

# The Courier

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November 2023

First Christian Church  
(Disciples of Christ)

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[Find us on Facebook](#)



We are an Open and Affirming Congregation. We welcome and celebrate all people inclusive of their gender and sexuality. All are welcome here at the Table of our Lord.

We are a Green Chalice Certified Congregation connecting our Christian faith, spiritual Practice and creation consciousness to demonstrate the fullness of God's shalom.

We acknowledge that we gather on the ancestral land of the Coast Salish peoples. Including the Lummi, Nooksack, and Semiahmoo who were displaced by our Euro American ancestors as part of the westward push for colonization. May we live respectfully, honoring our Coast Salish neighbors,



## BELLINGHAM FOOD BANK WHAT TO BRING ON SUNDAY THIS MONTH

<b>Nov 5</b>	PEANUT BUTTER	CANNED MEAT
<b>Nov 12</b>	DIAPERS	BABY FORMULA
<b>Nov 19</b>	TAMPONS	MENSTRUAL PADS
<b>Nov 26</b>	KID FRIENDLY FOOD	NON-PEANUT NUT BUTTER

## First Christian Church (Disciples of Christ)

A movement for wholeness in a fragmented world. As part of the one body of Christ, we welcome all to the Lord's Table as God welcomed us.

All of Us, Ministers

Rev. Jennifer Jacobson, Pastor

Vacant - Accompanist

Joanne Kestermont, Office Administrator

Rev. Bill Robey, Interim Regional Minister

Rev. Terri Horde Owens  
General Minister and President

### Sunday Schedule

9:30AM Education  
10:50AM Gathering Time  
11:00AM Worship  
12:15PM Fellowship Time  
2:00PM Book Group (4<sup>th</sup>  
Sunday)

### Office Hours

Monday - Friday  
9:00AM - 12:00PM (noon)

Our staff are in and out of the office throughout the week. Please feel free to stop by during their office hours or make an appointment that fits your schedule.

### Officers

Dick Talley, Moderator  
Vacant - Vice-Moderator  
Betty Schmidling, Secretary  
Leslie Pinkston, Treasurer

### Important Links:

Regional Website (incl. monthly newsletter)  
<https://northernlightsdisciples.org/>

General Church Website:  
[www.disciples.org](http://www.disciples.org)



### WINTER WEATHER AND FCC

**Our office will be closed whenever the B'ham Public Schools are closed due to snow. In all weather Sunday services will continue as scheduled. If the roads look at all dangerous, please stay home.**



## A Note From the Pastor

“All belong here, All are welcome”

Sociologist, Author, Storyteller Brene Brown, PhD makes a truly bold statement in a TED talk I saw on YouTube: Connection is what gives meaning to our existence. Brene believes connection is “why we are here.” It is what we are made for – Researchers and Scientists have determined Human beings are neurologically wired to need connection with others.

*(Somehow folks who have read her books or follow her on social media develop a presumptuous kinship as if you're genuine friends and refer to her by her first name rather than Dr. Brown. ~ JJ)*

More than two decades ago, when Brene was doing research for her dissertation, she discovered if you ask people about Love, they tell you about heartbreak. If you ask them about Belonging, they tell you stories of being excluded. In attempting to research Human Connection she learned about Human Disconnection and discovered the disconnect is rooted in fear and shame.

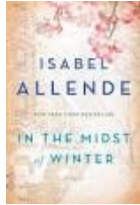
Feelings of shame and fear inhibit our ability to form connections, to experience connectedness in life, in community, in relationships. Why? Because they boil down to feelings of unworthiness. There is a universal suspicion deep within each of us that we are not good enough, rich enough, thin enough, nice enough, interesting enough, talented enough – insert descriptor here \_\_\_\_\_ enough - to be worthy of love, of being loved, and belonging.

Brene wondered, if all of us have these feelings of shame and unworthiness, why are some folks able to live and love so wholeheartedly while others not so much? Digging deeper into her six years of research materials, she identified one common denominator: VULNERABILITY.

The ability to allow oneself to be Vulnerable is the necessary ingredient to connecting with others. It is the willingness to allow oneself to be seen. Vulnerability takes the risk of to love first, to share first, to invest first, to take that step of trust or faith into the unknown with no guarantee of reciprocation. The act of being vulnerable is not comfortable, it is often excruciating, but it is necessary. To be vulnerable we must sit in that space of waiting, of unknowing and uncertainty, and breathe through the ensuing discomfort. The way to fully live, to live wholeheartedly, is not by trying to control all the variables and outcomes

## NOVEMBER BOOK CLUB

Meets at Church on the fourth Sunday of each month. No purchase necessary: Talk to Linda Heyne for mor information.  
bee.Sioux@gmail.com



In the Midst of Winter

Isabel Allende

In the Midst of Winter begins with a minor traffic accident--which becomes the catalyst for an unexpected and moving love story between two people who thought they were deep into the winter of their lives. Richard Bowmaster--a 60-year-old human rights scholar--hits the car of Evelyn Ortega--a young, undocumented immigrant from Guatemala--in the middle of a snowstorm in Brooklyn. What at first seems just a small inconvenience takes an unforeseen and far more serious turn when Evelyn turns up at the professor's house seeking help. At a loss, the professor asks his tenant Lucia Maraz--a 62-year-old lecturer from Chile--for her advice. These three very different people are brought together in a mesmerizing story that moves from present-day Brooklyn to Guatemala in the recent past to 1970s Chile and Brazil, sparking the beginning of a long overdue love story between Richard and Lucia.



(See Matthew 14:14-21) 11-24-1999  
HONESTLY JESUS, YOU GIVE ME 5 PIES  
AND 2 TURKEYS AND EXPECT ME TO COOK  
FOR THE 5,000 GUESTS YOU'VE  
INVITED???

(Control is a lie we tell ourselves, and we know it. Not fooling anyone. – There is next to nothing in this life we can control besides ourselves, even death or taxes).

When we live with vulnerability, openness, as Brene says, with that comes a spiritual awakening. We discover the birthplace of creativity and joy, belonging and love. The connection we humans need to thrive comes when we let ourselves be seen deeply, when we love with our whole hearts without a guarantee, when we practice gratitude and lean into joy, with courage and compassion.

When I say our church is a place of welcome and affirmation what I mean is we bring our whole selves in to worship, into community, without fear of judgement or ridicule, “warts and all”. I envision a safe space – a brave space – where there is no shame in being our fallible, quirky, less than perfect, curated-for-social-media selves. Perhaps that is aspirational for now, we don't really know each other well enough yet. Perhaps we need to revisit being vulnerable, invested in seeing and being seen, for who and what we are – not who we were, who we think we should be. We haven't covered the same amount of mileage together as you have with Dick, Gary, Tamalyn or even Debbie. I hope we will, that is my fervent wish to spend my life with you.

I want to leave you with this last thought from Brene Brown's TED Talk: When people become parents, instead of looking at their child saying, “You're perfect” and then struggling with the impossible task of making that so...what if we looked at [each other] and admitted “You're imperfect and wired for struggle but you are worthy of love and belonging.”

You are so worthy of love and belonging, church. Every one of you. I love you.

Peace be,  
Pastor Jenny

Q: How many Church members does it take to change a light bulb?



A: Change? What do you mean change?



## Faith Community Nurse

Greetings,

November is National Diabetes month. Diabetes is a disease that happens when your blood sugar (blood glucose) levels are too high. Insulin is a hormone produced by the pancreas that helps the glucose get into the cells. Glucose is our bodies energy source that can be made in our body and also comes from the foods we eat and is utilized by our cells.

If the pancreas doesn't make insulin or not enough insulin or our bodies don't use insulin correctly the glucose stays in our blood. Diabetes can affect almost any part of the body and can raise your risk for damage to the eyes, kidneys, nerves, and heart.

This year the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDKD) focus is

*Take Charge of Tomorrow*, preventing diabetes health problems.

According to the Center for Disease Control (CDC) it is important to know your diabetes ABCs. Talk to your health care team about how to manage your ABC numbers—A1C, blood pressure, and cholesterol—and how to quit smoking. These actions can help lower your chance of having a heart attack, stroke, or other diabetes problems.

**A** is for the **A1C test** that health care professionals use to measure your average blood glucose levels. Some people with diabetes monitor their blood glucose by using devices throughout the day and night.

**B** is for blood pressure.

**C** is for cholesterol.

These health problems include heart disease, stroke, kidney disease, nerve damage, and eye disease. Your health care team can help you create a diabetes self-care plan to man-

-age your diabetes. Your self-care plan may include these steps:

Manage your diabetes ABCs.

Follow your diabetes meal plan.

Make physical activity part of your routine.

Take your medicine.

Check your blood glucose levels.

Work with your health care team.

Cope with your diabetes in healthy ways.

The National Institute of Diabetes and Digestive and Kidney Diseases (NIDDKD) website has more information to effectively apply these strategies to your individual needs and lifestyle.

<https://www.niddk.nih.gov/health-information/diabetes/overview/managing-diabetes>

The NIDDKD website also contains information that can help family and friends understand diabetes and the emotional and physical needs of those with diabetes.

Blessings,

Rebecca

Rebecca Cavanaugh, MN, RN, NCSN-E

*In all things*  
**GIVE** *thanks!*



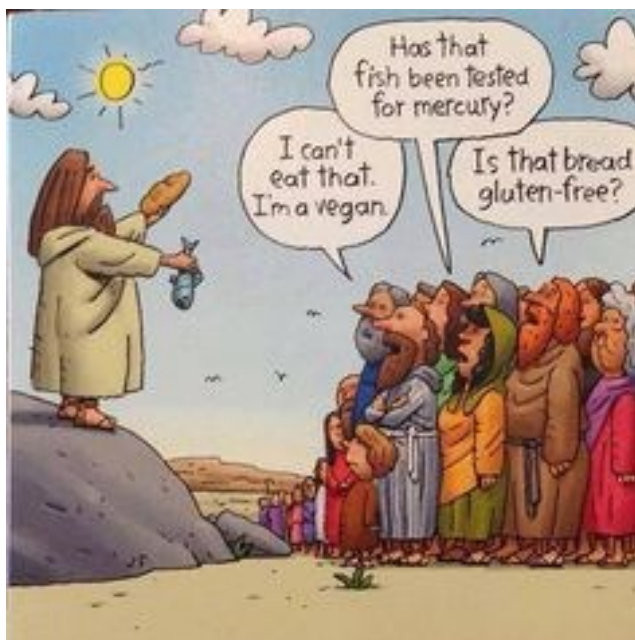
## *From Our Elder of the Month:*

Oh, give thanks unto the Lord for he is good, and his mercy endures forever.

Psalm 136:1

It is time to think of the next church year. What is happening with First Christian Church Bellingham? This is a time of new beginnings and a time of endings! It is time to think about Stewardship and how you can help with your hands as well as with your offering. The nominating committee is looking to fill a few positions, it is time to throw your hat into the ring. Stewardship is also about maintenance of the church and the grounds. This can be as easy as pointing out problems or picking up a piece of trash.

Elder James Roy Becker



November 2023

Sunday

Education 9:30

Worship at 11 am

Followed by Fellowship Hour

Choir practice 11/12 & 19 after the service

Monday

Prayer in the Prayer Room with Pastor

Jenny At 8:30 am (weekly)

Office 9 am to noon

Boy Scouts - 6:45 to 9 pm

Tuesday

Office 9 am to noon

Discussion Group 10 am via Zoom

MB Toppers 6:45 to 10 pm

Wednesday

Office 9 am to noon

Choir Practice 6pm in the sanctuary

Iglesia 7th Dia 6:45 to 9 pm

FCC Board 11/15 6 pm

Thursday

Office 9 am to noon

Bible Study 10 am via Zoom

Breathing Under Water 2 pm  
Prayer Room

Ukrainian Church 5 to 10 pm

CODA 6:30 to 8:15

4H (1st Thurs only) 7 to 8:30 pm

Friday

Office 9 am to noon

Health Ministries Board Mtg  
11/17 3:30 Library

Iglesia 7th Dia 6:30 to 9 pm

Ukrainian Church 7 to 9 pm

Saturday

Iglesia 7th Dia 9 am to 6 pm

FALL BACK - Nov 4 (at bedtime) set  
clock back one hour!

## BOARD DISTRIBUTIES OUTREACH MONEY

When we sold the land on the southern half of our property, it was decided that 10% of the net would be allotted to Outreach Causes. The actual dollar amount was \$171,000. The Social Action/Outreach was assigned the task of researching which agencies were to receive these funds. Last year we spent \$8,000 (\$1,000 each). The agencies receiving \$1,000 each were Interfaith Coalition, Family Promise, Week of Compassion, Skookum House, CAST, Habitat for Humanity, Unity Care, World Relief NW Washington. We were able to distribute \$1,000 dollars each to Pastors Discretionary Fund, Meridian School District Student/Family Fund and Community Meals. This \$3,000 was monies that were left over from Outreach Designated we received a couple years ago. (Not part of the Land Monies).

This year upon the recommendation of the Outreach/Social Action Committee, the Board meeting programs.

Organization	Amount	Purpose
General Assembly (DOC)	\$ 2,000	Support Gathering of DOC
Whatcom County Food Banks	\$10,000	Food Security
Northern Lights Region Of DOC	\$10,000	Regional Support
Gwinwood Conference Center	\$20,000	Conference Center Rebuild
Disciples Peace Fellowship	\$ 2,000	Programs for Encouraging Peaceful Relationships
Interfaith Coalition	\$10,000	Housing Support
Skookum House	\$10,000	Serving Foster Kids
World Relief NW Washingtons	\$10,000	Serving Local Immigrants
Habitat for Humanity	\$ 5,000	Housing For Families
Disciples Justice Action Network	\$ 2,000	Justices Issues for DOC
Disciples Global Missions	\$ 5,000	Support for Global Msission
TOTALS	\$86,000	

This total of \$86,000 plus the \$8,000 previous given is \$94,000 in outreach the past two years. It leaves a an additional \$77,000 yet to be dispersed. The Outreach/Social Justice Committee will be determining the Organization or programs that will receive these funds. Any questions or suggestions please contact Leslie Pinkston, Treasurer or Dick Talley, Moderator.

## NEW FURNACE INSTALLED, WORKING ON PARKING LOT LIGHTS

Just in time for the changing of the weather a new furnace, which services the Fellowship Hall, was installed in the supply close behind the kitchen. The old furnace was installed in 1972 when the fellowship hall was built. It has served us well. The new furnace is rated at 95% efficient. So it should be better for the environment and save some money. The cost of the furnace was just over \$13,000 including installation and taxes.

The second major project that is under way is the parking lot lights. As Lynden Sheet Metal was starting to install the new lights it was discovered that the wiring was corroded beyond repair. To fix it properly would require cutting the pavement and burying the electrical lines. We are working on alternative solutions. Keep you posted.



*Hymns for Christians over 65 years old*

- Give Me the Old Timers Religion
- Precious Lord, Take My Hand,  
And Help Me Up
- Just a Slower Walk with Thee
- Go Tell It on the Mountain, But  
Speak Up
- Nobody Knows the Trouble I Have  
Seeing
- Guide Me, O Thou, Great Lord  
God, I've Forgotten Where I've  
Parked The Car
- Count Your Many Birthdays,  
Count Them One By One
- Blessed Insurance
- It Is Well With My Soul, But My  
Knees Hurt

www.noelladesigns.com



### Some Green Chalice Eco-Tips

- COMPOST
- GO ORGANIC
- TURN DOWN YOUR WATER  
HEATER
- DON'T PRE-RINSE THE DISHES
- KEEP YOUR CAT INSIDE
- USE A PRESSURE COOKER

*It can reduce cooking time by  
70%*

- USE A REUSABLE WATER BOTTLE

## EXECUTIVE COMMITTEE WORKING ON 2024 BUDGET AND OFFICERS

The Churches Executive Committee, Moderator Dick Talley, Secretary Betty Schmidling, Treasurer Leslie Pinkston and Pastor Jenny, are working on the Proposed Budget, Officers and Committee Chairs for the 2024 Calendar Year. The committee is seeking a Moderator, Vice Moderator and Committee Chairs for a one-year term and Elders for three-year term. The committee will be sending letters, next week, with a brief job description and asking for your consideration of the nominated office. A member of the committee will be in touch with each nominee personally seeking an answer. Please prayerfully consider your nomination.

## Coming Events

*In the area*

**Nov 3 ...**

### **First Friday**

*A monthly celebration that showcases local artists and galleries, places to dine and sip, late night shopping, events, live music, and more!*

*For more information go to :*

[downtownbellingham.com/first-fridays](http://downtownbellingham.com/first-fridays)

### **Nov 10 ... MBT—7:30pm THE AUNTIES: WOMEN OF THE SALISH SEA**

*Follow the journey of three Indigenous matriarchs as they share their wisdom, humor, challenges, and reasons for celebration.*

*Admission: \$15.75-\$44.75*

**Nov 15 ...**

### **Vaudevillingham**

*A monthly circus variety show at the Bellingham Circus Guild (1401 6th St. #102, B'ham 98225)*

*Admission: \$10 - \$20 Donation*

**Nov 17 thru Dec 24...**

### **44th Annual Allied Arts Holiday Festival of the Arts**

**10am to 6pm**

*At Allied Arts of Whatcom County*

*Over 100 local artisans & craftspeople presenting one of a kind gifts, speciality foods & treats, stunning jewelry, and paintings.  
The perfect way to start the holidays!*

## Coming Events

*At FCC*

### **Nov 5 ... All Saints Day Service**

*A memorial service for our lost beloveds*

### **Nov 15 ... Board Meet- ing**

*5:30pm in the Library*

### **Nov 18 ...Game Night**

*6 to 9 pm in the Library*

### **Nov 19 ... Thanksgiving Feast Service**

*10:30 am in the Fellowship Hall*

### **Nov 26... First Sunday of Advent**



## Coming Events

*In the area  
(Con't)*

**Nov 18 ...**

### **Holiday Bazaar at Rome Grange**

*2821 Mt Baker Hwy - (All Day)*

*Annual event of artists & craftspeople. Featuring gifts and crafts, a photo booth, holiday decorations and homemade pies*



## THANKSGIVING TRADITIONS YOU CAN ADD TO YOUR HOLIDAY



Every family celebrates Thanksgiving differently. Whatever your holiday looks like, it's never too late to add a new and unique Thanksgiving tradition to your repertoire.

1. Play a Board Game. Start an annual competition.
2. Set up a craft for kids to make a Thanksgiving or Christmas decoration.
3. Run in a Turkey Trot together. Work up an appetite or burn off those calories!
4. Go around the table and have everyone say what they are most thankful for this year.
5. Flip through old family photos and "remember when..."
6. Celebrate guests from Thanksgiving Past—reminisce about previous thanksgivings with everyone sharing a memory.



## A THANKSGIVING POEM

May your stuffing be tasty,  
May your turkey plump,  
May your potatoes and gravy  
have nary a lump.  
May your yams be delicious  
and your pies take the prize,  
and may your  
Thanksgiving dinner  
stay off your thighs!



## DON'T FORGET TO "FALL" BACK

 On Sunday November 5 day light savings time ends.

At 2am you will need to set your clocks back one hour.

*(If you forget you will be an hour late on Sunday morning!)*



### REMINDER

Pictures for Photo Directory are due!

Don't forget to send in your candid pictures for the new photo Directory to [Office.bhamfcc@gmail.com](mailto:Office.bhamfcc@gmail.com)



### Prayer requests

We offer up prayers for all caught in the conflicts in the middle east and eastern Europe, also for Dana, Joan, Kathy, Janet, Cyndy, Marian, Connie, Ardythe, Ann, Bob, Bea, Neal, KrisAnn, Brad, Beverly and Staff Sergeant Buckman. Pray for success in our search for a pianist.

*Please email Joanne in the office with any additions to the prayer list for pastor or inclusion in the bulletin.*

