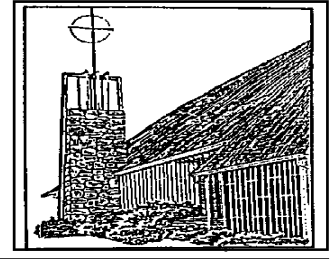


The Pulse



Volume 38, Issue 3
March 2006

A MESSAGE FROM PASTOR MARY ROBINSON-MOHR

“In the Holy Land are two ancient bodies of water,” writes William Sloane Coffin in his book *Credo*. “Both are fed by the Jordan River. In one, fish play and roots find sustenance. In the other, there is no splash of fish, no sound of bird, no leaf around. The difference is not in the Jordan, for it empties into both, but in the Sea of Galilee: for every drop taken in, one goes out. It gives and it lives. The other gives nothing. And it is called the Dead Sea.”

That’s a wonderful illustration of how we can find fulfillment in our lives – or not. The well-known Charles Dickens story, “A Christmas Carol,” makes a similar point. One can choose to live as Ebenezer Scrooge, hoarding resources and scrimping on what is given to others, never risking or reaching out. But what is that worth, really? What is to be gained? Is that life?

Lent begins with Ash Wednesday on March 1 this year. Lent is a season that invites much reflection and deepening of faith. It is also a time to remember the One who came to bring us life, and life abundant. This one brought us life by giving his own. Eternal life abounds because one precious life was not hoarded, but given. We may have full and never-ending lives because Jesus Christ risked loving us at great cost to himself.

As Christ’s disciples, we are called to model the life of Christ in our own lives. Lent is a wonderful time to consider how you are a steward of God’s gifts to you. How do you care for the body God has given to you? How do you spend your time? How are you able to be like the Sea of Galilee, knowing that you receive life from God in order to bring wholeness and life and blessing to others?

As we walk toward the cross of Jesus Christ during Lent, let us ponder some of the words that he spoke to his disciples on the night before he was crucified.

“This is my commandment, that you love one another as I have loved you. No one has greater love than this, to lay down one’s life for one’s friends.” (John 15:12-13)

Grace and Peace,
Pastor Mary

March 5, 2006

First Sunday in Lent
Communion
Genesis 9:8-17
Mark 1:9-15
“Waters and
Wilderness”

March 12, 2006

Second Sunday in
Lent
Communion
Genesis 17:1-7, 15-16
Mark 8:31-38
“Remembering Who
in Heaven’s Name We
Are”

March 19, 2006

Third Sunday in Lent
Exodus 20:1-17
John 2:13-22
“Jesus Sets Some
Boundaries!”

March 26, 2006

Fourth Sunday in Lent
AIDS in Africa
Special Offering
Numbers 21:4-9
John 3:14-21
“Help Is on the Way”

St James Presbyterian Church
910 14th Street ~ Bellingham, Washington 98225
phone: (360)733-1325 fax: (360)733-1664 e-mail: stjpres@msn.com

HOW TO REACH YOUR PASTOR

The Rev. Mary Robinson-Mohr

910 14th St. Bellingham, WA 98225
(360)-733-1325 church
stjmary@msn.com

(360) 715-3157 home

MONTHLY CHURCH WORK PARTY

Spring is coming! Please join us for the monthly all-church clean-up landscaping ~ fix-it ~ workday: Saturday

March 11, 9 am – 12 noon.

Bring your favorite tools, and join us in maintaining our lovely church!

NEW MEMBERS ORIENTATION

Would you like to explore membership in St. James Presbyterian Church? A New Members Orientation will be held on Sunday, March 12 at 4:00 p.m. There will be an opportunity following the orientation to meet with the Session to request membership and share a light supper. It couldn't be any easier! Childcare is available upon request.

Questions? Need more information? Call the church office at 733-1325, or talk with Pastor Mary.

LENT BEGINS WITH ASHES

Come, begin the reflective season of Lent with meditative worship at the Ash Wednesday Service. We will gather for this meaningful service of prayers, Scripture readings, and the imposition of ashes at **12:00 noon on Wednesday, March 1.**

ST. JAMES PRAYER CHAIN

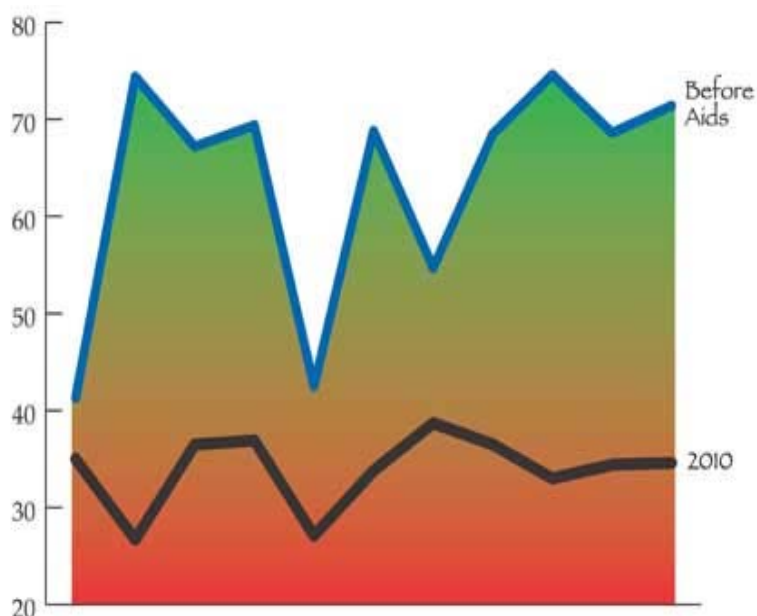


If you have a prayer request for the St. James Prayer Chain/E-mail Team call

Linda Monroe at 360-671-6594
or e-mail her at **Lidale@aol.com.**

AIDS IN AFRICA SPECIAL APPEAL

The AIDS epidemic in Africa has reached catastrophic proportions. The Presbyterian Church USA has responded in a number of ways, but now offers churches opportunities to support these ministries directly. Sunday, March 26 is the day we will dedicate a special offering to support ministries to Africans involved in some way with the AIDS epidemic. Attached inserts contain further information and an offering envelope for this special appeal. Please prayerfully consider your part in supporting this often neglected but very urgent issue. Thank you.



Average life expectancy in 11 African countries (age in years)

Country	(age in years) Before AIDS	by 2010
Angola	41.3	35.0
Botswana	74.4	26.7
Lesotho	67.2	36.5
Malawi	69.4	36.9
Mozambique	42.5	27.1
Namibia	68.8	33.8
Rwanda	54.7	38.7
South Africa	68.5	36.5
Swaziland	74.6	33.0
Zambia	68.6	34.4
Zimbabwe	71	34.6

Source: www.avert.org

Churches Spread the Word about AIDS Prevention

Education programs aimed at slowing the spread of HIV/AIDS in Africa have proved effective, and churches are playing an important role in this effort.

The most notable success story has been in Uganda, where a massive education campaign led by the nation's president has reduced the rate of infection from 13 percent in the early 1990s to 4 percent in 2003, according to the U.N. AIDS program. Uganda used what its leaders call the ABCs of prevention: Abstinence, Be Faithful, and Condoms.



Signs advocating HIV/AIDS prevention can be seen throughout Africa. Photo: Dorothy Hanson.

Across Africa billboards, signs, posters, and print and broadcast advertisements herald the ABC message. The ABCs are also being discussed in churches, and congregations are holding frank conversations about sexuality, a topic that previously has not received much public discussion in Africa. "They're having to talk about something they have never talked about before, a sexually transmitted disease (STD)," says Janet Guyer, a Presbyterian Church (U.S.A.) HIV/AIDS consultant in southern Africa. "The church has been involved in other health campaigns before, but for congregations to have to deal with an STD is a challenge." Caryl Weinberg, a PC(USA) HIV/AIDS consultant in western Africa, says most churches she works with focus on abstinence and fidelity. "The churches I work with don't condemn condoms, but they don't advocate them," she says. "They just say condom use is an option."



African women play a key role in HIV/AIDS education efforts. Photo: Bob Ellis.

It makes sense to do AIDS education in African churches since they are among the most respected institutions on the continent. Some African churches are doing AIDS education in the context of Bible study. The PC(USA) contributes people and resources to the development of Bible studies on HIV/AIDS.

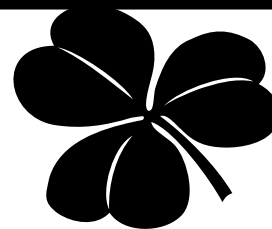
PC(USA) HIV/AIDS consultants are helping to develop prevention initiatives focusing on women, who comprise 60 percent of Africa's HIV/AIDS cases. HIV/AIDS experts say that many African women get the disease from husbands who fail to live up to their commitment to monogamy. The subservient role of women in Africa makes them particularly vulnerable, says Joy Raatz, the international HIV/AIDS initiative facilitator for the PC(USA). Many women feel they cannot deny their husband's or boyfriend's demand for unprotected sex even if they know he has HIV/AIDS.

But churches are making progress toward challenging the traditional attitudes toward women, Weinberg says. "The churches I'm working with are trying to lift women up and are trying to put women's issues at the forefront of the discussion about AIDS."

This is the fourth part in a series of articles from the publication "AIDS in Africa: It's a Matter of Faith". The next article will be "It Takes A Village: Community-based care serves a growing orphan population" in the April issue.

ST. PATRICK'S DAY POTLUCK

'Tis the Time o' Wearing o' the Green! St. Patrick's Day Potluck
Friday, March 17, 6:30 p.m. in the Fellowship Hall



Bring your favorite Irish fare (corned beef and cabbage, poached salmon, soda bread,
Irish stew, tea scones, apple tart (pie), Dublin coddle, etc.)



Bring your favorite board game.
Celtic music will be featured! Enjoy singing and fellowship!

A St. James favorite for many years--plan on joining!

WOMEN'S RETREAT

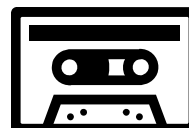
The annual Women's Retreat & Luncheon
will be April 8th from 10 am to 3 pm.

Theme:

"Walking the Labyrinth:
An Activity of Centering Oneself."
More information to come!

WORSHIP TAPES AVAILABLE FOR LOAN

Our morning worship service is audio-taped each Sunday. If
you know of anyone who would like a copy of any recent
service, please check one out in the church library.

**TREASURER'S NOTE:
PER CAPITA**

January is the month that member churches
of Presbyterian Church (USA) pay their
"per capita". "Per capita" means that St.
James pays for each member of the church.
In 2006, our "per capita" assessment is
\$47.92 per member, or about \$12,124.
These funds support Presbytery, Synod and
General Assembly operating budgets.

Because these funds are due at the very be-
ginning of our fiscal year, they put a big
dent in the budget. If you are able, this
would be a great time to make a contribu-
tion toward your "per capita" assessment
would be most appreciated. Whether you
are paying in full or in part, it is important
that your check or envelope be marked "per
capita".

If you have any questions about your
pledge or giving at St. James, please feel
free to contact Treasurer Sally
Albers at the church office or at home (734
-8412) or by email: stjtreas@msn.com.

**PRAYER VIGIL FOR PEACE
IN THE MIDDLE EAST**

Please join in an ecumenical prayer vigil for the Christian
communities in Jerusalem, for all those who are suffering in
the Holy Land, for Palestinians and Israelis,
and for peace in the Middle East. All are welcome.

Saturday, March 18, 5:30 pm
Unitarian Fellowship of Bellingham 733-3837

Organized by state, the Prayer Vigil for Middle East Peace
began in Alabama and New York the First Sunday in
Advent, December 3, 2000, shifted to Alaska and North
Carolina on December 4, Arizona and North Dakota on
December 5, and so on. The vigil will continue on the same
day each month in each state until the violence in the
Middle East ends and all can celebrate a just and lasting
negotiated resolution to the Palestinian-Israeli conflict. The
eighteenth day of the month is designated for the state of
Washington.

*"He has told you, O mortal, what is good; and what does
the Lord require of you but to do justice, and to love
kindness, and to walk humbly with your God?" Micah 6: 8*

St. James Events Calendar

March 2006

S U N M O N T U E W E D T H U F R I S A T

Sunday schedule
 9 am Adult class
10:30 Worship
 12:30 pm Korean Worship
 4:30-6 pm Youth Group
 7 pm AA

1
Ash Wednesday
Worship 12 pm
 7 pm AA Men

2
 6:15 pm Bells
 7 Chancel Ch.
 7:30 AA
 8 Requiem reh.

3
 2:30 pm Girl
 Scouts

4
 Lundquist Piano
 Studio— Music
 History Day
 10 am OA
 2 pm Co-op Pre-
 school Open
 House

5
 9 am All Parish
 Brunch
Communion
 12 pm College
 Bible Study

6
 12:45 pm Cub
 Scouts
 6 pm Girl Scouts
 6:30 pm Boy
 Scouts

7
 6:30 am Prayer
 Group
 5:30 pm Al Anon
 6 pm Girl Scouts
 7 pm Gender
 Group

8
 5 pm Mission &
 Social Action
 6 pm Lenten
 Study
 7 pm AA Men

9
 2 pm Membership
 4 pm Staff
 6:15 pm Bells
 7 Chancel Ch.
 7:30 AA
 8 Requiem reh.

10

11
 9 am Church
 Work Party
 10 am OA

Weaver's Guild FH

12
 10:45 am Youth
 Sunday School
 11:45 am Deacons
 3 pm Confirmation
 Class
 4 pm Membership
 Class
 6 pm Session

13
 6 pm Girl Scouts
 6:30 pm Boy
 Scouts

14
 6:30 am Prayer
 Group
 5:30 pm Al Anon
 6 pm Girl Scouts
 7 pm Gender
 Group

15
 6 pm Lenten
 Study
 7 pm AA Men

16
 6:15 pm Bells
 7 Chancel Ch.
 7:30 AA
 8 Requiem reh.

17
 2:30 pm Girl
 Scouts
 6:30 pm St. Pat's
 Day Potluck

18
 10 am OA
 5:30 pm Prayer
 Vigil

Weaver's Guild FH

19
AIDS in Africa
Special Offering
 3 pm Confirma-
 tion Class

20
 6:30 pm Boy
 Scouts

21
 6:30 am Prayer
 Group
 10 am Health
 committee
 5:30 pm Al Anon

22
Pulse Items Due!
 6 pm Lenten
 Study
 7 pm AA Men

23
 4 pm Staff
 6:15 pm Bells
 7 Chancel Ch.
 7:30 AA
 8 Requiem reh.

24

25
 10 am OA

26
 10:45 am Youth
 Sunday School
 3 pm Confirma-
 tion Class

27
 6 pm Girl Scouts
 6:30 pm Boy
 Scouts

28
 6:30 am Prayer
 Group
 10 am Women's
 Bible Study
 12 pm Women's
 Association
 luncheon
 5:30 pm Al Anon
 6 pm Girl Scouts
 7 pm Gender Gr.

29
 6 pm Lenten
 Study
 7 pm AA Men

30
 10 am *Pulse* Crew
 6:15 pm Bells
 7 Chancel Ch.
 8 Requiem reh.

31
 4:30 pm Girl
 Scouts
 7 pm Confirma-
 tion Class Field
 Trip

NOTES FROM SESSION CARLA SHAFER, STATED CLERK

Session met on Sunday, February 12, 2006 at 7:00 PM for its Regular Meeting

Representing the St. James Health Committee, Bob Monahan presented a report on Health ministries. He commented on how healthy people are more able to do the work Jesus has called us to do. He explained that the committee wants to offer a voluntary program of Preventative Health information. The survey will identify topics for programs. The session took action in favor of the survey being distributed to members and for offering blood pressure screenings as requested by the committee.

Presbytery Elder Commissioners were elected for the two day meeting February 24 and 25. Wayne Terry, Carla Shafer, and Bev Stewart are to attend Friday night and for Saturday Rook Van Halm, Jack Drury and Carla will attend.

Under the Clerk's Report the following actions occurred. Sally Albers was elected to serve as treasurer. Wayne Terry and Carla Shafer were elected to serve as elders on the Nominating Committee. Membership transfers were approved. Inactive: Allison Simmers. Transfers: Laura Chiefetz, Frances and Irwin LeCocq. The May Session meeting will be held on the 7th. Session set aside the date of October 21, 2006 for its Annual retreat.

The Treasurer's report was received and the income and expenses for January were noted as follows. Beginning Balance 12/31/05 \$ 2,483.00

Income	31,499.19
Expenses	<u>26,315.39</u>
Ending Balance 1/31/05	\$ 5,183.80
Beginning Balance 2/01/06	\$ 7,666.80

Worship Committee advised that Boy Scout Sunday will be either March 19th or 26th, depending on the Scouts.

Session approved building uses as recommended by the Building and Grounds Committee. Girl Scout troop on June 9, 16, 30th. The Annual open house of the Coop Preschool Saturday March 4th from 1-4 PM. Edna Zoet's family is planning an informal memorial service to be held in the fall.

The Session approved the purchase of a copier. Renee Meyer and Tim Crandall are thanked for their extensive research into comparison costs for leasing and purchase. The funds will come from Endowment income for capital expenses.

The Christian Education Committee announced that the youth group mission trip fund raiser will be "slave jobs". Also, the youth plan to assist with a Habitat for Humanity project. Way to go youth!

The Congregational Life Committee reports that Dinners for Eight is underway. Fourteen dozen Valentine cookies were made for homebound members. Tall Timber week-end is February 23-26th. The St. Patrick's day dinner is set for Friday, March 17th. April 8th is the date tentatively set for the Women's Retreat. A Maundy Thursday Seder Service is being planned.

Membership announced a new members class is scheduled for next month, March 12 at 4 PM. Session members will provide Dinner at 6 PM before their Regular Session meeting at 7 PM. Welcome new members!

Continued on page 7...

...Continued from page 6

The following Mission and Social Action Committee Action Items were approved.

- A Special Offering be held March 26 for AIDS in Africa.
- St. James will co-sponsor and participate in the Buddhist Peace Fellowship events and workshop "Imagine a Culture of Peace."
- St. James will sponsor a Gulf Coast team made up of interested members and people in the area through Presbyterian Disaster Assistance.
- \$300 will be given to the Presbyterian Counseling Services

The Personnel Committee provided information on Pastor Mary's sabbatical plans to Israel. Randy and Susannah will go with her. The Sabbatical was approved and will be from May 15 to August 15, 2006. At Pastor Mary's request three weeks of vacation and one week of Continuing Ed be included. A Temporary Pulpit Supply pastor will provide worship on Sundays, officiate at communions, baptisms, funerals or weddings and be in the church office two days a week. The cost of the sabbatical and the pulpit supply is covered by a grant for Sabbatical to Pastor Mary from the Lilly Foundation.

The Personnel Committee presented staff cuts. The Christian Education Director position will be reduced from 30 to 20 hours per week starting April 1st. The Youth Director position will end July 31, 2006. The position will resume September 1, 2006 and be reduced from 18 to 10 hours per week. Bill Read has generously volunteered to take over custodian duties free of charge. Sally Albers has generously volunteered to take on the duties of Treasurer at no charge. As a result the personnel costs will be \$131,296, about \$1,800 less than was approved in the 2006 Budget.

The Stewardship Committee will present a revised budget for the year at the next meeting after consulting with Committees. \$200 will be added to the budget for the summer nursery care. The idea of a Mission Fair was supported by Session members as a way to raise interest and support for mission.

Pastor Mary officiated at the service for Annabel Ruth Porter (2/9/1911-1/23/2006) at Bayview Chapel and graveside service was held at Greenacres memorial Park. Pastor Mary officiated at Communion on 2/5/06.

The following persons were ordained and installed on January 15, 2006. Installed as Elders in the Class of 2008 were Sally Albers, Matt Hargleroad, Nancy Pace and Peg Wilke. Installed as Elders in the Class of 2008 was John Dobbie. Laura Crandall was installed as an Elder in the Class of 2006. Tony Richter was ordained as a Deacon in the Class of 2007. Nancy Richter, Margaret DeMaine and Jan Resick were installed as Deacons in the Class of 2007. Wayne Terry was ordained as an Elder on February 12, 2006.

WOMEN'S ASSOCIATION

March 28

Women's Group Bible Study 10:30 am
2005-2006 Horizons Bible Study

Women's Association Luncheon 12 pm
Garden Spot Nursery Program!

Bring a friend if you like, and a salad to share.
All women are invited for food, fun and fellowship!

Questions? Please call Phyllis Jones, 734-4504

Annual Spring Rummage & Plant Sale

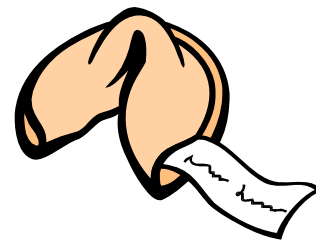
will be held on Saturday April 22, from 9 am—3 pm (with set-up on Friday April 21). If you have items to donate, we have a minimal amount of storage space available now. If you have larger collections it will be helpful to have them arrive later. If you would like help please call Phyllis Jones 734-4504.



YOUTH NEWS MEGAN STAMPFLI, YOUTH DIRECTOR

Did you know that March is women's history month? Women make an average of 76 cents to every dollar the average man makes, which is actually down a penny from 2002. A fascinating yet depressing thought to start off your month. However, on to the subject of interest- youth group! On the 5th there will be youth group at 4:30 followed by a brief meeting at 6:00, to make some decisions about the mission trip. On the 12th there is Sunday school and the cookie sale fundraiser. On the 19th there is no youth group or Sunday school. On the 26th there is both youth group from 4:30- 6:00 and Sunday school.

Cookies, cookies, cookies! This month we will be having the "March Munchies" cookie sale. It will be held on the 12th after worship. Fill a bag with a dozen delicious homemade cookies for only five dollars. Eat them by yourself, feed them to your family, or warm them up in the oven, invite friends over, and pretend you made them yourself! This is a delicious way to support the St. James youth on their summer mission trip.

**CONFIRMATION CLASS COMING YOUR WAY!!!**

All youth who are sixth grade and older are invited to join a Confirmation Class beginning in March. The class will meet on **Sunday afternoons before Youth Group from 3 until 4:30, starting March 12**, then continuing on **March 19 and 26**. An overnight field trip to many exciting places is included on March 31 and April 1! Any class members who wish to become church members will be happily received during worship on Sunday, April 2.

Need more information? Want to sign up? Call Megan Stampfli or Pastor Mary at 733-1325.

THE HEART OF CHRISTIANITY WITH SOUP!

The Lenten Study this year will study the book, The Heart of Christianity, Rediscovering a Life of Faith, by Marcus J. Borg. This world-renowned scholar shows us how we can live passionately as Christians in today's world. For those who question traditional beliefs about God, Jesus, and the Bible, but still long for a relevant, nourishing faith, Borg shows why the Christian life can and should be a transforming relationship with God.



Come share a soup and bread supper at 6 p.m., with the study running from 6:30 to 7:30 on five Wednesdays through Lent, March 8, 15, 22, 29, and April 5.

Books can be purchased through local bookstores or online. There is a reserve copy of The Heart of Christianity available in the church library.

ALL PARISH BRUNCH, MARCH 5

Please join your friendly St. James Deacons for this year's All Parish Brunch, March 5th at 9 am. Just bring yourself and smile! We look forward to seeing you.

**SUNDAY MORNING PARKING**

Four reserved (handicapped) parking spaces are designated in our front, 14th Street parking area. In addition to these designated spaces, we would like to save all of the 14th Street parking on Sunday mornings during the Worship Service for those who need level access and our first-time visitors. If you have no difficulty climbing stairs, please use the lower parking area or the Lowell playground lot. The Lowell lot is accessed off of Taylor between 14th and 15th. There is a stairway down to 14th at the south end of the area.

FROM THE INTERFAITH COALITION

- * **Tickets on sale for Interfaith auction** Tickets are on sale for the event we all look forward to each year - Interfaith Coalition's spring auction, this year on Saturday, April 22 at the Best Western Lakeway Inn. The auction theme, "Through the Looking Glass into the Garden of Hope," offers a reflection on the coalition's 25 years of assisting local people in need. To purchase tickets call the Interfaith office at 734-3983, or contact an Interfaith Coalition board member. Cost is \$40 per ticket and includes dinner, as well as the opportunity to bid on fabulous items donated to the silent and live auctions. One such item is the congregational gift donated by Garden Street United Methodist Church -- a handcrafted, electrically wired, and exquisitely decorated and furnished doll house with exterior gingerbread ornamentation. The house is on display in the church office for viewing by potential bidders. The annual auction is Interfaith Coalition's largest fundraising event, raising about one-third of the coalition's budgeted income. The goal this year is to raise \$103,000, an effort that will require help from many generous individuals and businesses. Please plan to attend the event with an open heart and available credit on your bank card. Also, if you have an item or service that may generate active bidding, please consider donating it to the auction, so you can be a partner in raising funds for homeless housing, affordable health care, and senior outreach.
- * **Dear Members of St. James Presbyterian Church:** We appreciate your generous contribution of \$1,000 to support Interfaith Coalition's mission to provide basic necessities to local people in need. The contribution will provide housing for homeless families, access to health care for all people, and offer isolated seniors an opportunity for meaningful human connection. It's with your support and the support of others that we are able to reach out to our neighbors in need. Early this month we opened our fourth emergency house, where homeless families in crisis may live for up to 60 days. An existing home was moved to the property of First Christian Church. Over 235 volunteers contributed more than 2,500 hours painting, furnishing, renovating and transforming the home into a sanctuary for families in crisis. The families will work closely with case managers, who provide guidance and support to families in their quest for self-sufficiency. Our Friendly Visitors program (housed in your church!) now is a year old and beginning to get on its feet. Dozens of volunteers have participated in our trainings, and many already have been matched with senior neighbors in need of meaningful social connection. We know many seniors in our community will benefit from weekly visits by compassionate volunteers. We continue to support the amazing work being done at Interfaith Community Health Center. A large percentage of our budget helps the center to provide medical, dental, and behavioral-health care to individuals from all walks of life, regardless of ability to pay. This year the health center expects to exceed the 30,000 visits it received last year from people in need of care. The value of this care totals hundreds of thousands of dollars and is priceless to the individuals who receive it. Priceless to Interfaith Coalition is your faith in and support of our neighbors in need. Again, thank you for your generous contribution.

In God's love, Laura DeRose, Executive Director

CHURCH FAMILY NEWS

- * From **Nick Stampfli**: "Just thought I would drop you a line and let you know how things are going. School is good. It is challenging and I am learning a lot. Church at Madrona has been interesting. I enjoy it there. The congregation is small but everyone has a lot of spirit. Worship there is good, especially the music, but the services can be a little long (sometimes two hours!). The good news for me is that I have accepted a summer job with the Pierce County Prosecutor. I will be working in the Juvenile division, mainly doing truancy hearings." Nice to hear from you, Nick!
- * **Laura Cheifetz** was ordained as a Minister of Word and Sacrament with the PC (USA) in February in Chicago. **Renée Meyer** was able to attend the ceremony, representing Laura's home church of St. James. Congrats, Laura!

*Do you have news you would like to share with the church family?
Please contact the office, 360-733-1325, or stjpres@msn.com*

FROM THE HEALTH COMMITTEE

Enclosed is a Health Information Survey from your St. James Health Committee: Phyllis Jones, Bob Monahan, Linda Monroe, Sharon Schayes and Gil Thurston. We look forward to presenting programs for healthy living and illness prevention. The program is based on scriptures, one part is I Corinthians 6:20, which reads, “For you were bought with a price, therefore glorify God in your body.”

The Health Program assists you in caring for your temple just as the trustees care for our church (temple). The reasons for caring for your personal temple are many and include

1. Feeling better.
2. Being better able to do God’s work here in our community and elsewhere.
3. To have a longer life and thus a longer time to be a good and faithful servant.
4. To save on health care costs personally and for our society.

Thank you for taking time to help your Health Committee which we hope will help you, St. James and our nation and our world.

Please return the survey by Sunday, March 19 to the church office or to the collection plate.

A post-Valentine Heart Gift:

The national Heart, Lung and Blood Institute (NHLBI) campaign, *The Heart Truth*, suggests only 20 percent of women identify heart disease as the greatest health problem facing women today. Women fail to make the connection between risk factors, such as high blood pressure and high cholesterol, and their own chance of developing heart disease. In 2002 heart disease was the leading cause of death among women, exceeding the combined total of stroke, lung cancer and breast cancer. The campaign’s goal is to give women a personal and urgent wake-up call about their risk of heart disease. Go on-line to: www.nhlbi.nih.gov/health/hearttruth

Contributed by Dr. Evelyn E. Ames, Professor Emeritus, Physical Education, Health and Recreation

LENTEN PRAYERS

(FROM ONE GREAT HOUR OF SHARING MATERIALS 2006)

Lent is a season of reflection, often associated with fasting and prayer. It is a time to take stock of our lives in light of Christ’s life given for us. Use this as a guide for Lenten prayer in your home. Set a glass or bowl of water next to this prayer guide. You may use this at meals or at some other regular time of day.



Week One
Week of March 5-11

Scripture	Spiritual Practice	Prayer	Faith & Action
<p>O God, you are my God, I seek you, my soul thirsts for you, my flesh faints for you, as in a dry and weary land where there is no water.</p> <p style="text-align: center;"><i>Psalm 63:1</i></p>	<p>Observe the empty glass or bowl. What are the empty and dry places in your life right now? Where are the empty and hurting places in your community and world?</p>	<p>You, O Lord, are the source of life. Touch those dry places in our lives and those hurting places in the world. Reveal our role in addressing the needs of the world. May our actions this week be a prayer to you. Amen.</p>	<p>1 in 6 people lacks access to safe drinking water. Consider how God can use you, through the One Great Hour of Sharing Offering, to bring clean water to those in need.</p>

Week Two
Week of March 12-18

Scripture	Spiritual Practice	Prayer	Faith & Action
<p>My soul thirsts for God, for the living God.</p> <p><i>Psalms 42:2a</i></p>	<p>Pour water into the glass or bowl. Watch as the water swirls and settles into the container. Where do you think this water comes from? Where do you turn to quench the spiritual thirst in your life? Give thanks for this water and for God's presence.</p>	<p>Thanks be to you, O God, for the gift of water— for clear flowing streams and quiet reflective pools.</p> <p>Thanks be to you, O God, for the ways you restore our lives and sustain our being. May we be mindful of your gifts to us and the need for clean water for all people.</p> <p>Amen.</p>	<p>80 countries (40% of the world's population) are encountering serious water shortages. Consider how God can use you, through the One Great Hour of Sharing Offering, to bring clean water to those in need.</p>

Week Three
Week of March 19-25

Scripture	Spiritual Practice	Prayer	Faith & Action
<p>Ho, everyone who thirsts, come to the waters; and you that have no money, come, buy and eat!</p> <p><i>Isaiah 55:1</i></p>	<p>Observe the water in the glass or bowl. Touch your fingertips into the water. Consider the gift of water and how it benefits life. Give thanks for this water and for God's presence.</p>	<p>You, O Lord, bring the rains that water the earth. You bring refreshment to our weary souls. Touch the parched places in our lives that we may offer life and wholeness in your name to a world in need. Amen.</p>	<p>Your faithfulness and generosity make a difference. Last year your gifts to One Great Hour of Sharing provided irrigation to about 640 acres of farm land on the Navajo reservation in Ganado, AZ, and 800 hectares of arid land in the Humayo District of Peru. Consider how God can use you, through the One Great Hour of Sharing Offering, to bring water to those in need.</p>

Week Four
Week of March 26-April 1

Scripture	Spiritual Practice	Prayer	Faith & Action
<p>Blessed are those who hunger and thirst for righteousness, for they will be filled.</p> <p><i>Matthew 5:6</i></p>	<p>Take some kind of dirt and stir it into the water. What is your reaction to the thought of drinking this kind of water? What are the influences that pollute our intent and attempts to embody just and righteous lives?</p>	<p>With the Psalmist we pray, "Create in me a clean heart, O God, and renew a right spirit within me." Help us discern not only those things we should avoid, but also guide us to work for that which needs to be done to restore wholeness within ourselves and in the world. Amen.</p>	<p>Water and sanitation issues are key needs addressed following disasters, particularly in camps of displaced survivors. Your gifts to One Great Hour of Sharing and PDA provided for the needs of over 20,000 families in Indonesia and Pakistan last year at a cost of about \$20 per family. What kind of difference will you make this year?</p>

The Weeks of April 2-8, Holy Week, and for Easter & Eastertide
Coming in the April Pulse

MARCH BIRTHDAYS & ANNIVERSARIES

March Birthdays

* * *

1	Fern Wibbens
3	Jody DeWilde
5	Karen Jackson
6	Judy Bayless
7	Linda Monroe
7	Ramona Villani
8	Martha Speer
8	Julie Van Halm
9	Wally Botsford
10	Sophie Burkland
12	Bob Hamilton
13	Richard Green
14	Virginia Green
16	Akiko Anderson
17	Liam DeWilde
18	Nate Boshears
18	Mary Eason
18	Lora B. Eckert
18	Madeleine Smith
19	Eleanor Rinne
21	Marion Dobbie
21	Randy Mohr
24	Carmen Hellinga
25	Richard Hellinga
25	Eleanor Lake
26	Betty Pickard
28	Mary Robinson-Mohr



March Anniversaries

* * *

10	Bill & Maverette Butler
19	Jim & Cathy Casey
22	Jack & Shirley Drury
25	Peter & Mary
26	van der Veen
26	Bart & Vicki Griffith

FROM THE MISSION & SOCIAL ACTION COMMITTEE

Observance of the Third Anniversary of the Iraq War: Creating a Culture of Peace. The Whatcom Peace & Justice Center is co-sponsoring a weekend of events with the Buddhist Peace Fellowship. Volunteers are needed to help with these events throughout the weekend. Activities include:

1. Film showing of "Voices in Wartime" at the Dreamspace, Friday March 17 at 7 pm, and discussion with Andy Himes, Film's Executive Producer.
2. 4-hour workshop "Embracing Conflict, Ending War" by Opening of the Heart (www.openingoftheheart.org) at Fairhaven Library from 1-5 pm, Saturday March 18.
3. Anti-war rally on the Village Green 6-7 pm, Saturday March 18.
4. Evening book reading at Village Books: "Voices in Wartime Anthology" Saturday March 18, 7 pm, by author Andy Himes.

To volunteer, please contact Marie at
whatcomPJC@fidalgo.net, 734-0217

Habitat for Humanity in Whatcom County is holding its 4th Annual "Raise the Roof" Benefit Auction March 18th at the Semiahmoo Resort, 5-8 pm. As Habitat's major fund-raiser, this dinner and auction raised \$54,000 last year—contributing to the building effort in 2005 and land acquisition for 2006.

Please purchase your tickets for dinner and the auction (\$50/person) in advance from the local Habitat Office at 495 E. Bakerview Rd., or by calling 715-9170. Our church liaison is Bill Read (williamjread@yahoo.com or 671-6824).

Many local congregations have contributed to building affordable housing in the community by donating items for the benefit auction in the past. On behalf of the Board of Directors, staff, volunteers and homeowners, Habitat in Whatcom Co. invites you to join in this partnership by making a contribution to the auction. Our needs include:

- * Donations of items such as gift baskets, special dinners, weekend getaways.
- * Sponsors for a table of 8 people.
- * Promotion of the event within congregations.
- * Prayer that we will be able to effectively serve our community as a result of this auction.

Habitat for Humanity in Whatcom County finished its first home in 1989. Since that time, we have completed 20 homes. Our last dedication was December 17th, just in time for the family to celebrate Christmas in their new home; and we're planning on growing rapidly! The families that are selected for home ownership provide 500 hours of "sweat equity". Families then purchase the homes at cost with a 0% interest loan issued by HFHWC. Monthly mortgages are made to HFHWC and go into a revolving fund that continues to support the construction of more homes. We are working to eliminate sub-standard housing by providing home ownership, thus instilling hope and opportunity into the lives of our homeowners and their families.

AN UPDATE FROM VICE MODERATOR JEAN MARIE PEACOCK

When I made the commitment to serve as the Vice Moderator of the 216th General Assembly (2004), I knew that there would be challenges during my term in office. I never imagined that those challenges would include ministry in the aftermath of a major hurricane while dealing with the loss of our home and our belongings, the destruction of our church where I serve as the associate pastor, the displacement of so many in our congregation and community, and the struggles of daily life in a city where many services have yet to be fully restored.

Today, I stood in line for forty-five minutes at the post office to pick up mail, because there is still no mail delivery to our apartment at the church. I drove twenty minutes to a coffeehouse for a church staff meeting where we can also access email and the Internet. At that meeting, I gave our church secretary items that needed to be photocopied and faxed from the machines that we have purchased which are now in her living room. Although we have set up the temporary office space in the upstairs of our gutted church building, we are unable to work from that space, because the building is still without power or phone service.

Each day brings new challenges, as well as new opportunities. Today, we are preparing for the arrival of a large work team of volunteers from churches in the northeast who will spend a week cleaning out and gutting the church preschool building. They will also work in the damaged homes of members of our church. We are looking forward to their presence with us. We are thankful for the physical labor that will be accomplished with their help, but even more importantly, we look forward to the spiritual support, energy, and encouragement that their presence will bring into our midst.

Life in post-Katrina New Orleans is not easy these days. I imagine the same is true for churches all along the Gulf Coast who are involved in the hard work of recovery and restoration. We know that it will take years of sustained effort to rebuild congregations and communities. We also know that this is not something that we can do alone. We need each other. For years to come, we will need the support and prayers, as well as the physical and financial assistance, of the larger church.

When the sensationalism of disasters fades from the news, we cannot forget that the process of rebuilding and recovery continues. It has been four months since Hurricane Katrina caused so much devastation to the Gulf Coast. While it is no longer in the forefront of the news, I am thankful that Presbyterians around the country are continuing to support the relief efforts, sending financial support through Presbyterian Disaster Assistance and volunteering as members of work teams who are helping with the clean up and rebuilding.

Please share with fellow Presbyterians the news that our denomination is committed to ongoing, long-term relief and recovery efforts that respond to the challenges of disasters long after the media limelight fades. ...**(E)**ncourage congregations to become involved in disaster assistance. Whether it be a contribution to Presbyterian Disaster Assistance or becoming involved as a volunteer on a work team, there are many ways to reach out to disaster impacted churches, friends, and neighbors. Let others know that a visit to the Web site at www.pcusa.org/pda is a good way to begin.

Thank you for your support and prayers, care, and concern. Together, we can be a powerful witness to the healing presence of Christ in our midst, by being present to our neighbor in the mission of the larger church.

In Christ's peace,

Jean Marie Peacock, *Associate Pastor*
Lakeview Presbyterian Church, New Orleans, LA
Vice Moderator, 216th General Assembly (2004)
Presbyterian Church (U.S.A.)

*Thanks to
the Pulse
Mailing
Crew*

Maverette Butler
Margaret de Maine
Marion Dobbie
Dottie Hager
Pat Nelson
Mel Reasoner
Margaret Rice
Inge Thurston

The Pulse is published once per month, with the exception of the combined July/August issue. Articles and announcements for the next issue must be **received** in the church office no later than Wednesday, **March 22, 2005.**

That issue will be mailed Thursday, **March 30.** If you have something that you would like considered for publication, call the church office at 360-733-1325, e-mail stjpres@msn.com, put it in *The Pulse* box near the church office or mail it to:

St. James Presbyterian Church,
910 14th Street Bellingham,
WA 98225

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**If you wish to be added to or deleted from the church mailing list, please contact the church office:
360-733-1325, stjpres@msn.com**



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