



Newsletter of First Christian Church (Disciples of Christ)
Bellingham, WA Vol.73, No 3 ~ 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.

✍️✍️ Pastor's Pen ✍️✍️

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

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Dear Friends,

The Lenten season is upon us. We offer two opportunities for you to grow in grace. We will explore the last week of Jesus' life through scriptures and history on Sunday mornings at 9:30 am. Sunday after worship we will engage in a Lenten Journey to share information and open the way for healing in regards to Indigenous peoples. We seek to make our soup and bread conversations meaningful, enlightening and hopeful. We invite everyone to stay for a simple lunch and share your experiences and your thoughts.

We as Bellingham First Christian Church, are moving towards a settled pastor. Please pray that God will guide us to the person whom God has chosen. Pray also for the one called: to know that we are the community God has called to enter mission and ministry with.

*In this 40-day journey to Easter, let us **choose to listen** to God, to dwell with God as God's created and cherished people. Let's **make space** for opening our minds to learn from one another, to care for ourselves by resting and getting some needed exercise. Let's **attempt to acknowledge and contribute** to the needs around us, especially the vulnerable and*

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

*disempowered. Let's **join** in nurturing and sustaining one another. Let's **commit** to addressing our own sin, while not casting sin upon others by shaming, hating or condemning. Let's **accept** the grace that is so freely given through Jesus Christ. In Christ's grace may we allow ourselves to **move** towards selflessness and suffering.*

Thank you for the gracious way you are participating: in worship, by sharing food for the meals and giving of yourselves in so many ways. I feel deep gratitude that you have allowed me to be your pastor in such a time as this.

Grace and Peace, Debbie



Homebound Communion begins in March

After a long hiatus imposed upon us by the Covid Pandemic, we are offering communion on the first Sunday of the month to those who are at home and unable to be in church. Some of you have been on the list before. If you would like to be on this list, please contact the church office.fccbham@gmail.com or call 360-734-6820. Someone will contact you before coming.





Lenten Seasonal Plans

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**)

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

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](#)

Every Sunday for the 6 weeks of Lent **following worship**, we will fellowship with **Soup/Bread Gatherings and Conversations about Indigenous Peoples**, namely those who are our neighbors. We will provide a sign up for three soups per Sunday and Bread & Butter.

March 5 History and Indigenous Impact

March 12 Indigenous Voice and Values

March 19 The Denominational Connection with Indigenous People and Current Mission Goals, and Boarding Schools

March 26 Islands of Poverty

April 2 A Journey Towards Healing

April 6 *Maundy Thursday Service 5:30 pm*

Passover Begins





SEARCH COMMITTEE UPDATE

In the last couple of months, the Search Committee has been busy at work developing a Congregational Profile so that prospective candidates can have an idea of the make-up of our community and of our congregation. The information that makes up the profile comes from the Listening Conferences, our hopes and dreams that have been developed by the Visions Task Force, and demographics about Bellingham and Whatcom County. Included in the profile are the top four needs or skills of a Senior Pastor, as well as the hopes and dreams that our congregation listed in the Listening Conference.

Once the Profile was completed it was faxed to Bill Robey, Interim Regional Minister, and sent to prospective candidates. From the Congregational Profile Bill tries to match prospective candidates, who have also filed out their profile, to our congregation's needs, hopes and dreams.

The Search Committee received several Pastor's Profiles to review. After the Committee reviewed and discussed each candidate in depth, committee members ranked the top three candidates. Each of those candidates were contacted to see if they are still interested and available. All three responded positively. The next step was to set up a zoom interview with these two candidates. These interviews will be completed by the 1st of March.

Moving ahead will depend on the interviews. If the Search Committee settles on one candidate and that candidate is interested in continued discussions, they will come to Bellingham for a face to face visit. If the Search Committee and/or the candidate agree not to continue, then we go back to square one. We will only consider one candidates at a time, once a top person has been chosen.

It is a long and important process. The Search Committee will continue to keep you informed.

Please keep them in your prayers.

~ Dick Talley, Chair, Search Committee.





Greetings from your Faith Community Nurse

Greetings everyone,

This month I want to talk about Self-care. We hear a great deal about self-care, but what is self-care and how is it defined? Self-care is has multiple definitions and most are viewed through the lens of health. Below are a few definitions:

- “the ability of individuals, families, and communities to promote health, prevent disease, maintain health, and to cope with illness and disability with or without the support of a healthcare provider.” (The World Health Organization)
- “The ability to care for oneself through awareness, self-control, and self-reliance in order to achieve, maintain, or promote optimal health and well-being.” (N. Martínez, C.D. Connelly, A. Perez et al.(2001). Self-care: A concept analysis. International Journal of Nursing Sciences 8 (2021) 418e425
- “the practice of taking action to preserve or improve one's own health.” (Oxford Dictionary)
- “the practice of taking an active role in protecting one's own well-being and happiness, in particular during periods of stress.” (Oxford Dictionary)

Self-care is different for everyone, but it is the conscious act of welcoming quality time for yourself. This time is not an indulgence, it is paying attention and acting deliberately to support your overall wellbeing.

There are eight areas of self-care: *physical, psychological, emotional, social, professional, environmental, spiritual, and financial.*

The focus today is on five of these areas:

physical, psychological/mental, emotional, social, and spiritual.

Physical self-care includes eating healthy and nourishing meals, getting between 7-9 hours of sleep nightly, exercise- are you getting enough, taking care of your physical health by taking prescribed medications, getting vaccines for communicable diseases, following up with healthcare providers to manage your health.

Psychological/Mental self-care includes choosing self-compassion and acceptance, stimulating your mind choosing positive thoughts, learning something new, practicing gratitude, doing a puzzle (jigsaw, Sudoku, crossword).

Social self-care includes making time to connect with family and friends, messaging a friend and tell them why you are grateful for them, have a meal with your with your spouse, best friend/confidant, volunteer for a cause that is important to you.

Emotional self-care involves having healthy coping skills in order to deal with feelings of anger, anxiety, and sadness. Some activities include talking to a trusted friend, journaling your feelings, meditation, gratitude, setting boundaries to protect your energy, speaking to a therapist, and practicing self-love.

Spiritual self-care is focused on nurturing your soul, helping you find a deeper purpose and more meaning in your life. Examples include going to church, spending time in nature, self-reflection, meditating or breathwork and yoga.

If you are unsure about your own self-care practices there are Self-care Assessments available online. <https://www.nami.org/NAMI/media/Extranet-Education/HF15AR6SelfCare.pdf>

Blessings,
Rebecca

... .. *Elder Thoughts*
James Becker

March is woman's history month! Who do you think is the most important woman in history? Biblically it would be Eve, anthropologically it would be Lucy about 6 million years separate the two leaving a lot of room for more suggestions. Numerous women come to mind:

- *Rosalind Franklin, the discoverer of DNA's shape, the double helix*
- *Madame Currie the discoverer of radium is another,*
- *Mary Magdalene, the bank roll behind the early Christian church.*
- *Cary Nation the prohibitionist and First Christian Church member.*
- *Queen Elizabeth II, the longest reigning monarch in English history.*
- *Queen Victoria, the second longest reigning monarch in English history.*
- *Helena, Constantine's Mother, who found sacred relics and helped establish the Holy Roman Empire.*

For me I think the most important woman in history would be my mother. Here I am the only Y in a sea of X's, why should I write about woman of history? Because without them we would just be pond scum...

 **Prayers and Concerns**

Ardith, Carter, Cary, Dave & Daisy, David & Gin, Ellyn, Emma, Ginny, Mike, Janet, Jayne, Jodi, Kevin, Loren, Kris Ann, Neal, Sandy, Shelli, Taryn

 **Joys and Celebrations**

** 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



Church Calendar



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

3.26 Sunday 2-3 PM Book Group - March Reading So You Want To Talk About Race by Ijeoma Oluo. Copies of the books are available to borrow from Bob Fischer or Linda Heyne. 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.

