



Newsletter of First Christian Church (Disciples of Christ)
Bellingham, WA Vol.73, No 6 - June 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.

Elder of the Month: Leslie Pinkston
pinkston.leslie@yahoo.com



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

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www.bellinghamdisciples.org

[Find us on Facebook](#)

6.9 Friday 1:00 PM Social Justice Committee Meeting (Library)

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

6.21 Wednesday 5:30 PM Board or Elders Meeting (Library)

6.25 Sunday 2-3 PM Book Group - Contact Linda Heyne for more information bee.sioux@gmail.com

Tuesdays 10:00 AM Discussion Group - **Currently on hiatus.**
Watch this space! Contact Jimmie Talley @ talleyjimmie8@gmail.com for more information.

Thursdays 10:00 AM Zoom Bible Study Lectionary Scriptures - Contact jenniferajacobson@gmail.com for Zoom link.

♪ SAY "GOODBYE", "SAY HELLO" ♪

**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

Amelia Nye, Accompanist
Vacant, 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

Thanks to Pastor Debbie

Back in the 60's/70's the Beatles had a song out named "Say Goodbye, Say Hello" Well that is kind of the theme around here the last of May and the first of June, On Sunday May 28, we "Said Goodbye" to our Interim Pastor Debbie Little. Debbie has been with us for 11 months and prepared us for our new settled pastor. During worship on Sunday, we celebrate and give thanks for the time that Debbie has served as Interim. Linda Heyne, Search Committee, Leslie Pinkston, Chair of the Elders, and Dick Talley, Moderator spoke of how Debbie has gone above and beyond just being the Interim Pastor. She gave of herself totally to this congregation. Several members of the congregation spoke briefly with words of "appreciation" and "thanks" at the Coffee Hour following worship. People spoke of Debbie's leadership, her thoughtful sermons, and her caring and giving spirit. We also thanked Gary for jumping in and helping around the building, running the sound board, mowing the lawn, being a friend and being supportive of Debbie and her ministry. Cards of thanks and well wishes are encouraged.

Debbie and Gary will return to the peace and quiet of their lakeside home near Custer.

Welcome Pastor Jennifer

The second part of the title for the Beatles song is "Say Hello". And that is what we will be doing **Sunday June 4th** as we welcome Pastor Jennifer Jacobson to be our settled Pastor. She is moving from Richland, WA where she has been serving as a Chaplain for the area Hospital and County for the past several years. Pastor Jenny is a graduate of Brite Divinity School, Texas Christian University (*Writers note, Go Frogs*) in Ft. Worth, Texas.

Jennifer is in the process of moving and getting settled in Bellingham the last week of May. They (daughter Lydia) have rented a apartment in the area of Blvd. Park.

The Search Committee has planned a "**Welcoming Potluck**" following **worship on the 4th of June**. They are also suggesting a "**FILL THE CUPBOARD**" with staples. It is suggested that you bring staple items: salt, pepper, spices, flour, sugar, cooking oil, or your favorite kitchen item, etc. to fill the cupboard to help get the kitchen started and stocked. Bring your item and place them in front of the Sanctuary.

It is a time of "Saying Goodbye, Saying Hello" A time of giving "Thanks" for the ministry of the church, a time of "celebration" for one who has given so much to the church, and a time of "Excitement" for the start of new adventures for our church.

— Dick Talley, Moderator



☞ Greetings from your Faith Community Nurse ☞

SUMMER

June is Men's Health Month and the week of June 12-18, 2023 is observed as Men's Health Week. Historically, the health behaviors of men did not involve establishing care with a healthcare provider, even when they are sick or in pain. Men's individual health behaviors and lifestyle impact the risk of disease and shortened years of live. Routine check-ups and preventive care are important to begin in younger years and continue through retirement.

It is important that men know their blood pressure and cholesterol numbers and to take active steps to lower them makes a huge difference in the length of their life. Unfortunately, some men don't have the knowledge needed to avoid disease until a catastrophic event occurs. This month consider your health knowledge and take steps to learn more about what you steps you need to take to improve it or maintain your current healthy behaviors.

<https://www.talkingaboutmenshealth.com/public-health-in-action-a-silent-health-crisis/>

June also means baseball, the school year ending, the start of vacations, going to the beach and the sunshine that brings warmer temperatures. As I write this it is mid-May and it looks and feels like summer!

The first day of summer this year is Wednesday, June 21, 2023 which is the longest day of the year also known as the Summer Solstice. During summer it is important to protect our skin while we are enjoying all the outdoor summer activities. While the sun provides us with Vitamin D, the ultraviolet (UV) rays cause damage to the skin cells and increases our risk of skin cancer. It is important to protect our skin from UV rays all year, however in summer we need to focus more intention on how.

The Center for Disease Control (CDC) has a list of ways to protect our skin from the sun. <https://www.cdc.gov/cancer/skin/basicinfo/sun-safety.htm>

- Use sunscreen or wear protective clothing when you're outside—even when you're in the shade.
- Wear a T-shirt or a beach cover-up, when wearing long-sleeved shirts and long pants and skirts aren't practical. Some clothing is certified under international standards as offering UV protection.
- Wear a hat. The most protection is a hat that has a brim all the way around that shades your face, ears, and the back of your neck. A tightly woven fabric, such as canvas, works best to protect your skin from UV rays. A darker hat may offer more UV protection.
- If you like wearing a baseball hat you need to remember to protect your ears, and the back of your head and neck with clothing, sunscreen or staying in the shade.
- Wearing sunglasses reduces the risk of UV rays and reduces the risk of cataracts. Sunglasses that block both UVA and UVB rays offer the best protection. Wraparound sunglasses are best for protecting the sides from sun exposure.
- Apply a broad spectrum sunscreen with a *sun protection factor* (SPF) of 15 or higher that filters out both UVA and UVB rays. Higher numbers indicate more protection. Make sure to apply it to all exposed areas of skin and get help with areas you can't reach. Sunscreen needs to be re-applied every 2 hours when in the sun, after swimming, sweating or toweling off.
- Check the sunscreen's expiration date. Sunscreen without an expiration date has a shelf life of no more than 3 years. Its shelf life is shorter if it has been exposed to high temperatures.

Many of you have heard this information in the past, however it is important to have reminders as we enter the season of sun. ~ Rebecca





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.

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

The new ministry of Jennifer Jacobson!

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

VOLUNTEERS NEEDED



We need a couple of people who would be willing to mow the yard around the church. It takes about 2 hours to mow. If you are willing, please contact Dick at 310-387-8854. Thanks.

