutheran Church

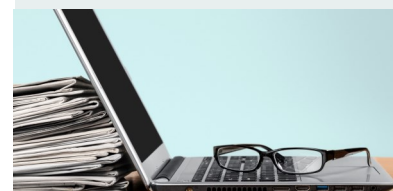
We are a Stephen Ministry Church

100 Cooper Road Bella Vista, AR 72715

479-855-1325 admin@unitedlutheranbv.org

LIKE US on Facebook: @United Lutheran Church

**Please note: Church Office is closed
whenever Bentonville Public Schools
are closed due to weather.**



ACTS

ACTS OF GIVING



With Pastor Karen and Jeremy in our hearts we continue to serve the people of Salvation Army the first Sunday of each month on behalf of United Lutheran!

ACTS OF LEARNING



Once a month the children of United Lutheran meet to learn and create.



ACTS

ACTS OF HONORING PASTOR KAREN



The congregation of United Lutheran Church would like to thank everyone for their thoughts and prayers after the death of our beloved Pastor Karen Fowler-Lindemulder. The love that has been expressed by all is what makes this a very special place.

Congregational Care

When was the last time you had a medical checkup?

Routinely, you should evaluate your risks factors for various conditions, screenings for cancer, and other diseases. You should assess your lifestyle habits that help you stay healthy. How often should you go to your doctor? If your under 50, go once every 3 years if you are in good health. Over 50, once a year to see your provider on a regular basis. If you have a chronic disease see your health care more often. Have you been having your regular check-ups and keeping up on your health? We all have the responsibility of taking care of ourselves and our loved ones. Finding potentially life threatening issues early, increases positive outcomes. Regular monitoring of existing health issues lowers the risk of worsening symptoms. Stay up to date on screenings and vaccinations.



It is good to keep a relationship with your health care provider to know what is going on with your body. Keep your body in check: do you ever wonder how come you have been gaining or losing weight. Your weight could have changed, you need your blood pressure, heart rate, oxygen level checked. It is good to have these monitored over time. Having your vital signs monitored is a good system of checks and balances for your body. According to the National Institute of Health 30-40 % people report having occasional symptoms of insomnia. While you might think that a poor night means an extra cup of coffee, chronic sleep disorders can actually increase the long-term risk of hypertension, depression, and diabetes. A doctor's visit can help identify possible underlying causes of your restlessness, weight gain or loss.

Many people we know have had a bad experience with hospitals, doctors and avoid any contact. Not every healthcare provider will be right for you but you owe it to yourself to find the right one. Get a second opinion, if you are not getting the answers you need, ask questions, get tests done early. A regular checkup should include medical history, family history, medication list, and allergies, vaccinations, blood pressure check, body mass index, alcohol and drug misuse, depression, and time to ask questions. Make notes of what you want to ask your health care provider. If you need to see a specialist, it might depend on your insurance if you need a referral. Take an advocate along any of your appointments. They often hear something we have missed.

When we have health questions and concerns, it can be easy to go to the internet for answers. But there is some information on the internet that is not trustworthy. Go to the doctor's for health protection and prevention. Simple blood tests, complex blood follow up, vaccines, mammograms, colonoscopy, x-rays, can all be checked. Being on top of things can add years to your life. Open and honest communication between and your healthcare provider is very important. United Lutheran is Blessed in having many members over 90. Don't forget to get some exercise which can benefit our body and minds. Get your checkup, eat healthy, exercise, get enough sleep, keep your mind and body active. God Bless. If you want a nurse visit, or have questions, please contact Charlotte Spencer.

John 3: 1:2 Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul.

If you would like a visit, blood pressure checked or information please contact Charlotte Spencer.

I have been asked about starting a walking group . Let me know if you are interested. Am looking at late mornings or early afternoon twice a week??????? *Charlotte Spencer*

DID YOU KNOW...

DID YOU KNOW

United Lutheran has a wide variety of medical equipment available for our members to borrow. This can include wheel chairs, walkers, canes, and so much more. If you need a particular piece of medical equipment, please contact the church office.

DID YOU KNOW

That if you need a ride to church, a medical appointment or transportation to the store, we have members who would love to help, please contact the church office.

DID YOU KNOW

It is important to let the office know if something gets broken, spilled or needs to be replaced or fixed. The sooner we know the sooner we can have it repaired, replaced or cleaned up.

We appreciate your help.

DID YOU KNOW

Choir & Summer Special Music

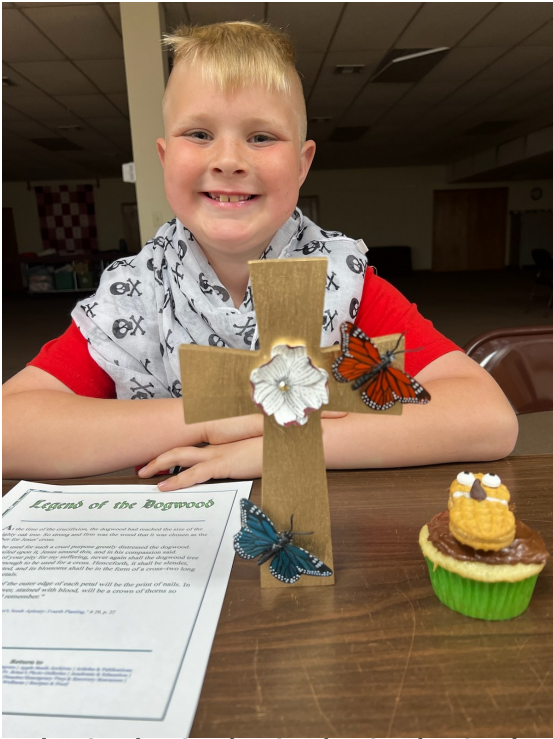
The Choir sings at 9:30 am Sunday worship service, August through May and usually holds practices at 7PM on Wednesday evenings. The choir is always looking for new voices to join the chorus.

The months of June and July, while the choir is on summer break, we are looking for a variety of musical performances to provide special music. If you, or you may have a family member who is here for a visit, and want to provide special music, please sign up in the Narthex. Any questions please contact Liz Hanson.



Education

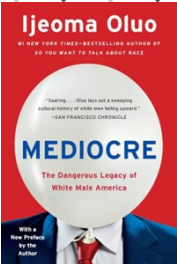
**Youth Christian Education: Once a month, @10:45am, for youth of all ages
This month will be held May 19th**



United Lutheran's Book Club

March's book: *Mediocre*

by Ijeoma Oluo (synod recommendation)



What happens to a country that tells generation after generation of white men that they deserve power? What happens when success is defined by status over women and people of color, instead of by actual accomplishments?

Through the last 150 years of American history -- from the post-reconstruction South and the mythic stories of cowboys in the West, to the present-day controversy over NFL protests and the backlash against the rise of women in politics -- Ijeoma Oluo exposes the devastating consequences of white male supremacy on women, people of color, and white men themselves. *Mediocre* investigates the real costs of this phenomenon in order to imagine a new white male identity, one free from racism and sexism.

As provocative as it is essential, this book will upend everything you thought you knew about American identity and offers a bold new vision of American greatness.

The book club meets via ZOOM, we'd love to have you join the discussion.

Ask Louise Wobig for the ZOOM link.

Due to Memorial Day, book club meet date TBA



Evangelism

2nd Fridays Heart of Fellowship

Friday May 9th

6 – 8PM

Invite your family and friends to the 2nd Fridays Heart of Fellowship Coffeehouse.

Feature entertainment is *The Brass Connection*

The Brass Connection is a brass quintet serving the NWA region for over twenty-five years. The group originally formed from Northwest Arkansas Community College music faculty and local musicians. Although positions within the quintet have occasionally changed, the core group of this ensemble has remained constant for over the past twenty years with one original charter member remaining. The Brass Connection strives to demonstrate and encourage a love of music to all and hopes to make NWA a better place in which to live and work because of its musical offerings within the community.

April
Saxophonics



Fellowship



Breakfast Club will meet on Tuesday May 7th at 10AM. Stop by to meet Pastor Carl Hoffman. *Please sign up in the Narthex.*

MOVIE NIGHT

The Boy Who Harnessed The Wind

First Thursday, May 2nd, 6:30pm

Born in Malawi, William Kamkwamba is a young schoolboy who has a talent for fixing radios for his friends and neighbors and spends his free time looking through the local junkyard for salvageable electronic components. Although he is soon banned from attending school due to his parents' inability to pay his tuition fees, William blackmails his science teacher into letting him continue attending his class and have access to the school's library where he learns about electrical engineering and energy production. By the mid-2000s, the family's crops fail due to drought and the resulting famine devastates William's village. Seeking to save his village from the drought, William devises a plan to build a windmill to power the town's broken water pump, but building a big pump is a BIG challenge!



Everyone's welcome ... there may even be popcorn.

SINGLES CLUB

The Singles plan to go to Haven 55 for Brunch on Sat. May 18th. We will meet at Church at 10:30 am to car pool for 11:00am brunch. Questions call Carl Rumsey or Ralph Picht.

LUTHERAN NIGHT AT THE NATURALS

WHEN -- TUESDAY JUNE 4 STARTING AT 7:05

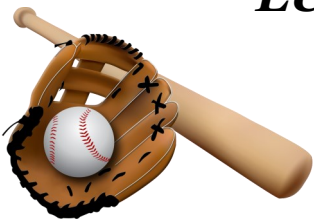
TICKET COST -- \$6.00

You may leave your money in the office or give it to Joyce Jebson
SIGN UP --THERE IS A SIGN UP SHEET IN THE NARTHEX

DEADLINE TO SIGN UP IS MAY 17

IT WILL BE \$1.00 BRATS NIGHT

THEY WILL BE PLAYING THE WITCHITA WIND SURGE



Leadership

Our Leadership Council for 2023 - 2024

Tom Hodgson	President
Anne Costa	Vice President
Rebecca Tanner	Secretary
Ruth McGuffin	Treasurer
Carrol Hildre	Evangelism
Brian Kichline	Mutual Ministry
Barb Marrs	Parish Fellowship
Dick Muller	Property
Joyce Jebesen	Social Ministry
Robin Nelson	Stewardship
Nancy Sandeen	Worship and Music
Kristi Morton	Youth and Education

Kudos ... Each month our leadership council takes time to appreciate those who serve. Here's the list from last month:

- ◇ To Tom Hodgson for leading the church in his role as President as we learn of Pastor Karen's death and afterward.
- ◇ To Wanda Brogren for her dedicated role to the congregation as Administrative and Financial Assistant and to the volunteers who help out in the office.
- ◇ To the Salvation Army team who stepped up to serve Sunday's dinner: Nancy Sandeen, Vicki Dehnert, Kristi Morton, Doris Hornig and Walter and Verana Steckel.
- ◇ To Hospitality chair Bev Rick and all the women and men who graciously prepared and served the luncheon following Pastor Karen's service.
- ◇ To all who worked to renew and refresh the Columbarium.
- ◇ To the choir, organist and all who presided at Pastor's service.

Thank you to all who serve... joyfully, willingly, humbly....

Congregational meeting has been moved to June 9th, 2024. Several of our members have served their two terms. If you are interested in serving on the council beginning in June, please contact Anne Costa or Tom Hodgson.

Thoughts From the Pastor's Study

It has been a busy first few days at United Lutheran Church. There are things to do and people to meet – working very hard to place names with faces - learning how each of you contribute to the life of the congregation.

One thing that has made a big impression on me already is, even in a difficult and emotional time in the life of this congregation, how welcome you have made my wife Connie and I feel. But I guess that should not come as a big surprise because, after all, that is what a church naturally does – welcomes in the name of our Lord Jesus Christ.

At the same time, being a place of welcome can be a challenge as the world around us changes. Over the years, Bella Vista has changed and continues to change. This whole corner of the state of Arkansas is growing explosively. Along with the business, economic and population growth of Benton County, Bella Vista has changed from a “retirement community” into a community including growing families and diverse cultures.

I noticed the city limit sign of Bella Vista listed a population of the city of over 30,000 people. That population is almost twice the population of the Fayetteville that Connie and I grew up in a “few years” ago.

So some of my first questions that come to my mind as I begin serving this congregation as your interim pastor: How can we welcome the people around us in Bella Vista – not the Bella Vista we used to know but the Bella Vista of the time in which we live? How can this congregation meet the needs of the world in which we live? How can we share God's love in Jesus Christ in our world today?

Peace, *Pastor Carl*



Social Ministry

Good morning! It is a beautiful sunny morning. We have had a lot of showers lately. Hopefully May flowers will follow. Many people in the world have lots of "rainy" days in their lives. Social Ministry opportunities hopefully bring times of "May" flowers into their lives.

SALVATION ARMY MEALS -- These meals certainly bring a May flower kind of feeling to the people who are recipients of these delicious meals. Many United people are a part of providing these meals. Kudos to those who cook and serve and also those who provide the yummy desserts.

LITTLE PANTRY -- Lots of people find a May flower feeling when they find food in the Little Pantry that will help provide a meal for their family. Donations are always needed. Place them in the tubs under the counter in the narthex.

OAKS INDIAN MISSION -- In April we collected cereal for the Mission. It will be delivered Wednesday May 1. With the refugees and the children there are many mouths to feed at the Mission. They are always very grateful for our donations. **IN MAY WE WILL BE COLLECTING JELLO -- ALL KINDS -- FOR THE MISSION.** Kids of all ages like jello!

BENEVOLENT BUDGET MONEY -- Wanda handles the disbursing of Social Ministry benevolent funds, Thirteen organizations ranging from local, synod and ELCA receive funds from our benevolent budget. That means there is a chance we are bringing May flower feeling to people all over the world!!

Needs of our "neighbors" are so great. A huge thank you to all of you who choose to support our Social Ministry activities.

May all of you find some May flowers in your lives knowing you have shared the gifts God has blessed you with with those who have less.

Blessings, *Joyce*



Oaks Indian Mission - May

The month of May we are collecting Jello.



Stephen Ministry

Most of us have never been faced with the death of our active pastor. This suggests that we have probably experienced some feelings which have been new to our usual state of mind. If you have wondered about some of those feelings this past week our Stephen ministers will be available in the narthex for the next few Sundays after worship. Look for their Stephen Ministry name tags and take the opportunity to share with them how you have processed this experience.

Morning Circles

May 1– 9:15 a.m.

Deborah Katy Sojka

AFTERNOON CIRCLE



May 7 – 1:30 pm

Hannah Addie Fry



Calendar

May 13 10:00 a.m. Sit and Chat

May 26 Serve Coffee Piecemakers

Women of United May 20 9:30 am Stephanie Culp



We are so pleased that Stephanie Culp, our scheduled speaker in March, is coming to speak at our May meeting. Stephanie is a national lecturer and seminar leader who

specializes in time and paper management. She has written articles that have appeared in a number of publications including The Los Angeles Times, Redbook, Family Circle and more.

And now she has settled in Bella Vista, and her neighbor, our new member, Paula Crespín, discovered her and found that Stephanie was willing to speak to us. (Yes, we know some of you may have already won the battle, but some of us definitely haven't. In any event, you know our meetings are always fun and the food is always good, so you'll want to join us even if there is not one single piece of clutter in your home.) In addition to what is sure to be an interesting meeting, Stephanie has promised each of a complimentary copy of her book.

Please join us

EVERYONE is welcome!

We are in need of help with our quilt tops. The blocks are cut and stacked in the order that they should be sewn. We just need help getting them sewn together. This is a job you can do at home, and you can pick up the blocks in the Quilter's basket in the narthex, OR we can deliver if you can't get to church to pick them up. If you need instructions for putting them together, just call LOGENE TEST, and she'll tell you what to do. We have made dozens of quilt so far this year, but we do need help sewing the colorful blocks for the quilt tops. Thanks!

Bake-less Bake Sale



HELP!

Our budget needs your help! We have budgeted \$2000 for the 7 charities that we support: Benton County Women's Shelter, Decatur Schools, Gravette Schools, Oaks Indian Center, Restoration Village, Saving Grace, Share and Care, Single Parent Scholarship. With this special fund drive and our regular circle and W-ELCA offerings, we hope to meet our commitments. Unfortunately, our Bake-less Bakesale has received only a few hundred dollars so far. Please pick up an envelope on the counter behind the Welcome Desk, make a gift, and drop it into the pink cake. We'll keep the cake out until the end of May. Thank you for your generous support! *Please make your checks payable to United Lutheran Church Women and write Bake Sale on the memo line.*

Sit and Chat May 13 at 10 a.m. in the narthex

Join us as we discuss articles of interest to caring Christians in a troubled world. All are WELCOME

A Community of Women



MARCH MARKS THE BEGINNING OF UNITED'S FAMOUS

“BAKE-LESS BAKE SALE”

Other churches have bake sales and rummage sales and craft sales. Women spend time and money cooking and crafting, and then they spend more money buying the things that other women have cooked and crafted in order to raise money to support programs. Well, at United we bypass all that stuff in the middle. Instead of all that fuss and bother, we just have you drop your money directly (and prayerfully and generously) into the “Cake” in the narthex. No fuss, no bother, no calories and no guilt!!

It’s just one of the amazing things the Women of United do!

Every year through our bake-less bake sale and our offerings, we hope to raise enough money to support our local missions. *We are so grateful to all of you who give so generously. Even though our membership gets smaller every year, with your help we are still reaching out to help those in need.*

Thank you to all of you for your gifts from the heart



This year we hope to support these worthy programs*

Benton County Women’s Shelter	200.00
Decatur Schools	100.00
Gravette Schools	100.00
Oaks Indian Center	850.00
Restoration Village	150.00
Saving Grace NWA	200.00
Share and Care	200.00
Single Parent Scholarship	200.00

In addition we send half of our offerings to the Synodical Women’s Organization who in turn send half of that on to the Churchwide Organization. (And that doesn’t even count your additional support of the November Thankoffering that goes directly to Churchwide.)

It is through your generous support that we truly can make a difference in the lives of people here in Benton County and throughout the world. ***You can get your envelope from your circle leader, or you can pick it up next to the “Cake” in the narthex.***

*Please make your checks payable to United Lutheran Church Women
and write Bake Sale on the memo line.*

Worship & Music

ONLINE WORSHIP OPTIONS Continue

We use both FACEBOOK Live and our website. Please note, once worship has concluded it is upload it to our website by 3pm. (www.unitedlutheranbv.org).

We also send liturgy via email. If you would like us to send you a copy, via USPS, please call the office.

**DON'T
FORGET**

Pentecost Sunday is May 19th.

DON'T FORGET TO WEAR RED!

This year there are so many ways you can help. Please contact the church office if you are able to help with the following:

- Counters for Weekly Offering
- Ushers for Sunday Services and Special Services
- Contributors for Altar Flowers each week
- Pick up Altar Flowers and Deliver to Church
- Altar Guild Members
- Choir Members
- Office Assistants (part time)
- Church Yard Clean Up – Columbarium Clean Up



The adornment of our Church with flowers from God's creation is a way for us to remember loved ones and to give thanks to God for people or events in our lives. After the Sunday services you may pick up your flowers to enjoy in your own home or share with someone else. If you would like to donate flowers, the sign up is in the narthex and the cost is \$40.

If you would like to donate for the altar flowers there are still openings for the months of May & June, the sign up is in the narthex. We are also looking for people to pick up the flowers from Sam's Club each week. For more information contact the church office.

Assistants In Ministry

2024	May 5	May 12	May 19	May 26	
Altar Guild & Altar Guild Team <i>Katie & Kelsey Sojka</i>	<u>BREAD</u> Nancy Sandeen <u>TRAY</u> Dean & Lola Fodness	<u>BREAD</u> Kelsey Sojka <u>TRAY</u> George & Glenda Heist	<u>BREAD</u> Marisa Nabholz <u>TRAY</u> Katy & Kelsey Sojka	<u>BREAD</u> Stevie Lamar <u>TRAY</u> Doris Horning & Tom Hodgson	
Counters	Tom Hodgson & Barb Marrs	Karen Anderson & Kristi Morton	Kathy Bassett & Barb Marrs	Kristi Morton & Tom Hodgson	
Flowers	Harvey Klitzke & OPEN	Kathy Bassett & Lyndell & Wanda Brogren	Kristi Morton & OPEN	Kristi Morton & Bev & Gary Rick	
Lectors	Vicki Dehnert	Kathy Bassett	Stevie Lamar	Dean Fodness	
Ushers	George & Glenda Heist	Betty Wehner & Tom Saueressig	Al & Mary Klotz	Tom Saueressig & Al Hvidsten	
Altar Flower Pick up	Tom & Lois Hodgson	OPEN	OPEN	OPEN	

Birthdays

05/03.....Carrie Guarino
 05/04.....Craig Tanner
 05/04Shirley Schmidt
 05/05.....Carl Rumsey
 05/10.....Connie Hoffman
 05/12Binh Hoang
 05/14Joyce Hansen
 05/14.....Carl Hoffman
 05/15Joyce Whittlesey
 05/21.....Kari Peleaux
 05/24Janelle Redlaczky
 05/27.....Dean Fodness
 05/28.....Lyndell Brogren

Happy Birthday!

Anniversaries

05/05.....John & Ginny Swinney
 05/05.....Buck & Connie Kreager
 05/11.....Brian & Kathleen Kichline
 05/14.....James & Alice Medin
 05/31.....Jim & Karen Larson

Happy Anniversary

Calendar of Events MAY

Wednesday May 1	9:15am - 10:15am 7:00pm - 8:00pm	Deborah Circle Choir Practice
Thursday May 2	All day 6:30pm - 8:30pm	Lifeline Screening Ultra Sound Team Movie Night
Sunday May 5	9:30am - 10:45am 5:00pm - 7:00pm	Sunday Worship Service (Onsite, ULC Website, or Facebook Live) ULC Salvation Army Dinner/Community Service
Tuesday May 7	9:00am - 11:30am 10:00am - 12:00pm 1:30pm - 2:30pm	Piecemakers Breakfast Club Hannah Circle
Wednesday May 8	7:00pm - 8:00pm	Choir Practice
Friday May 10	6:00pm - 8:00pm	2nd Fridays Heart of Fellowship Coffeehouse
Sunday May 12	9:30am - 10:45am	Sunday Worship Service (Onsite, ULC Website, or Facebook Live)
MOTHER'S DAY		
Monday May 13	10:00am - 11:00am 3:30pm - 5:00pm	W-ELCA Sit & Chat (Narthex) Stephen Ministry in 4-plex
Tuesday May 14	9:00am - 11:30am 6:30pm - 8:30pm	Piecemakers Council Meeting
Wednesday May 15	7:00pm - 8:00pm	Choir Practice
Saturday May 18	11:00am - 2:00pm	Singles Club Haven 55 Brunch
Sunday May 19	9:30am - 10:45am	Sunday Worship Service (Onsite, ULC Website, or Facebook Live)
PENTECOST	10:45am - 11:45am	Youth Christian Education
Monday May 20	9:30am - 10:30am	W-ELCA Community of Women
Tuesday May 21	9:00am - 11:30am	Piecemakers
Wednesday May 22	7:00pm - 8:00pm	Choir Practice
Sunday May 26	9:30am - 10:45am	Sunday Worship Service (Onsite, ULC Website, or Facebook Live)
Monday May 27	All day	Memorial Day - Office Closed
Tuesday May 28	9:00am - 11:30am	Piecemakers
Wednesday May 29	7:00pm - 8:00pm	Choir Practice