



# BEAR FACTS

Issue 26: March 10, 2026

## FROM THE PRINCIPAL

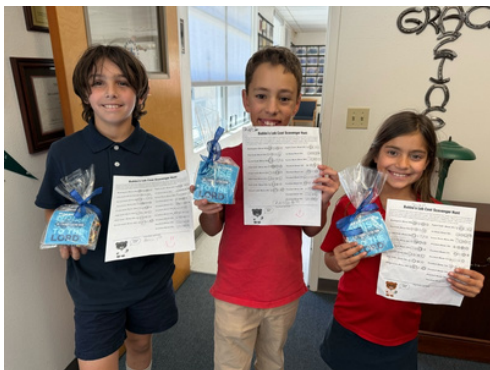
The Science Fair was a great success! I saw some awesome projects and enjoyed having kids tell me what their question was and what they learned. Congrats to Charlie, Quinn and Anton...they were the Bubba Bear Labcoat Scavenger Hunt winners!!

This week it's Health and Wellness Week. We started this event a couple of years ago to bring our health lessons into focus by setting aside a special week.

We want to help our students see that as Christians, we believe our bodies minds and spirits are gifts from God, so we want to cherish and care for them. This belief is rooted in the idea of stewardship, which is the responsible management and protection of something that has been entrusted to us.

You can see the topics we'll be studying on another page of the Bear Facts. We hope you'll ask your child what they learned this week!

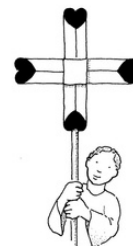
*Blessed to be at Bethany,  
Dr. Fink*



**Bubba's Labcoat Scavenger Hunt Winners**

## COMING UP

- **Mar. 9-13**-Health & Wellness Week
- **Mar. 11**-A Cappella Concert 7 PM
- **Mar. 17**-Battle of the Books
- **Mar. 19**-Environmental Defenders Assembly
- **Mar. 20**-End Quarter 3
- **Mar. 24**-PTL Meeting
- **Mar. 26/27**-Minimum Days, P/T Conferences
- **Mar. 27**-Pajama Day!!
- **Apr. 3**-Good Friday, No School
- **Apr. 5**-Easter HE IS RISEN!
- **Apr. 6-10** Easter Break



Leading chapel this week:

### Kindergarten

Parents, you are welcome to join us at 9:00 AM in the church.

Our chapel offerings this month will go to [Free Wheelchair Mission](#)



Last two weeks to earn big before the end of the rebate period. Be sure to stock up and use gift cards for all your Spring Break purchases. Whether you are traveling, staying home or working on home improvement projects, RaiseRight has gift cards for all your needs: ARCO, Dave & Busters, Top Golf, AMC, Disney, Home Depot, Lowe's, Ace Hardware, Wayfair and so much more!

Reminder: the minimum rebate that will be applied is \$25 (According to your earnings on RR from April 1, 2025 - March 31, 2026, the total rebate must be \$42 or more to make the \$25 minimum / 60% of 42 is 25.20). If your earnings are less than that amount, the rebate will be absorbed back into the Scrip program.

Ruth Lopez  
Scrip Coordinator  
Bethany Lutheran Church and School  
562-420-7783 ext. 58

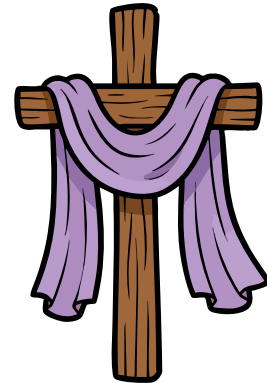
## Lenten Worship Services

*Lenten services-6:30 PM at the newly-renovated Cypress Campus*

- Wednesday Lent III (3/11) "Swaddled" [Luke 2](#)

OR

- A Cappella Concert at the Long Beach Campus
- Wednesday Lent IV (3/18) "Filthy Rags" | [Peter 2:24](#)
- Wednesday Lent V (3/25) "Garments of Grace" [Revelation 3](#)



## Middle School Corner

Last week in advisory, the middle school got an early jump on Health & Wellness week by learning more about the benefits of drinking enough water and starting a one-week water-drinking challenge. The students were encouraged to use this [Daily Water Intake Calculator](#) to set an ounce goal for how much water they want to drink daily for a week.

This week and next, the water discussions will continue with some exploration of water conservation, caring for God's creation, and God's precious gift of baptism!

Check out some of the many benefits of drinking enough water!

- Water helps to maximize physical performance in sports and activities that use your muscles
- Hydration has a major effect on energy levels and brain function
- Drinking water may help to prevent and treat headaches
- Drinking water helps vital organs work properly, including the intestinal tract.
- Our skin needs water to glow and look beautiful.
- Water helps maintain body temperature and remove toxins from the body.
- The water surrounding the joints lets us exercise and move our bodies easily.
- They were also reminded that this is an opportunity and not a challenge because it is possible to drink too much water, which is not the goal.

*"Let us draw near to God with a sincere heart and with the full assurance that faith brings, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water." Hebrews 10:22*



We're working on a new website for the school! Next week on Wednesday, March 18, we will have a professional photographer on campus taking pictures and video of students and staff for the website. Please make sure your child is wearing their blue chapel polo that day (just like every Wednesday!) and their brightest smile!



# BETHANY LUTHERAN SCHOOL



## HEALTH & WELLNESS WEEK MARCH 9 - 13, 2026

### Healthy Body & Habits Curriculum

- Kindergarten: Teeth
- 1st: Hearts
- 2nd: Food/Eating
- 3rd: Healthy Habits
- 4th: Skin
- 5th: Bodies/Concussion safety
- 6th - 8th: Water

### Faith-based Class Activities

- Kinder - 2nd: Positive affirmations and resilience using the book, *Broken Crayons Still Color*
- 3rd - 5th: Journaling & Exploring the Wonder of God's Creation
- 6th - 8th: Water Challenge & Connections to Baptism

# WE'RE HIRING A RECEPTIONIST FOR OUR LONG BEACH CAMPUS!

WE'RE LOOKING FOR A FRIENDLY, ORGANIZED, AND GOOD-HUMORED RECEPTIONIST TO BE THE SMILING FACE OF OUR CHURCH OFFICE. IN THIS ROLE, YOU'LL GREET VISITORS, ANSWER PHONES, AND ANSWER LIFE'S GREAT CHURCH QUESTIONS LIKE "IS THE PASTOR IN?", "WHERE'S THE MEETING TODAY?", AND "IS THERE MORE COFFEE?" IF YOU ENJOY HELPING PEOPLE, CAN JUGGLE A FEW THINGS AT ONCE, AND BRING A WELCOMING SPIRIT AND SENSE OF HUMOR TO THE DAY, YOU'LL FIT RIGHT IN KEEPING OUR OFFICE RUNNING SMOOTHLY AND OUR VISITORS FEELING AT HOME.

*TO  
LEARN  
MORE  
AND  
APPLY,  
SCAN  
HERE.*



billy

THE UNIVERSITY

# *A Cappella Choir*

AT BETHANY LUTHERAN CHURCH



CONDUCTOR: DR. KURT E. VON KAMPEN

MARCH 11  
2026

*Join us!*

7 PM



CONCORDIA  
UNIVERSITY  
NEBRASKA

*at*



Bethany  
Lutheran  
Church  
*Long Beach, CA*

# LAUDAMUS TOUR 2026

DIRECTOR:  
DR. SAMUEL  
EATHERTON

The premier choir of seminarians from Concordia Seminary, St. Louis.



**TUESDAY, MARCH 17 AT 7 PM**

**BETHANY LUTHERAN CHURCH LONG BEACH CAMPUS**  
4644 CLARK AVE. LONG BEACH, CA 90808



Concordia  
Seminary  
ST. LOUIS

*at*



Bethany  
Lutheran  
Church  
Long Beach, CA

BETHANY LUTHERAN CHURCH'S ANNUAL

# BRIANNA ESSWEIN MEMORIAL GOLF TOURNAMENT



FRIDAY  
**MARCH 27**



6:30 AM *CHECK IN*  
7:45 AM *IN CARTS!*  
8 AM *TEE TIME*  
1 PM *BUFFET LUNCH*



**NAVY GOLF COURSE**  
CYPRESS, CA



**\$175 PER GOLFER**  
UNTIL MARCH 13TH  
*OR SOLD OUT*



PROCEEDS HELP  
SUPPORT THE VARIOUS  
MINISTRIES HERE AT  
BETHANY, INCLUDING:  
*MISSION WORK, THE 2028  
LCMS YOUTH GATHERING,  
STUDENT SUCCESS, AND  
THE STUDENT  
SCHOLARSHIP FUND.*

**SCAN HERE**



**DON'T HAVE A  
FOURSOME?  
NO PROBLEM!  
SINGLES AND  
TWSOMES WILL  
BE PAIRED.**



Contact Karl Fink [kfink@bethanylutheran.org](mailto:kfink@bethanylutheran.org)



# Blooming in Motherhood

A therapy group for moms,  
because moms need care, too.  
Are you feeling **worndown, stretched thin, or  
longing for more confidence in your parenting?**

This therapist-led group is designed for you if you are parenting children or teens and experiencing ongoing stress or fatigue related to motherhood.

6 weeks of topics including:

- Identity in motherhood
- Understanding your child's development
- Getting real about self-care and co-regulation
- Handling structure, routines, and screentime



\$35 per session

Meets  
virtually  
Tuesdays at  
8pm

Open to all  
moms in  
California

A soft place for moms to land



Kellie Puls, Registered Associate Professional Clinical Counselor, APCC8315  
Sandra Williams, Registered Associate Professional Clinical Counselor, APCC16318  
Supervised by April Twenhafel, LMFT

Scan to Register



or visit [bit.ly/seedsmoms](https://bit.ly/seedsmoms)

# BETHANY LUTHERAN ANGELS GAME

SAN DIEGO PADRES V.  
LOS ANGELES ANGELS OF ANAHEIM



SUNDAY, APRIL 19, 2026  
1:07 P.M. GAME TIME  
AT ANGEL STADIUM  
TICKETS ARE LIMITED!  
COST: \$20 PER TICKET

QUESTIONS? CONTACT ALISSA BREGE AT  
ABREGE@BETHANYLUTHERAN.ORG

# EASTER EGGS-TRAVAGANZA

BETHANY LUTHERAN  
LONG BEACH CAMPUS

EGG HUNT, CRAFTS, SNACKS &  
DEVOTION

SUNDAY, MARCH 29, 2026  
11:00 A.M.

WE ARE MEETING IN THE GYM.  
THIS IS A FREE EVENT.

PLEASE RSVP BY  
TUESDAY, 3/24

SO THAT WE CAN PREPARE FOR THE  
CORRECT AMOUNT OF PEOPLE.



QUESTIONS? REACH OUT TO ALISSA ABREGE@BETHANYLUTHERAN.ORG