

# The Courier

Vol .73, No 9

September 2023

First Christian Church  
(Disciples of Christ)

495 East Bakerview Road  
Bellingham, WA 98226  
360.734.6820

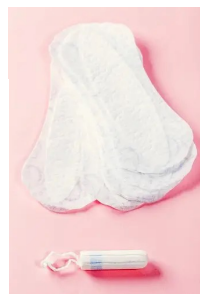
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[office.bhamfcc@gmail.com](mailto:office.bhamfcc@gmail.com)  
[www.bellinghamdisciples.org](http://www.bellinghamdisciples.org)  
[Find us on Facebook](#)



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

September 3	PEANUT BUTTER	CANNED MEAT
September 10	DIAPERS	BABY FORMULA
September 17	TAMPONS	MENSTRUAL PADS
September 24	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

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)



*In a field of yellow flowers underneath the sun, bluest eyes that spark with lightning, boy with shoes undone, he is young, so full of hope reveling in tiny dreams, filling up his arms with flowers, right for giving any queen,*

*Rushing to her beaming brightly while cradling his prize, a flickering of yellow light within his mother's eyes, she holds them to her heart, keeping them where they'll be safe, clasped within her very marrow, dandelions in a vase.*

*She sees love where anyone else would see weeds. All hope is found. Here is everything he needs.*

*Fathomless your endless mercy, weight I could not lift. Where do I fit in this puzzle what good are these gifts? Not a martyr or a saint, scarcely can I struggle through. All that I have ever wanted was to give my best to you.*

*Lord, search my heart. Create in me something clean. Dandelions! You see flowers in these weeds.*

*Gently lifting hands to heaven, softened by the sweetest hush, a Father sings over his children them so very much. More than any words would warrant deeper than the darkest blue, more than any sacrifice could merit, Lord, I give my heart to you.*

*Lord, search my heart. Create in me something clean! Dandelions! you see flowers in these weeds.*

*~ Dandelions, Five Iron Frenzy*



## A Note From the Pastor

The field behind the church is vast and empty.

It used to sit there as the promise of a prosperous future imagined when First Christian Church would build bigger to accommodate all who would come to the Lord's Table to eat and be filled, be nurtured by the Spirit of the Living God and live lives of loving kindness in community as the First Christian Church of Bellingham.

What do we see now as it remains empty years after we have sold the property? Is it a reminder of big buildings to come in the form of more luxury and unaffordable apartments in a town that has desperate need of both housing and affordability.

What do you feel when you pull into the parking lot? A bit of sadness that the old dream didn't come to fruition? Melancholy in remembering those days gone by? Relief that we are no longer teetering on the brink of bankruptcy or closed doors? Eagerness for the days ahead?

I see dandelions. A huge, beautiful field of dandelions. I gain an ear worm in the form of Five Iron Frenzy the Christian ska band hit from the late 1990's Dandelions every time I turn off Bakerview Road into the parking lot these days. Bright yellow flowers and the puff balls of white seeds ripe for making wishes, blowing with the wind to the farthest reaches of our area and taking root in fertile soil to bloom and grow some more.

I hear the soft voice of the Holy Spirit whisper in my mind, "The kingdom of heaven is like..."

And I remember my own little dude running headlong up the center aisle of a church in downtown San Francisco, probably thirty years ago, chirping at the top of his lungs, "Flowers, Mommy! Flowers!" His three-year-old excitement bubbling over, unable to wait until mommy had finished singing her first aria on the recital program.

An unscripted interruption of concert protocol and a deviation from the scenario I had imagined for my first big program? Sure. A Weed? Hardly! Those were flowers, all of it, I later realized.

This morning I sent my now grown son the picture of the field and a mushy, teary mom-message about the song, and flowers. He wrote back "Funny, momma, how we classify things in life as flowers or weeds and think that is true and not just our limited judgement or perception"

*Holy One of Old, Creator and Planter of Dandelions, we do our best to give our best to you. Bless that effort, limited by our humanity though it may be. Search our hearts and know us; Create in us something beautiful for you and the World you still love. AMEN.*

*Peace be,*

*Pastor Jenny*



## Faith Community Nurse

Greetings,

When choosing a health awareness focus for this month I am reminded that the beginning of the 2023-24 school year is here, and school districts continue to fund mental health services during the current budget shortfalls. My first school nurse position was at a high school and there were no school based mental health services. It was a time when the rate of adolescent suicide was rising and the Youth Suicide Prevention Program was the only program in Washington State training adults to bring this student-to-student program to schools. Over the next 17 years of school nursing, I continued to stay up to date on suicide prevention trainings, taught nurses and other school staff about mental health, suicide awareness and prevention and served on a youth mental health advisory board.

September is Suicide Awareness Prevention Month. The National Alliance on Mental Illness (NAMI) campaign "Together for Mental Health," is a time to raise awareness of this stigmatized, and often taboo, topic. This month is a time to shift public perception, spread hope and share vital information to people affected by suicide. NAMI's goal is to ensure that individuals, friends and families have access to the resources they need to discuss suicide prevention and to seek help. This campaign encourages people to bring their voices together to advocate for better mental health care, which includes an effective crisis response system. NAMI worked hard to advocate for and prepare for the 988 nationwide number for people to call for mental health, substance use and suicide crises. This new number is an easy way that allows people to quickly connect with support during a crisis, 24/7, regardless of where they live.

The NAMI website has more information about this year's campaign to raise awareness, including the Individual and Community impact facts listed below:

- [79%](#) of all people who die by suicide are male.
- Although [more women](#) than men attempt suicide, men are [4x](#) more likely to die by suicide.

- Suicide is the [2nd leading](#) cause of death among people aged 10–14 and the 3rd leading cause of death among people aged 15-24 in the U.S.
- Suicide is the [12th leading](#) cause of death overall in the U.S.
- [46%](#) of people who die by suicide had a diagnosed mental health condition - but research shows that [90%](#) may have experienced symptoms of a mental health condition.
- Community Impact:
- Annual prevalence of serious thoughts of suicide, by U.S. demographic group:
  - [4.9%](#) of all adults
  - [11.3%](#) of young adults aged 18-25
  - [18.8%](#) of high school students
  - [45%](#) of LGBTQ youth
  - The [highest rates](#) of suicide in the U.S. are among American Indian/Alaska Natives followed by non-Hispanic whites.
  - Lesbian, gay and bisexual youth are [nearly 4x](#) more likely to attempt suicide than straight youth.
  - Transgender adults are [nearly 9x](#) more likely to attempt suicide than the general population.
  - Suicide is the [leading cause](#) of death for people held in local jails.

*Data from Center for Disease Control, National Institute on Mental Health and other select sources.*

Visit the NAMI website for more information on how you can participate in this important work sharing information.

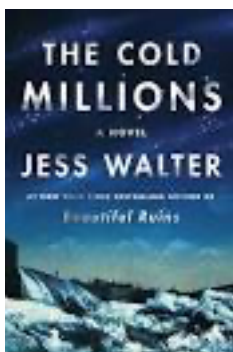
[https://www.nami.org/Get-Involved/Awareness-Events/Suicide-Prevention-Awareness-Month-\(SPAM\)](https://www.nami.org/Get-Involved/Awareness-Events/Suicide-Prevention-Awareness-Month-(SPAM))

Knowing the warning signs, risk factors and how to help a family member or friend during a crisis can avoid devastating outcomes. You can learn about these topics at <https://www.nami.org/About-Mental-Illness/Common-with-Mental-Illness/Risk-of-Suicide>



## SEPTEMBER BOOK CLUB

Meets at Church on the fourth Sunday of each month. No purchase necessary: Talk to Linda Heyne for more information  
[bee.sioux@gmail.com](mailto:bee.sioux@gmail.com)



Orphans Gig and Rye Dolan don't have a penny to their names. The brothers work grueling, odd jobs each day just to secure a meal, and spend nights sleeping wherever they can with other day laborers. Twenty-three-year-old Gig is a passionate union man, fighting for fair pay and calling out the corrupt employers who exploit the working class. Eager to emulate his older brother, Rye follows suit, though he can't quite muster Gig's passion for the cause. But when Rye's turn on the soap box catches the eye of well-known activist and suffragette Elizabeth Gurley, he is swept into the world of labor activism-and dirty business. With his brother's life on the line, Rye must evade the barbaric police force, maneuver his way out of the clutches of a wealthy businessman-and figure out for himself what he truly stands for. The Cold Millions is a stunning portrait of class division and familial bonds.



## **Faith Community Nurse** ( Cont. )

*If you or someone you know is struggling or in crisis, help is available. [Call or text 988](tel:988) or [chat 988lifeline.org](https://www.988lifeline.org) to reach the 988 Suicide & Crisis Lifeline.*

As many of you know the Health Ministries Network is sponsoring a Mental Health First Aid course for Faith Community Nurses and interested members of their congregations. There is a limited number of spaces available and I will know more at a later date.

I appreciate those of you who have expressed interest in taking this course.

Blessings,  
Rebecca

Rebecca Cavanaugh, MN, RN, NCSN-E  
Faith Community Nurse

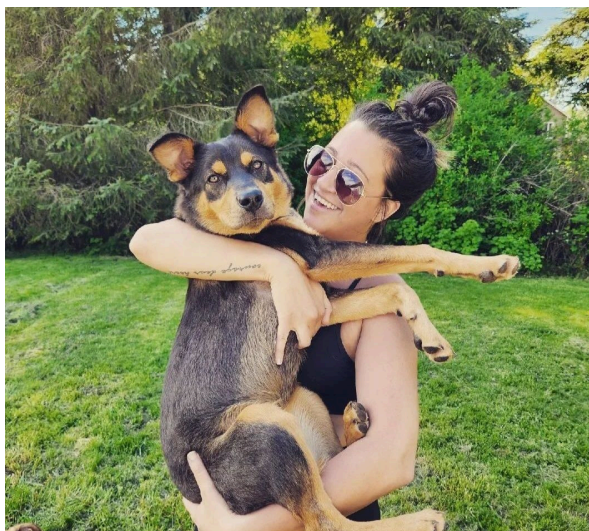
### **Elders and Readers**

September:

1: KrisAnn Lewis/ James Becker  
10 Leslie Pinkston / Sue Joyner  
17 James Becker / Blair Whitney  
24 Renee Hoemann / KrisAnn Lewis



## MEET OUR NEW MEMBER



I'm Emilee! I'm just a girl from Omaha Nebraska who found her way to the PNW and fell in love with it. Im 31, I LOVE Jesus, I'm in recovery and I'm studying to be a speech pathologist. I love my 2 dogs, my partner, hiking, anything outside, kiddos and my passion is seeing and loving people.

Any and all people. 😊

Emilee Helling

## September 2023

### Sunday

Education 9:30 (resumes 9/10)

Worship at 11 a.m.

Followed by Fellowship Hour

### Monday

OFFICE 9:00 am - noon

Boy Scouts, 6:45 - 9:00 pm

### Tuesday

OFFICE 9:00 am to noon

Discussion grp. 10:00 am via Zoom

MB Toppers 6:45 - 10:00 pm

### Wednesday

OFFICE 9:00 am to noon.

Iglesia 7th Dia 6:45 - 9:00 pm

FCC Board, 9/27 6:00 pm

### Thursday

OFFICE 9:00 am to noon

Bible Study 10:00 am via zoom

Ukrainian Church, 5 - 10 pm

CODA 6:30 - 8:15 pm

4H (1st Thurs only) 7:00-8:30 pm

### Friday

OFFICE 9:00 - noon

Iglesia 7th Dia 6:30 - 9:00pm

Ukrainian Church 7:00 - 9:00 pm

### Saturday

Iglesia 7th Dia 9:00 am - 6:00 pm

## INSTALLATION OF PASTOR JENNY

Sunday, September 10th at 2:00 p.m. with Rev Bill Robey, interim regional minister of the NorthernLights Region Christian Church (Disciples of Christ) and Rev Annie Grogan, Pastor, Queen Anne Disciples of Christ

There will be a luncheon in the fellowship hall between morning worship service and the service of installation.

Guest Preacher on September 10 Rev. Dr. Timothy Ledbetter, DMin, BCC-R



# Coming Events

*In the area*

W

**Sept 15 ...**

**World Relief**

**Western Washington's  
We Belong Gala**

**Sept 16 ...**

**WHATCOM COUNTY FARM  
TOUR**

**Sept 16 ...**

**Walk to Defeat ALS**

**Zuanich Park 10 am to 11 pm**

**Sept 16 ...**

**Race Against Hunger**

**4 to 6pm**

**Samson Estates Winery**

**Everson**

## Some Green Chalice Eco-Tips

- TURN IT OFF -

*when not in use & if it has standby,  
unplug it*

- DON'T WASTE FOOD

- TRY TO CUT OUT PLASTIC

- USE LED LIGHTBULBS

- DON'T THROW IT AWAY - FIX IT

*You can use YouTube to learn how*

- USE YOUR MICROWAVE

*You'd be surprised by how much  
more energy efficient microwaves are  
than conventional ovens*

# Coming Events

*At FCC*

**Sept 10...Guest Preacher**

**Rev. Dr. Timothy Ledbetter,  
DMin, BCC-R**

*(Pastor Jenny's mentor from Chaplain  
Residency)*

**...Luncheon in the Fellowship  
Hall**

*Between the Service and the Installation*

**...Installation of Pastor  
Jenny**

*2 pm - with Rev Annie Grogan, Pastor at  
Queen Anne Disciples of Christ*

**Sept 16 ...Game Night**

*6 to 9 pm in the Library*

**September 17...Guest**

**Preacher Rev. Brian Shrout**

*(Pastor Jenny will be in Texas for a wedding  
and spending time with family)*

**Sept 20 ... Board/Elders  
Meeting**

*5:30pm in the Library*



**Praying this week for all first responders and all impacted wildfires and natural disasters. Continuing prayers for Bob, Kris Ann, James, Neal, Beverly, Ardythe, Connie, Marian, Bea, Bonnie Phillip and Cary, Cyndy, Norman Yonley, The family of Loren Geiger, cousin of Cindy Koen. Emilee Helling.**



Today, over 100 million people have been forcibly displaced worldwide. Most of whom cannot return home. After months or years of fleeing violence, war, famine and extreme poverty, their greatest hope is to once again belong—to find a place to rebuild their homes and lives.

World Relief partners with local churches and community-based organizations across the United States to provide support for thousands of immigrants and refugees who are seeking a place to call home.

WESTERN WASHINGTON

40 hour work week

An experiential exhibit to build understanding around forced displacement & resettlement

**FROM HOME TO HOME**

SEPT 11TH - 15TH  
4173 MERIDIAN ST, BELLINGHAM, WA 98226

2-HOUR SESSIONS: 10 AM - 7 PM  
OPEN HOUSE: Sept. 12th @ 5 PM

REGISTER TODAY AT:  
WORLDRELIEF.ORG/WESTERN-WA/EVENTS

From Home to Home is an experiential exhibit that builds understanding around the crisis of forced displacement. Refugees and asylees face many challenges and difficult decisions along their journey to resettlement. From Home to Home simulates these decision points and common difficulties in a walk-through exhibit. Our staff will guide you through the exhibit, help debrief the experience, and facilitate a debrief time over snacks and hot drinks.

## **THANK YOU!**

**On July 30, 2023, Justice Sunday, members of First Christian Church signed 46 letters to Senator Cantwell and Senator Murray, asking that they co-sponsor Senate Resolution 144 that would implement a Transgender Bill of Rights in our nation.**

**Included in those letters were some to Representative Rick Larsen, thanking him for co-sponsoring House Resolution 269 for the same purpose.**

**Thanks to Dick and Jimmie Talley for postage for those letters for justice.**

### **Other Holidays this Month**

**9/4...Labor Day**

**9/15..Start of Hispanic Heritage Month**

**9/16..Rosh Hashanah**

**9/25..Yom Kippur**