



**Newsletter of First Christian Church (Disciples of Christ)
Bellingham, WA Vol.73, No 5 ~ May 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 ✍️✍️

Friends,

It is likely that this is my farewell address to you. If all goes as planned you will have a settled pastor in June. Thanks be to God! The Search and Call journey has been one where we put our trust in God and hoped to be linked to a settled pastor in a new direction and future. This is not a time to sigh, not yet. We still have to confirm the decision by vote and trust that she is confirmed in her decision to be our pastor. Yet it looks likely that we can celebrate together this new chapter very soon.

There are so many things to say as we come to the end of our time together. I am grateful for the opportunity to return to the church that ordained me and to serve once again in the community where I grew into leadership. I am hopeful for change to happen if you will support your new minister with willingness, openness, humility and prayer. I would encourage you to listen.

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

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[Find us on Facebook](#)
[Follow us on Twitter](#)

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, Interim 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:
www.disciples.org

Some of the roadblocks I encountered could have been alleviated if the first priority was to listen. Work together. don't be a committee of one that decides something and does not communicate through the office, bulletin, newsletter and others what is going on. Also, bring your pastor on board. It is likely she does not know the way things work, yet she will be the one fielding questions. Lastly, be open to the leadership style of your new pastor so that you can benefit from the gifts she has to share.

I leave you with my prayers for your future and appreciation for this time we have been together. You have left an impression that my heart won't soon forget.

Grace and Peace, Debbie



Homebound Communion

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.



BOARD



REPORT

The Church Board met on Sunday, April 23 with several important issues and reports needing to be made. The first and most pressing issue was the recommendation from the Search Committee that Jennifer Ann Jacobson be hired as Senior Minister and that her name be presented to the congregation. The Board recommendation to hire her, salary and start date will be presented to the Congregation following worship on Sunday, May 30.

The recommendation of the Search Committees comes after a extensive process of evaluation of our congregations needs and looking over several resumes to get the right fit. The Search Committee has worked hard and diligently over the past 11 months and is very excited about the Candidate.

Other issues that the board dealt with:

- Approved a recommendation from the Tech Committee to enter into an agreement with a Tech Consultant.
- Received first quarter Financial Report.
- Appointed the Trustees and James Becker, Property Chair, to bring a recommendation back to the Board on replacement/or upgrade of the Furnaces.
- Received reports from the Property Committee and Outreach/Social Justice Committee
- Received Pastor Debbie's Report.
- Received Financial Report from Christian Church Foundation on the Land Fund and Fund for Living Ministry.

All actions, reports and addition information are available from Dick Talley, Moderator.



✠ Greetings from your Faith Community Nurse ✠

In the month of May, the Center for Disease Control (CDC) health observances calendar includes, among many others, American Stroke Month. Programs and activities to prevent and control heart disease and stroke are funded by the CDC's Division for Heart Disease and Stroke Prevention (DHDSP) through state and local health departments and tribes.

In Whatcom County the YMCA offers an evidence-based Blood Pressure Self-Monitoring Program which empowers adults with high blood pressure to take control of their hypertension through regular blood pressure self-monitoring and other heart healthy activities. In Whatcom County the Bellingham YMCA provides training and support for faith communities interested in participating in the Blood Pressure Self-Monitoring Program. A YMCA Healthy Heart Ambassador teaches participants to measure and record their blood pressure at least two times per month, schedules personalized consultations for each participant twice per month, and schedules attendance at monthly Nutrition Education Seminars.

I am a Healthy Heart Ambassador for the Bellingham YMCA and can bring this program to our church. Each participant receives their own home blood pressure cuff and is provided with a document to record their blood pressure.

COVID-19

The last of the mask mandates ended on April 3, 2023 in healthcare settings. This does not mean we do not need to still be vigilant in taking precautions against COVID-19. Masks are an important tool in the infection control and prevention of COVID-19. You are encouraged to wear a mask when visiting your healthcare provider and will find them wearing masks too.

Summary of recent changes (last updated April 22, 2023):

- Revision of the mRNA COVID-19 vaccination schedule as follows:
 - At the time of initial vaccination, depending on vaccine product, children ages 6 months–4 years are recommended to receive 2 or 3 bivalent mRNA vaccine doses; children age 5 years are recommended to receive 1 or 2 bivalent mRNA vaccine doses
 - People ages 6 years and older who are unvaccinated or previously received only monovalent vaccine doses are recommended to receive 1 bivalent mRNA vaccine dose
 - People ages 65 years and older may receive 1 additional bivalent mRNA vaccine dose
- COVID-19 is still with us and getting fully vaccinated including the COVID bivalent booster and wearing a mask indoors in public is our best defense. You may still get COVID, however your symptoms will be less severe and you most likely will NOT need hospitalization.

Please contact me for more information on the Blood Pressure Self-Monitoring Program or any other questions or concerns.

Blessings,
Rebecca Cavanaugh
r.l.cavanaugh@att.net
425-210-8913



Recycling Reminders:



THE CURBSIDE LIST - Put these clean and dry items in your curbside bin: aluminum cans, “tin” food cans, paper, cardboard plastic water and milk bottles, jugs and containers for cleaning products.

THE ‘NEVER’ LIST - These should always go in the trash: plastic bags, styrofoam takeout containers, packing “peanuts”, pill and medicine bottles/containers, lids (it doesn’t matter if they’re plastic or metal, all lids of any material should go in the trash), small pieces of metal.

TAKE THESE TO A RECYCLING CENTER - As with curbside recycling, everything taken to a recycling center should be clean and dry: plastic bags, glass containers and bottles (they no longer need to be sorted by color), larger pieces of metal, rigid styrofoam (like the kind used in product packaging), batteries.

None of these lists are comprehensive and different areas have different service providers with their own rules. Consult information provided by your refuse hauler for recycling center for detailed lists.

Read more at: <https://www.bellinghamherald.com/news/state/washington/article274547106.html#storylink=cpy>

Bob Fisher



WWU Native Student Union Presents:

2023 Spring Pow Wow

Saturday May 6, 12:00PM-6:00PM

WWU- Carver Gym



Prayers and Concerns

Jennifer Jacobson, Cindy Koehn, Loren, Adel, Marvin Eckfeldt, Matt Ardith, Bob, Carter, Cary, Cyndy, David and Gin, Erin, Ellyn, Mike, Janet, Jayne, Jodi, Kevin, Kris Ann, Neal, Ray, Sandy, Scott, 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

Elder of the Month: Renee Hoemann
reenehoemann@gmail.com

MAY 2023						
S	M	T	W	T	F	S
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3

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

5.28 Sunday 2-3 PM Book Group - April Reading: **Tulip From My Heart by Harriette Shelton Dover**. Copies of the books are available to borrow from Bob Fisher 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.

