



**Newsletter of First Christian Church (Disciples of Christ)
Bellingham, WA Vol.73, No 2 ~ February 2023**

We acknowledge that we gather on the ancestral land of the Coast Salish peoples, including the Lummi, Nooksack, and Semiahmoo who have lived in this region since ancient times. May we live consciously and respectfully, honoring Coast Salish neighbors.

**LISTING CONFERENCE GIVES SEARCH COMMITTEE
VALUABLE INSIGHTS**

**First Christian Church
(Disciples of Christ)
An Open & Affirming
Congregation**

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About 25 of our member gathered in the Fellowship Hall following Worship on January 15 for a Lunch (Poto and Salad Bar), a Congregational Meeting and a Search Committee sponsored Listing Conference (LC). Busy Day. The LC was for the Search Committee to hear and gain input from the congregation about the skill and what our congregation say was our greatest needs in a settled pastor.

Linda Heyne led the group in a round table discussions on three questions. The Questions and some responses are:

1. What are your additional hopes and dreams for Bellingham FCC?

Growth both Spiritually and Numerically, Impacting the community and world, Revive 2nd Sunday Meal, Being Eco Friendly, Learn more about the indigenous population in our community, Accepting Change. Open to other Faith Communities. Re-energize after Covid.

2. What gifts and strengths does FCC Bham have that can be used as we move forward?

Faithful Members, Welcoming, Building Accessibility and Open for use, Commercial Kitchen, Location, Variety of

(Continued)

Gifts, \$ Security due to sale of Land, Strong Disciple Identity, Resilience, Partnering with other Organizations like Interfaith.

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. Debbie Little, Interim Pastor

Amelia Nye, Accompanist

April Thomson, Office Administrator

Rev. Bill Robey, Regional Minister

Rev. Terri Horde Owens
General Minister and President

Sunday Schedule

10:50AM Gathering Time
11:00AM Worship
12:15PM Fellowship Time
2:00PM Book Group (4th Sunday)

Office Hours

Tuesday - 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: disciples.org

3. What challenges does FCC Bham face?

Feeling of Small but mighty, Community is important to us, Multi-use nature of our building is important, declining membership and aging, coordinating among building user, Needing younger members, Indigenous Outreach,

The second part of the LC was lead by Renee Hoemann. The Congregational Profile Document that is provided by the region listed 15 areas of greatest needs for Ministerial Leadership. Those present were to first list their 10 highest priority, then take those 10 and narrow their list the 5 highest. The Congregational Profile asks for the top 4. Those that the LC listed were 1. Communication-Be an effective communicator and able to facilitate effective communication within and on behalf of the church. 2. Worship-Know the purpose and elements of Christian worship, and can plan and lead meaningful worship by working with the worship team, musicians, and congregational members. 3. Bible Knowledge-rooted and grounded in scripture and able to interpret and apply the scriptures in ways that are appropriate to original and contemporary contexts. 4. Education and Leader Development-Knows the foundations of Christian education and principles of leader development, and can demonstrate competency in teaching children, youth, and adults, including lay leaders and staff.

The LC Closed with Dick Talley sharing the next step in the process for the Search Committee. The Search Committee met on Monday evening the 16th to complete the Congregational Profile and send the completed profile top the Regional Office. This was done on Thursday the 19th. Bill Robey, our Interim Regional Minister will go over our profile and match possible candidates. Bill will send those Minister's Profile to our Search Committee for preview.

Any questions please contact one of the Search Committee Members. They are Linda Heyne, Renee Hoemann, Bob Fisher, Jimmie Talley, Kris Ann Lewis and Kathy Wheeler. Dick Talley is Convener.



CONGEGATION APPROVES 2023 BUDGET AND OFFICERS

At a called meeting of the Congregation on Sunday, January 15, those present unanimously approved both the 2023 Budget and those nominated to fill the Officers of the Board and Congregation for a one year term. Those nominated and elected were Dick Talley, Moderator, Betty Schmidling, Secretary, and Leslie Pinkston, Treasurer. At this time the position of Vice Moderator is vacant. Also elected for a three-year term was Sue Joyner, Trustee, and Leslie Pinkston, Elder. There are several position still vacant that we will be looking to fill.

The 2023 Budget that was passed had a proposed Income of \$187,800 and Expenses of \$175,700 leaving a positive balance of \$12,100. The 2023 Budget Income includes \$80,000 from Tithes and Offerings, \$40,800 from Building Use, and a Draw from Savings of \$60,000. While this is not ideal it is necessary to dip into Savings and Building Use to Balance the Budget.

As of January 15, we have about \$30,000 in Savings and \$80,000 in Savings. The does not include any of our account with Christian Church Foundations which combined have a value of over \$1,500,000. A complete Financial Report including the 2022 Actual, 2022 Budget, and 2023 Approved Budget are available in the Office. *Any questions you might have please speak to Dick Talley, Moderator.*

✍️✍️ Pastor's Pen ✍️✍️

Dear Friends,

The Author of Life puts seasons into motion. From Fall's fabulous splendor, the leaves drop and cover the earth with carpets of red, brown and gold. Winter weather erodes green growth. Turbulent winds wail upon earth. Torrents of rain wash the landscape. Snow silences whispering white. Gray skies put the earth to sleep. And then it begins again. Spring opens in snippets and bids the world to newness of life, to colors of green.

The Architect of the Universe causes us to ponder—to look at life and find our way on the path towards who we are called to be. Epiphany's light will lead us into Lent, a six week pause to listen to the Voice of Life speaking to our hearts, examining our souls coaxing us to grow spiritual roots. Ashes and dust, urge us to deeper things. We wash away our resistance and remove whatever keeps us from Christ's compassionate footsteps.





The Lenten Season- The Voice of Life

We are invited to hear the Voice of Life through Bible Study, Soup & Bread Discussions and Prayer on this season of Lent.

Wednesday February 22, 2023 at 4:30 pm will begin the season with an Ash Wednesday Service.

Every Sunday for the 6 weeks of Lent we will offer Sunday Adult Classes at 9:30am Entering the Passion of Jesus, by Amy-Jill Levine (See readings below)

Every Sunday for the 6 weeks of Lent following worship, we will fellowship with Soup/ Bread Gatherings and Conversations regarding Missing and Murdered Indigenous Peoples and the Unsettling Truths that Trouble Us

[Sunday February 26](#) Risking Reputation: read Matthew 2:1-11

[Sunday March 5](#) Risking Righteous Anger: read Mark 11:15-19; John 2:13-21 for

[Sunday March 12](#) Risking Challenges: read Matthew 22:15-22; Mark 12:13-17; Luke 20:20-26

[Sunday March 19](#) Risking Rejection: read Mark 14:3-9; Matthew 16:6-13; John 12:1-8

[Sunday March 26](#) Risking Loss of Friends: read Luke 22:14-27; John 13:1-6 1 Cor. 11:23-26

[Sunday April 2](#) Risking Temptation Mark 14:32-52; John 18:1-11

We will provide a sign up for three soups per Sunday and Bread & Butter.



‡ Greetings from your Faith Community Nurse ‡

Greetings everyone,

February, the month celebrating hearts! The hearts of loved ones, potential loved ones and especially a time to remember to love our own hearts. February is American Heart Month and the time that the American Heart Association (AHA) reminds use to love our heart through education and prevention of heart attacks and strokes. Heart attacks and strokes remain the number one killers (www.heart.org) in the U.S.

WAYS TO LOVE YOUR HEART

It is important to assess your stress level and learn strategies to manage your stress.

Recommendations from the AHA include:

- Take a walk in nature paying attention to the sights and sounds of God's creation.
- Set a regular sleep routine: regular bedtime and wake time and decreasing your screen time prior to beginning your bedtime routine.
- Reach out and connect with family and friends regularly.
- Hug your pet: pets have been shown to reduce your body's reaction to stress.
- Regular physical activity: 30 minutes of moderate activity 5 days weekly can relieve tension, anxiety and depression.

The next recommendation is to assess your eating habits, including snacking.

Recommendations from the AHA include:

- Adding more vegetables and fruits to your plate.
- Decrease the sodium in your diet (read the labels on your food purchases).
- Create healthier versions of your favorite foods- check recipes on the internet for inspiration.
- Avoid or reduce sugar in what you drink.

For more information about cardiovascular disease visit www.heart.org/aware.

Update for those interested in taking a CPR/AED class:

Whatcom County Fire Department does not offer classes

Bellingham Fire Department does not offer classes

There are no current course offerings in Bellingham at St. Joseph's Hospital or Bellingham Technical College

The American Heart Association offers virtual training which includes purchasing a manual and training kit with on line instructor. Price is \$54.50-\$79.50 depending on the course you choose.

<https://shopcpr.heart.org/heartsaver-first-aid-cpr-aed-virtual-training-student-bundle>

The Red Cross also offers online courses: \$37.00 for online only and \$104.00 for a blended course of online and face-to-face instructor lead skill practice and certification.

Focusing on loving your heart is a gift to your well-being!

Blessings,
Rebecca

... ... *Elder Thoughts*
Jimmie Talley

THE RICHES OF GRACE

Let us, then, feel very sure that we can come before God's throne where there is grace. There we can receive mercy and grace to help us when we need it. Hebrews 4:16

Did you know God favors you? Not because you are the smartest; not because you have lots of talents; not because you do many good deeds - though all of these characteristics may be abundant in your life! No, God favors you out of a deep, abiding love for you. A love that is not contingent upon any effort you put forth.

God's grace is hard to understand, I know it is for me. It's hard as humans to understand that God loves us so much that he gave us his son to save us. The scriptures are filled with reminders of God's grace and may be what you need to hear today as you face life and all of its challenges.

- **Grace means God loved you and knew you before you were even born. *The prophet Jeremiah says on behalf of God: "Before I made you in your mother's womb, I chose you. Before you were born, I set you apart for a special work. I appointed you as a prophet to the nations" (1:5).***
- **"Grace is available to us when we are weak. Paul says: "So I am very happy to brag about my weaknesses. Then Christ's power can live in me" (2Corinthians 12:9).**
- **Grace is sufficient for absolutely any need we have – whether health, finances, relationships, temptations, or any other need. Paul says: "My grace is enough for you" (2 Corinthians 12:9).**
- **Grace provides us with the strength we need to overcome temptation and live a victorious Christian life. Peter says: "Jesus has the power of God, by which he has given us everything we need to live and to serve God" (2Peter 1:3).**

Whatever need you have in your life today, be assured, God is on your side, ready and able to help you as you respond in faith. Ponder on the above scriptures and believe in God's amazing love for you.

(Excerpts from Soul Matters for the Heart)

Revised by Jimmie Talley

grace



Prayers and Concerns

- ✦ Judy and Walter Bayless as they move to Bothell to be near family.
- ✦ Pastor David Van Heyningen and his wife Gin as they navigate David's recovery


Joys and Celebrations

- ✦ Thanksgivings from Unity Care NW for our donation to their mission to provide healthcare for everyone.
- ✦ Thanksgivings from Skookum Kids for our donation to support their mission to support children and families as they navigate the foster care system.

*** If you would like to have your prayer concerns, joys, or celebrations noted here please let Pastor Debbie know or email April at office.bhmafcc@gmail.com*



Food Bank Challenge: Fill the Cart!

Please bring non-perishable food items to church for the Bellingham Food Bank. Deposit them in the grocery cart  in the Narthex and Bob Fisher will deliver them to the Food Bank when it is full. Let's see how many times can we fill the cart in February!



Church Calendar

Elder of the Month: Jimmie Talley
talleyjimmie8@gmail.com

2.5 Sunday **Justice Sunday- Legislation Banning Sale of Assault Weapons**

2.12 Sunday 11:00 Worship **Guest Speaker, George Mustoe, C.A.S.T.**

2.13-15 Mon-Wed **Winter Talks**

2.18 Saturday 6-9 PM Game Night Contact Kris Ann Lewis for more information lewis.krisann@gmail.com

2.22 Wednesday 4:30 PM Ash Wednesday Service

2.26 Sunday 2-3 PM Book Group - February Reading: So You Want To Talk About Race by Ijeoma Oluo. Contact Linda Heyne for more information bee.sioux@gmail.com

Thursdays 10:00 AM Zoom Bible Study Lectionary Scriptures - Fifth Sunday after Epiphany Isaiah 58:1-12; Ps. 112:1-10; 1 Cor. 2:1-16; Mt.5:13-20 Contact revdebbielittle@gmail.com for Zoom link.

Tuesdays 10:00 AM Discussion Group - Current Topic: Murdered and Missing Indigenous Women. Contact Jimmie Talley @ talleyjimmie8@gmail.com for more information and Zoom link.