



# Day of Pentecost

May 24, 2026



The Episcopal Church



*A Reconciling in Christ Congregation*



**Bethany**  
Lutheran Church

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St. Stephen's Episcopal Church

# **Praise!**

# **Share!**

# **Serve!**

## **Welcome to Bethany!**

*Bethany recognizes that each of us is a unique creation made in the image of God. We celebrate and give thanks for the many diverse gifts that God has bestowed on us. We proclaim ourselves to be an open and affirming congregation to all of God's people; welcoming into our midst persons of every race, culture, age, gender identity, sexual orientation, ability, and economic status. We believe that our openness will allow us to grow in our faith through Christ's teaching to love one another as God loves us.*

**You may place your gifts and offerings in the offering plate as you enter the sanctuary. We will not be passing the plate. Thank you and God Bless**

## **Ring of the Bells**

**Announcements:**

**Prelude:**

## **We Gather as God's People**

*(Please stand as you are able)*

### **Thanksgiving for Baptism**

Alleluia! Christ is risen.

**Christ is risen indeed. Alleluia!**

Salvation belongs to our God who is seated on the throne and to the Lamb! **Amen.**

Let us give thanks for the gifts of baptism.

*Water may be poured into the font as the presiding minister continues.*

Merciful God,

you are the one who was, who is, and who is to come. You lead us beside still waters.

We thank you for the waters of creation: morning dew, gentle rain, roaring waves.

We thank you for the waters that nourish us. Blessed are you.

**You guide us to springs of the water of life.**

Jesus Christ, you are the faithful witness who accompanies us on our journeys.

We give you thanks for your life-giving death and resurrection.

We praise you for joining us in joy and sorrow.

Blessed are you.

**You guide us to springs of the water of life.**

Holy Spirit, you anoint our head with oil and our cup overflows.

Break down barriers that divide us. Fill us with the breath of peace.

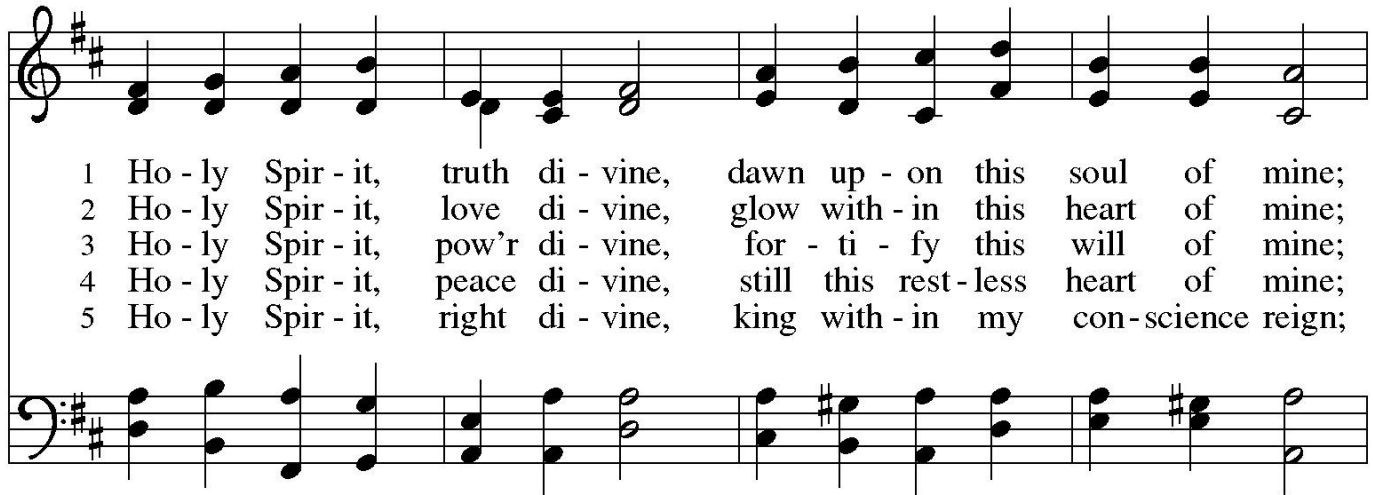
Blessed are you.

**You guide us to springs of the water of life.**

Holy One, we thank you for the gifts and grace of baptism, and for making us a new creation.

We join with saints and angels, giving you honor and praise, now and forever. **Amen.**

## Holy Spirit, Truth Divine



1 Ho - ly Spir - it, truth di - vine, dawn up - on this soul of mine;  
2 Ho - ly Spir - it, love di - vine, glow with - in this heart of mine;  
3 Ho - ly Spir - it, pow'r di - vine, for - ti - fy this will of mine;  
4 Ho - ly Spir - it, peace di - vine, still this rest - less heart of mine;  
5 Ho - ly Spir - it, right di - vine, king with - in my con - science reign;



breath of God and in - ward light, wake my spir - it, clear my sight.  
kin - dle ev - 'ry high de - sire; purge me with your ho - ly fire.  
by your will I strong - ly live, brave - ly bear, and no - bly strive.  
speak to calm this toss - ing sea, stayed in your tran - quil - i - ty.  
be my guide, and I shall be firm - ly bound, for - ev - er free.

Text: Samuel Longfellow, 1819–1892  
Music: SONG 13, Orlando Gibbons, 1583–1625

### Greeting

**P:** The grace of our Lord Jesus Christ, the love of God, and the communion of the Holy Spirit be with you all. **C: And also with you.**

**\*\*Refrain after Stanza 5 only\*\***

## Gracious Spirit, Heed Our Pleading

*Njoo kwetu, Roho mwema*

*Njo - o kwe - tu, Ro - ho mwe - ma, M - fa - ri - ji we - tu.*  
1 Gra - cious Spir - it, heed our plead - ing, fash - ion us all a - new.  
2 Come to teach us, come to nour - ish those who be - lieve in Christ.  
3 Guide our think - ing and our speak - ing done in your ho - ly name.

*Tu - fu - ndi - she ya mbi - ngu - ni, tu - we wa - tu wa - pya.*  
It's your lead - ing that we're need - ing, help us to fol - low you.  
Bless the faith - ful, may they flour - ish, strength - ened by grace un - priced.  
Mo - ti - vate all in their seek - ing, free - ing from guilt and shame.

*Refrain*

*Njo - o, njo - o, njo - o, Ro - ho mwe - ma.*  
Come, come, come, Ho - ly Spir - it, come.

*Njo - o, njo - o, njo - o, Ro - ho mwe - ma.*  
Come, come, come, Ho - ly Spir - it, come.

4 Not mere knowledge, but discernment,  
nor rootless liberty;  
turn disquiet to contentment,  
doubt into certainty.

5 Keep us fervent in our witness,  
unswayed by earth's allure.  
Ever grant us zealous fitness,  
which you alone assure.

Text: Wilson Niwagila; tr. Howard S. Olson, b. 1922  
Music: NJOO KWETU, ROHO MWEMA, Wilson Niwagila; arr. Egil Hovland, b. 1924  
English and Swahili text and tune © Lutheran Theological College, Makumira, Tanzania, admin. Augsburg Fortress.  
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## Prayer of the Day

**P:** Let us pray

**O God, on this day you open the hearts of your faithful people by sending into us your Holy Spirit. Direct us by the light of that Spirit, that we may have a right judgment in all things and rejoice at all times in your peace, through Jesus Christ, your Son and our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever.**

**Amen.**

*(Please be seated)*

## We Hear God's Word for Us

### First Lesson: Acts 2:1-21

*Pentecost was a Jewish harvest festival that marked the fiftieth day after Passover. Luke portrays the Holy Spirit being poured out upon the disciples before the gathered and astonished people assembled in Jerusalem for the festival. Filled with the Spirit, the disciples were able to witness to the power of Christ's resurrection.*

<sup>1</sup> When the day of Pentecost had come, [the apostles] were all together in one place. <sup>2</sup> And suddenly from heaven there came a sound like the rush of a violent wind, and it filled the entire house where they were sitting. <sup>3</sup> Divided tongues, as of fire, appeared among them, and a tongue rested on each of them. <sup>4</sup> All of them were filled with the Holy Spirit and began to speak in other languages, as the Spirit gave them ability.

<sup>5</sup> Now there were devout Jews from every people under heaven living in Jerusalem. <sup>6</sup> And at this sound the crowd gathered and was bewildered, because each one heard them speaking in the native language of each. <sup>7</sup> Amazed and astonished, they asked, "Are not all these who are speaking Galileans?" <sup>8</sup> And how is it that we hear, each of us, in our own native language? <sup>9</sup> Parthians, Medes, Elamites, and residents of Mesopotamia, Judea and Cappadocia, Pontus and Asia, <sup>10</sup> Phrygia and Pamphylia, Egypt and the parts of Libya belonging to Cyrene, and visitors from Rome, both Jews and proselytes, <sup>11</sup> Cretans and Arabs—in our own languages we hear them speaking about God's deeds of power." <sup>12</sup> All were amazed and perplexed, saying to one another, "What does this mean?" <sup>13</sup> But others sneered and said, "They are filled with new wine." <sup>14</sup> But Peter, standing with the eleven, raised his voice and addressed them, "Fellow Jews and all who live in Jerusalem, let this be known to you, and listen to what I say. <sup>15</sup> Indeed, these are not drunk, as you suppose, for it is only nine o'clock in the morning. <sup>16</sup> No, this is what was spoken through the prophet Joel:

<sup>17</sup> 'In the last days it will be, God declares,  
that I will pour out my Spirit upon all flesh,  
and your sons and your daughters shall prophesy,  
and your young men shall see visions,  
and your old men shall dream dreams.

<sup>18</sup> Even upon my slaves, both men and women,  
in those days I will pour out my Spirit,  
and they shall prophesy.

<sup>19</sup> And I will show portents in the heaven above  
and signs on the earth below,  
blood, and fire, and smoky mist.

<sup>20</sup> The sun shall be turned to darkness  
and the moon to blood,

before the coming of the Lord's great and glorious day.

<sup>21</sup> Then everyone who calls on the name of the Lord shall be saved.' "

**Psalm 104:24–34, 35b** (SPOKEN responsively. Organ side starts, piano side is in bold)

<sup>24</sup> How manifold are your works, O LORD!

In wisdom you have made them all; the earth is full of your creatures.

<sup>25</sup> **Yonder is the sea, great and wide, with its swarms too many to number, living things both small and great.**

<sup>26</sup> There go the ships to and fro,  
and Leviathan, which you made for the sport of it.

<sup>27</sup> **All of them look to you  
to give them their food in due season.**

<sup>28</sup> You give it to them; they gather it;  
you open your hand, and they are filled with good things.

<sup>29</sup> **When you hide your face, they are terrified;  
when you take away their breath, they die and return to their dust.**

<sup>30</sup> You send forth your Spirit, and they are created;  
and so you renew the face of the earth.

<sup>31</sup> **May the glory of the LORD endure forever;  
O LORD, rejoice in all your works.**

<sup>32</sup> You look at the earth and it trembles;  
you touch the mountains and they smoke.

<sup>33</sup> **I will sing to the LORD as long as I live;  
I will praise my God while I have my being.**

<sup>34</sup> May these words of mine please God.  
I will rejoice in the LORD.

<sup>35b</sup> **Bless the LORD, O my soul.  
Hallelujah!**

## **Second Lesson: 1 Corinthians 12:3b - 13**

*Paul is helping the Corinthians understand the relationship between our God-given unity and Spirit-created diversity. The Spirit creates the unity of faith and gives all Christians diverse gifts for the common benefit of all. We need one another's diverse spiritual gifts because the same Spirit has given them to each person for the common good.*

<sup>3b</sup> No one can say “Jesus is Lord” except by the Holy Spirit.

<sup>4</sup> Now there are varieties of gifts but the same Spirit, <sup>5</sup> and there are varieties of services but the same Lord, <sup>6</sup> and there are varieties of activities, but it is the same God who activates all of them in everyone. <sup>7</sup> To each is given the manifestation of the Spirit for the common good. <sup>8</sup> To one is given through the Spirit the utterance of wisdom and to another the utterance of knowledge according to the same Spirit, <sup>9</sup> to another faith by the same Spirit, to another gifts of healing by the one Spirit, <sup>10</sup> to another the working of powerful deeds, to another prophecy, to another the discernment of spirits, to another various kinds of tongues, to another the interpretation of tongues. <sup>11</sup> All these are activated by one and the same Spirit, who allots to each one individually just as the Spirit chooses.

<sup>12</sup> For just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ. <sup>13</sup> For in the one Spirit we were all baptized into one body—Jews or Greeks, slaves or free—and we were all made to drink of one Spirit.

The Word of the Lord

**C: Thanks be to God.**

*(Please stand as you are able)*

## Gospel Acclamation:

ELW 174



Al - le - lu - ia, al - le - lu - ia.

Al - le - lu - ia, al - le - lu - ia.

## The Gospel according to John 20:19-23

*The risen Jesus appears to his disciples, offering them a benediction, a commission, and the gift of the Holy Spirit.*

<sup>19</sup> When it was evening on that day, the first day of the week, and the doors were locked where the disciples were, for fear of the Jews, Jesus came and stood among them and said, "Peace be with you." <sup>20</sup> After he said this, he showed them his hands and his side. Then the disciples rejoiced when they saw the Lord. <sup>21</sup> Jesus said to them again, "Peace be with you. As the Father has sent me, so I send you." <sup>22</sup> When he had said this, he breathed on them and said to them, "Receive the Holy Spirit. <sup>23</sup> If you forgive the sins of any, they are forgiven them; if you retain the sins of any, they are retained."

The Gospel of Our Lord

**C: Praise to you O Christ**

*(Please be seated)*

## Reflection

*(Please stand as you are able)*

## Nicene Creed

**We believe in one God, the Father, the Almighty, maker of heaven and earth, of all that is, seen and unseen.**

**We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, of one Being with the Father; through him all things were made.**

**For us and for our salvation he came down from heaven, was incarnate of the Holy Spirit and the virgin Mary and became truly human. For our sake he was crucified under Pontius Pilate; he suffered death and was buried. On the third day he rose again in**

**accordance with the scriptures; he ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead, and his kingdom will have no end.**

**We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son,\* who with the Father and the Son is worshiped and glorified, who has spoken through the prophets.**

**We believe in one holy catholic and apostolic church.**

**We acknowledge one baptism for the forgiveness of sins.**

**We look for the resurrection of the dead, and the life of the world to come. Amen.**

**“What a Friend We Have in Jesus”**  
**(Verse 1 - sung before the prayers only)**

**ELW 742**

1 What a friend we have in Je - sus, all our sins and griefs to bear!  
2 Have we tri - als and temp - ta - tions? Is there trou - ble an - y - where?  
3 Are we weak and heav - y - lad - en, cum - bered with a load of care?

What a priv - i - lege to car - ry ev - 'ry - thing to God in prayer!  
We should nev - er be dis - cour - aged— take it to the Lord in prayer.  
Pre - cious Sav - ior, still our ref - uge— take it to the Lord in prayer.

Oh, what peace we of - ten for - feit; oh, what need - less pain we bear—  
Can we find a friend so faith - ful who will all our sor - rows share?  
Do your friends de - spise, for - sake you? Take it to the Lord in prayer.

all be - cause we do not car - ry ev - 'ry - thing to God in prayer!  
Je - sus knows our ev - 'ry weak - ness— take it to the Lord in prayer.  
In his arms he'll take and shield you; you will find a so - lace there.

*(Please be seated)*

**Prayers of Intercession**

Trusting in the power of Christ's resurrection to heal and redeem our broken world, let us pray for the needs of all creation.

*A brief silence.*

O God, you send the Holy Spirit to gather your church into one. Inspire all ministers of the gospel to speak prophetic and hope-filled words to all whom they encounter. Bless the work of interreligious dialogue. Merciful God, **receive our prayer.**

You send the Holy Spirit to renew the face of the earth. Protect all living things, bring forth clean water and abundant food, and grant us wonder as we contemplate all you have made. Merciful God, **receive our prayer.**

You send the Holy Spirit to break down the barriers of communication among nations. Bestow peace in war-torn areas, guide all in government and society to work for justice, and guard those serving in the armed forces, especially this weekend as we remember those who died in service to their country. Merciful God, **receive our prayer.**

You send the Holy Spirit to accompany those who feel abandoned. Provide food for those who hunger and drink for those who thirst, soothe those who are anxious or bereaved, comfort those who are sick or suffering, and answer all who call upon your name *especially.* **Bethany** Adam, Joanne Hitchcock, Kay Backhus, Kristen Clemens Keenan, Nancy Rebeyro, Ron Aaron, Steve, Louise Koenig, Barb Franklin, Marcia Wray, Merrill & Muriel Frable, Robert Keenan, Dorothy Porter, Sylvia Subject, Gail Cross, Heather Miller, Carl Zimmerman, Barb Franklin, Andy Carlson, Heather Miller, Tim Johnson, Jamie Molyneayx, Frann Wilson, Kevin McClelland and those from **St. Stephens:** Audrey Childs, Nancy Consedine, Amanda Piccirillo, Betty Linderman, Linda Giardini, Gail Olson, Gloria Preston, Dick Mulaski, Ethan Johnson, Steven, Colt Matz, Dave and Donna Briggs, Rev. Max Meyers, Millie Piccirillo, Martha Edwards, Jim and Kathy, Priscilla and Nelson Griffith, Carolyn Wolfe, Denise, Helen Stritoff, Kienen Duggan, David Styles, Carol Snyder, Adam Wolfe, Jim Fragle, and those we name either silently or aloud. Merciful God, **receive our prayer.**

You send the Holy Spirit through the gift of baptism. Bless both those preparing for or affirming their baptism. May they be encouraged by this community of faith as they live out their baptismal promises. Merciful God, **receive our prayer.**

You send the Holy Spirit to console us in our grief. We give you thanks for our ancestors in the faith *especially scientists Nicolaus Copernicus and Leonard Euler* whose witness to your mighty works continues to inspire our lives. Merciful God, **receive our prayer.**

God of resurrection power, use us and these prayers to proclaim the good news of new life to all the world, through Jesus Christ, our risen Savior.

**Amen.**

*(Please stand as you are able)*

### **The Sharing Of the Peace**

**P:** The peace of the Lord be with you always.

**C: And also with you.**

**P:** Please greet one another with a sign of Christ's peace.

**Offering Hymn: ELW 396**

# Spirit of Gentleness

*Refrain*



Spir - it, Spir - it of gen - tle - ness, blow through the wil - der - ness



call - ing and free; Spir - it, Spir - it of rest - less - ness,



stir me from plac - id - ness, wind, wind on the sea.



- 1 You moved on the wa - ters, you called to the deep,
- 2 You swept through the des - ert, you stung with the sand,
- 3 You sang in a sta - ble, you cried from a hill,
- 4 You call from to - mor - row, you break an - cient schemes.



then you coaxed up the moun - tains from the val - leys of sleep;  
and you goad - ed your peo - ple with a law and a land;  
then you whis - pered in si - lence when the whole world was still;  
From the bond - age of sor - row all the cap - tives dream dreams;



and o - ver the e - ons you called to each thing:  
and when they were blind - ed with i - dols and lies,  
and down in the cit - y you called once a - gain,  
our wom - en see vi - sions, our men clear their eyes.



“A - wake from your slum - bers and rise on your wings.”  
then you spoke through your proph - ets to o - pen their eyes.  
when you blew through your peo - ple on the rush of the wind.  
With . . . bold new de - ci - sions your peo - ple a - rise.

*Refrain*

# We Share the Holy Meal at God's Table

## Great Thanksgiving

s161

The Lord be with you. And al - so with you.

Lift up your hearts. We lift them to the Lord.

Let us give thanks to the Lord our God.

It is right to give our thanks and praise.

**P:** It is indeed right, our duty and our joy, that we should at all times and in all places give thanks and praise to you, almighty and merciful God, for the glorious resurrection of our Savior Jesus Christ, the true Paschal Lamb who gave himself to take away our sin; who in dying has destroyed death, and in rising has brought us to eternal life. And so, with Mary Magdalene and Peter and all the witnesses of the resurrection, with earth and sea and all their creatures, and with angels and archangels, cherubim and seraphim, we praise your name and join their unending hymn:

## Holy, Holy, Holy

☩ Ho - ly, ho - ly, ho - ly Lord, God of pow - er and

might, heav - en and earth are full of your glo - ry.

Ho - san - na in the high - est. Bless - ed is he who

comes in the name of the Lord. Ho - san - na in the

high - est. Ho - san - na in the high - est.

## **Table Prayer**

**P:** We give you thanks, Father, through Jesus Christ, your beloved Son, whom you sent in this end of the ages to save and redeem us and to proclaim to us your will. He is your Word, inseparable from you. Through him you created all things, and in him you take delight. He is your Word, sent from heaven to a virgin's womb. He there took on our nature and our lot and was shown forth as your Son, born of the Holy Spirit and of the virgin Mary. It is he, our Lord Jesus, who fulfilled all your will and won for you a holy people; he stretched out his hands in suffering in order to free from suffering those who trust you. It is he who, handed over to a death he freely accepted, in order to destroy death, to break the bonds of the evil one, to crush hell underfoot, to give light to the righteous, to establish his covenant, and to show forth the resurrection, taking bread and giving thanks to you, said:

Take and eat; this is my body, broken for you. Do this for the remembrance of me. In the same way he took the cup, gave thanks, and gave it for all to drink, saying: This is my blood poured out for you. Do this for the remembrance of me.

With this bread and cup we remember our Lord's Passover from death to life as we proclaim the mystery of faith:

**Christ has died. Christ is risen. Christ will come again.**

Remembering, then, his death and resurrection, we lift this bread and cup before you, giving you thanks that you have made us worthy to stand before you and to serve you as your priestly people. And we ask you: Send your Spirit upon these gifts of your Church; gather into one all who share this bread and wine; fill us with your Holy Spirit to establish our faith in truth, that we may praise and glorify you through your Son Jesus Christ. Through him all glory and honor are yours, Almighty Father, with the Holy Spirit, in your holy Church both now and forever.

**Amen**

**P:** Lord, remember us in your kingdom as we pray . . .

**Our Father, who art in heaven,  
hallowed be thy name,  
thy kingdom come,  
thy will be done,  
on earth as it is in heaven.**

**Give us this day our daily bread;  
and forgive us our trespasses,**

**as we forgive those  
who trespass against us;  
and lead us not into temptation,  
but deliver us from evil.  
For thine is the kingdom,  
and the power, and the glory,  
forever and ever. Amen**

**P:** The risen Christ is made known to us in the breaking of the bread. Come and eat at God's table.

*(Please be seated)*

*\*As you come to the altar, please form a single line...individual cups are to the right, common cup is to the left, and if intinction is preferred you may use either side.*

## **Invitation to Communion**

*(Christ is our host and Our Communion Table is open to anyone who wishes to partake of the Lord's Supper. As Lutheran Christians we believe Christ to be really present in the bread and wine for the forgiveness of sins.)*

## Communion: "Lamb of God"

☞ Lamb of God, you take a - way the sin of the world; have mer-cy on  
us. Lamb of God, you take a - way the sin of the world; have  
mer-cy on us. Lamb of God, you take a - way the  
sin of the world; grant us peace, grant us peace.

## Communion Music:

*(Please stand as you are able)*

## Post Communion Prayer

Holy One,

**through this meal you have made your home among us and are making all things new. Send us now to speak peace to anxious hearts, to love our enemies, and to bring your healing to the nations.**

**In the name of Jesus,**

**Amen.**

## Post Communion Canticle: "This Joyful Eastertide" ELW 391 (Verse 1 & Refrain Only)

1 This joy - ful Eas - ter - tide, a - way with sin and  
2 My flesh in hope shall rest and for a sea - son  
3 Death's flood has lost its chill since Je - sus crossed the  
sor - row! My love, the Cru - ci - fied, has  
slum - ber till trump from east to west shall  
riv - er. Lov - er of souls, from ill my

sprung to life this mor  
wake the dead in num row.  
pass - ing soul de - liv ber.  
er.

*Refrain*

Had Christ, who once was slain, not burst his three-day pris - on, our

faith had been in vain. But now has Christ a - ris - en, a -

ris - en, a - ris - en, a - ris - en.

**We Are Sent to Share the Good News**

**Blessing:**

God Almighty,  
 who is the beginning and the end,  
 Jesus Christ, the firstborn of the dead,  
 and the Spirit, our advocate and peace,  
 † bless you now and forever.  
 Amen.

## God of Tempest, God of Whirlwind

1 God of tem - pest, God of whirl-wind, as on Pen - te -  
 2 God of blaz - ing, God of burn - ing, all that blocks your  
 3 God of earth - quake, God of thun - der, shake us loose from  
 4 God of pas - sion, God un - sleep - ing, stir in us love's

cost de - scend! Drive us out from shel - tered com - fort;  
 pur - pose, purge! Through your church, Christ's liv - ing Bod - y,  
 leth - ar - gy! Break the chains, of sin a - sun - der,  
 rest - less - ness! Where the peo - ple cry in an - guish,

past these walls your peo - ple send! Sweep us in - to cost - ly ser - vice,  
 let your flam - ing Spir - it surge! Where de - ceit con - ceals in - jus - tice,  
 for earth's heal - ing set us free! Crum - ble walls that still di - vide us;  
 may we share your heart's dis - tress. Rouse us from con - tent with e - vil;

there with Christ to bear the cross, there with Christ to bear the cross!  
 kin - dle us to speak your truth, kin - dle us to speak your truth!  
 make us one in Christ our Lord, make us one in Christ our Lord!  
 claim us for your king - dom's work, claim us for your king - dom's work!

Text: Herman G. Stuempfle Jr., b. 1923  
 Music: CWM RHONDDA, John Hughes, 1873-1932  
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### Dismissal:

Alleluia! Christ is risen.

**Christ is risen indeed. Alleluia!**

Go in peace. In Christ you are made new. Alleluia! Alleluia!

**Thanks be to God. Alleluia! Alleluia!**

### Postlude:

**Today's Worship Servants**  
**Worship Leader Frann Wilson**

Ministers: the people of Bethany

Organist: Ray Sprout\Jack Bollman

Lay Lector: Andrew Stephan

Counter: Chris Brainard

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**This week in our parish**

Today 5/24

10:30 Worship Service

5:30 AA Meeting

Mon 5/25

5:30 AA Meeting

Tue 5/26

5:30 AA Meeting

Wed 5/27

5:30 AA Meeting

Sun 5/31

**10:30 Joint Worship Service – St. Stephens**

In the spirit of #churchtogether, Frann Wilson, Synod Authorized Minister, presides at God's table today with the thanks of and authorization by the bishop of the Upstate New York Synod.

*The annual Upstate New York synod assembly is this Tuesday and Wednesday in Syracuse. Ray & Ruth Sprout and Pastor Laura Csellak will be representing Bethany. Please keep this important event in your prayers.*

**SMILES: God bless those with a sense of humor!**

**“Why I Love Getting Older”**

My goal for 2026 was to lose 10 pounds. Only 15 to go.

Ate salad for dinner. Mostly croutons & tomatoes. Really just one big round crouton covered with tomato sauce. And cheese. FINE, it was a pizza. I ate a pizza.

How to prepare Tofu:

Throw it in the trash

Grill some meat

I just did a week’s worth of cardio after walking into a spider web.

I don’t mean to brag, but I finished my 14-day diet food in 3 hours and 20 minutes.

A recent study has found women who carry a little extra weight live longer than men who mention it.

Kids today don’t know how easy they have it. When I was young, I had to walk 9 feet through shag carpet to change the TV channel.

Senility has been a smooth transition for me.

Remember back when we were kids and every time it was below zero outside they closed school? Me neither.

I may not be that funny or athletic or good looking or smart or talented. I forgot where I was going with this...

I love getting older. I learn something new every day and forget 5 others.

A thief broke into my house last night. He started searching for money so I woke up and searched with him.

I think I’ll just put an “Out of Order” sticker on my forehead and call it a day.

November 5, 2025 was the end of Daylight Savings Time. Hope you didn’t forget to set your bathroom scale back 10 pounds on Saturday night.

Just remember, once you’re over the hill you begin to pick up speed.