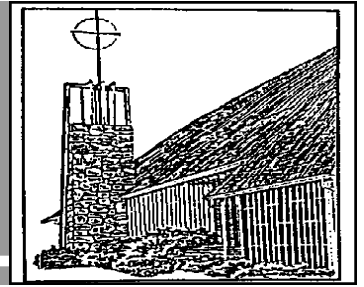


The Pulse



A MESSAGE FROM PASTOR MARY ROBINSON-MOHR

Volume 39, Issue 6
June 2007

Did you know you live in the “None Zone”? The Pacific Northwest has recently been identified by sociologists of religion as the “None Zone.” This means that more people in the Northwest check “None” on forms that ask for religious background or preference than in any other part of the country. There are several theories as to why we live in the None Zone, but no one has a definite answer to the question of why North-westerners tend toward no particular religious life.

It has been said for a number of years that recreation is the god of the Northwest, since opportunities to enjoy outdoor sports and interests abound on every side in our area. Just recently, Randy, Susannah and I explored the Arboretum at WWU. Can you believe this is the first time we have been to the Arboretum since we’ve lived here? We’ve explored just about every other park or beach or area for walks and small hikes. Maybe that’s why we hadn’t been to the Arboretum before this time. There are so many other opportunities to get out into the woods in Bellingham and the surrounding area.

As we enjoyed the soaring trees, the sunlight gently filtering through spring green maple trees, and ferns and moss everywhere, we asked each other, “Now, what would someone from Lotan think of this?”

It made us laugh a little to think of the contrast. It was just about a year ago that the three of us were headed to Kibbutz Lotan in Israel, smack in the middle of the desert between Israel and Jordan, with the hot rocks and sand of the Sinai Desert on the horizon. Sand, rocks, and bare landscapes were all around us at Lotan. Imagine what one of the young girls of Lotan, who befriended Susannah, would think of our area. So much water, so many plants, such a gentle warmth. It couldn’t be more different. It’s pretty obvious why so many Northwesterners like to get outdoors in our area at every opportunity rather than stay inside on weekends and holidays. It is a stunningly beautiful part of God’s creation.

As far as calling this beautiful area the None Zone (which I first heard as “nun zone,” and I was totally confused!), those of us that are active in a church have quite a challenge before us. How do we faithfully bear witness to and evangelize for Jesus Christ to our recreational neighbors?

No one has a really great formula for success to offer in response to that question. That can be your “homework” over the summer months. How do we rejoice in the beauty of God’s creation, and still grow in our faith? Obviously those of you reading this newsletter have found a good balance for this. How do we nurture others in this spiritual side of loving God’s handiwork? Do we proclaim more obviously our concern for the health of this environment, trusted to our care by God? Do we find ways to take worship along on the

continued on page 2...

St James Presbyterian Church
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PASTOR'S MESSAGE CONT.

outdoor excursions, encouraging devotional readings or habits of prayer or some other way to awaken the spiritual side of a person as the creation is savored?

Let me know what you discover this summer. Perhaps St. James can help the None Zone have a more Spirit-centered identity.

“When I look at your heavens,
The work of your fingers,
The moon and the stars that you have established;
What are human beings that you are mindful of them,
Mortals that you care for them?” -Psalm 8:3-4

Grace and Peace,
Pastor Mary

UPDATE / WHEN DID THAT CHANGE?

Friends, there has been some confusion lately about whether or not I have officially stopped doing pastoral and hospital calls. I can certainly understand that confusion, as in the last year I have had a three-month sabbatical, a one-month medical leave, and many ups and downs with my personal health and medical procedures that have rendered me with less energy and more flu bugs through this last winter and spring. I have definitely dropped the ball several times in the area of pastoral care, and I certainly regret that. At the same time, I have been thankful for the diligence of our Board of Deacons and for many other caring members of St. James that have been present for and to persons in times of need.

Please do not hesitate to contact me if you have a pastoral emergency or need. I have not abandoned this duty completely, and it has certainly not been removed from my duties, nor have I requested that. As I tell all of our new members as they join our congregation, “Please do not hesitate to contact me if you need me. If you call me in the middle of the night, it may take a while for me to wake up, but I would feel badly if you needed me and you felt you could not call me.” If I cannot personally meet your need, I will contact someone to be present with you. Thanks to so many of you for your prayers and understanding.

By the way, the most recent procedure involving a steroid injection has not yet given any noticeable results. It should have kicked in before the end of last week, but has not yet. I'll give it another week, and then maybe we'll try another one in a different location, or botox injections, or who knows what else. Something tells me that the drama is not yet over.

Grace and Peace,
Pastor Mary

**JUNE
WORSHIP
TOPICS**

June 3

Communion

Summer hours begin: 10 a.m.

Proverbs 8:1-4, 22-31

John 16:12-15

“The Spirit of Truth Is Calling”

June 10

Music Sunday

I Kings 17:8-16

Luke 7:11-17

“When God Visits”

June 17

Fathers' Day

I Kings 21:1-21a

Luke 7:36-8:3

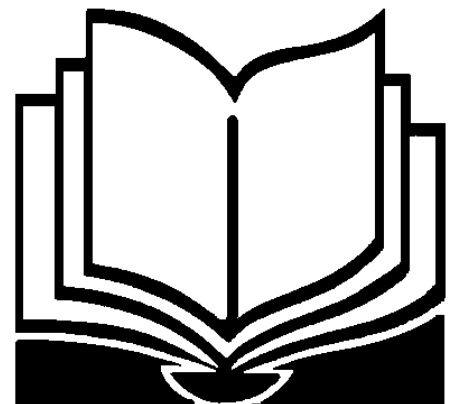
“Held Accountable”

June 24

I Kings 19:1-14

Luke 8:26-39

“God Finds the Runaway”



CHRISTIAN EDUCATION MARGARET VAN ZANTEN, C.E. DIRECTOR, OUTGOING
A Journey to Biblical Literacy

The best example that comes to mind about what theological school graduates confront in ministry parallels in my mind an experience I had when I started teaching school at 20 years of age in the Tacoma Public Schools in Tacoma, Washington.

I recall Mr. Romberg, the principal, meeting with me about three weeks into September as a way to check-in with a first-year teacher. We discussed my apprehension about advising parents of one of my kindergarten students, the one consistently tardy, the son of the district's physician. These parents good-naturedly assured me that they would try to get their boy to school on time. Then came the zinger, which really scared me: "We expect a great future for our child. We are wondering what advanced programs will give him the best chance for entering a good college."

Kindly Mr. Romberg reminded me that Dr. H was, however pre-maturely, recognizing my training in early childhood education. And, indeed, had I not just finished my student teaching in Miss Nicol's Kindergarten class at Western's Campus School?

I have been graced these past nine years as your Director of Christian Education with eager learners from many vocations, life-time students of theology. As the biblical scholarship has advanced the past 20 years, we have all become 'beginners' once again. What a great time to join Pastor Mary next Fall in a study of the Old Testament.

THE REV. TAMALYN KRALMAN, INCOMING CHRISTIAN EDUCATION MINISTER
Welcome, Pastor Tam!

We are excited to welcome The Rev. Tamalyn L. Kralman to serve as our Interim Christian Education Minister! Pastor Tam will begin her work at St. James on May 25, and she will also direct programs for the Youth Groups until August 31, while the Personnel Committee and Christian Education Committee search for the next St. James Youth Director. Pastor Tam will serve as our Interim Christian Education Minister until May 31, 2008. She is an ordained pastor in the Disciples of Christ (Christian) Church. She has experience serving as a pre-school teacher, an interim pastor, toddler teacher with Catholic Community Services, and as an associate pastor. She earned her Master of Arts in Religious Education from Claremont School of Theology. Pastor Tam is the mother of two college-aged children, and is married to The Rev. Gary Shoemaker, the pastor of First Christian Church, Bellingham. Please welcome Pastor Tam to the ministry of St. James!



HERE COMES THE HUMAN RACE!

Once again, St. James has several members walking in the Human Race to raise money for United Ministries in Higher Education. The race will be Saturday, June 9, and sponsors are much appreciated. If you want to sponsor one of the St. James walkers, watch for sponsor sheets in the Horizon Room on Sunday mornings before the race. You can also call the church office (733-1325) for more information about sponsoring a St. James walker.

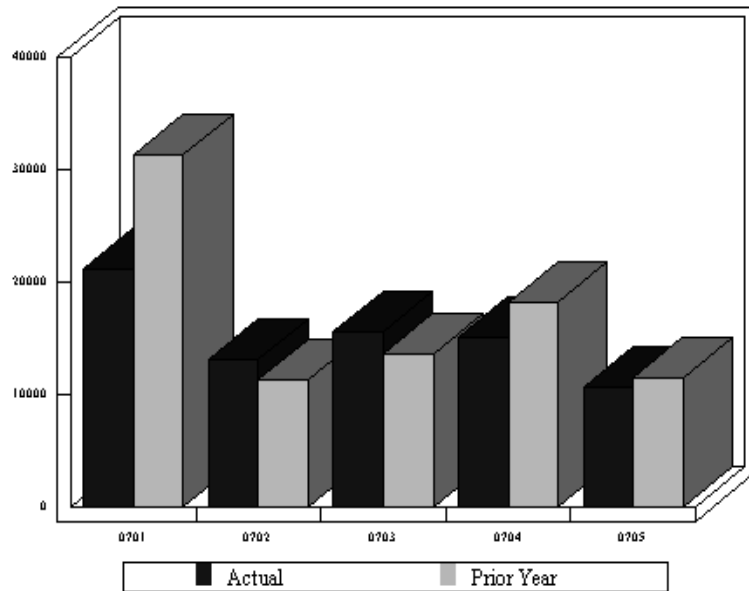
TREASURER'S REPORT SALLY ALBERS

Contribution statements were mailed out in May for those who have pledged funding the general operations in 2007. If you did not receive a statement that you were expecting OR received one with errors please let me know. I appreciate any chance to correct my mistakes.

As you know, church operations cost money. Some of our expenses decline in the summer, and so do contributions as members travel or get distracted by the wonders of the season. If you are able to prepay your pledges in advance of travel, that would be a blessing to your treasurer! We are budgeting our expenses as about the same as last year, but so far the income is running a little lower...see the graph opposite.

Your generosity in time, talent and treasure is exceptional. It is truly inspiring to be your treasurer!

Income by Month 0701 - 0705



ST. JAMES PRAYER CHAIN~ UPDATE!

Ann Lary has graciously volunteered to take over the coordination of the St. James Prayer Chain, in Linda Monroe's stead. So, if you have a prayer request for the St. James Prayer Chain/E-mail Team call **Ann Lary** at 734-7534, or e-mail at <rex-ann@webtv.net>

MUSICALLY SPEAKING... CAROLYN MULLEN, MUSIC DIRECTOR

Special Music: Attention Soloists, Duets, and small groups!

Could you provide special music for one of our summer worship services? Please call Music Director Carolyn (595-0934) to schedule a Sunday. If you would like Organist Kirsten to accompany you, you need to give her your music as soon as possible. Thanks.

Are you doing summer cleaning?

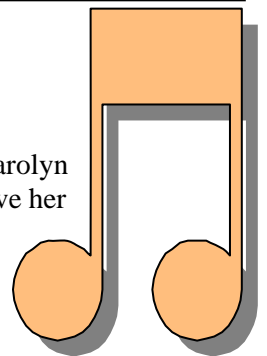
Perhaps you have some of the following you'd just love to donate to our Music Department:

- > Music stands: either black Manhasset stands or the silver fold up
- > Microphone stands: either straight or boom stands
- > A four drawer letter size file cabinet

Please call Carolyn if you have any of these items. She'd be happy to pick them up.

Thanks to our Wonderful Musicians:

We've just completed another great "Music year." I am so thankful for all our musicians in the Chancel Choir, the Bell Choir, the Sinfonietta, and pianist Randy Bowers. Also a big "Thank you" to Kirsten Rutschman, our able Organist, for her enthusiasm and wonderful talents on our keyboards. These talented folk will present a special "Music Sunday" on June 10, 10am worship. Don't miss it!



Sunday schedule

9 am Adult Class
10:00 am Worship
 7 pm AA

June 2007

Church office

Open Tuesday ~ Friday,
 9-12, 1-4

733-1325
 office@saintjamespres.org

SUN MON TUE WED THU FRI SAT

					1 2:45 pm Girl Scouts	2 10 am OA
3 10 am Worship begins Holy Communion	4 11:45 am Cub Scouts 7 pm Boy Scouts Troop 7	5 8 am Prayer Group 5:30 pm Al Anon 7:30 pm WA Gender Alliance	6 6 pm AA Men	7 6:30 pm Bell Choir 7:30 pm Chancel Choir 7:30 pm AA	8 6 pm Prime Timers	9 The Human Race 9 ~ 12 noon Church Work Party
10 Music Sunday	11 5:45 pm Girl Scouts 7 pm Boy Scouts Troop 7	12 8 am Prayer Group 5:30 pm Al Anon 7:30 pm WA Gender Alliance	13 5:30 pm Weaver's Guild 6 pm AA Men	14 7:30 pm AA	15 2:45 pm Girl Scouts 6:30 pm Women's Agapé Night	16 10 am OA
17 Father's Day	18 5:30 pm Prayer Vigil for Middle East Peace @ St. James 7 pm Boy	19 July & August Pulse items due 8 am Prayer Group 5:30 pm Al Anon 7:30 pm WA Gen- der Alliance	20 5 pm Mission & Social Action committee 6 pm AA Men	21 7:30 pm AA	22 B'ham Public Schools last day 7 pm "Christian Zionism" program, dessert potluck	23 10 am OA
24 7 pm Session	25 5:45 pm Girl Scouts 7 pm Boy Scouts Troop 7	26 8 am Prayer Group 10:30 am Bible Study 12 pm Women's Association lunch- eon 5:30 pm Al Anon 6 pm Potluck 7pm Rev. Dr. Sizer 7:30 pm WA Gender Alliance	27 10 am <i>Pulse</i> Crew 6 pm AA Men	28 7:30 pm AA	29 6 pm Friday Night Social	30 10 am OA

Ecumenical Vacation Church School ~ June 25 - 29

“SO, WHAT IS CHRISTIAN ZIONISM?”

A very good question! Come to a dessert potluck on Friday June 22 at 7 p.m., and find out! Pastor Mary will give a brief presentation on Christian Zionism (ending at 7:45) in order to give some background before Dr. Sizer’s program on June 26. Come for some excellent desserts, fellowship, and an opportunity to learn about one of the burning issues in Christendom today.

THE REV. DR. STEPHEN SIZER ~ CHRISTIAN ZIONISM

St. James will host a program by Dr. Sizer about Christian Zionism on Tuesday, June 26. It will begin with a potluck supper at 6 p.m. in the Fellowship Hall, and the program will begin at 7 p.m. in the Sanctuary. Tell your friends, and come hear about a crucial issue facing the Church today.

Christian Zionism: Road-map to Armageddon?, by Stephen R. Sizer

The term ‘Zionism’ was first coined in the late nineteenth century, and referred to the movement for the return of the Jewish people to an assured and secure homeland in Palestine. Ironically, this vision was largely nurtured and shaped by Christians long before it received widespread Jewish support. The origins of ‘Christian Zionism’ lie within nineteenth-century British pre-millennial sectarianism, but by the early twentieth century it had become a predominantly American dispensational movement, and pervasive within all main evangelical denominations. The contemporary Christian Zionism movement emerged after the ‘Six Day War’ in Israel in 1967, and it has had a significant influence on attitudes towards the ongoing Palestinian-Israeli conflict in the Middle East.



Evangelicals are increasingly polarized over whether Christian Zionism is biblical and orthodox or unbiblical and cultic. Stephen Sizer provides a thorough examination of the historical development, variant forms, theological emphases and political implications of Christian Zionism. His excellent and informative survey is interwoven with critical assessment that repudiates both nationalistic Zionism and anti-Semitism.

About Rev. Dr. Sizer:

Stephen R. Sizer is vicar of Christ Church, Virginia Water, Surrey, and Chairman of the International Bible Society (UK). He is the author of Panorama of the Bible Lands and In the Footsteps of Jesus and the Apostles (both Eagle), and numerous articles on the ethics of pilgrimages, dispensationalism and Zionism. He is a frequent visitor to the Middle East. For more information, visit his website at:

<http://www.sizers.org/>

WOMEN'S ASSOCIATION

June 26

10:30 am Bible Study

The tenth lesson in the 2006-07 Horizon Bible Study: "In the Beginning, Perspectives on Genesis."

12 noon Salad Potluck Luncheon (in the Horizon Room)

Bring a friend, and a salad to share!

Questions? Please call Phyllis Jones, 734-4504

PRAYER VIGIL FOR PEACE IN THE MIDDLE EAST ~ AT ST. JAMES!

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!

Monday, June 18, 5:30 pm
St. James Presbyterian Church
910 14th St. Bellingham WA 98225

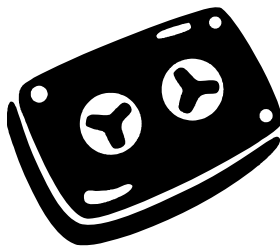


SUNDAY MORNING PARKING

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.

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 the church one out in library.



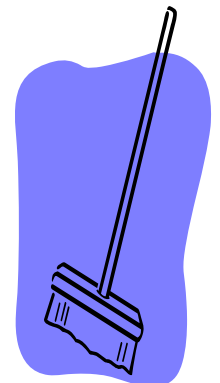
MONTHLY CHURCH WORK PARTY

Summer is almost here!

Please join us for the monthly all-church clean-up ~ landscaping ~ fix-it ~ workday:

**Saturday
June 9: 9 am—12 pm**

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



SUMMER HOURS FOR WORSHIP

June 3 is the first Sunday that worship will be held at the earlier summer hour of 10 a.m. instead of 10:30. Worship will continue to be at 10 a.m. throughout June, July, and August, and then resume at the 10:30 time after Labor Day weekend, on September 9.

FROM THE PRESBYTERIAN NEWS SERVICE

OFFICE OF THE GENERAL ASSEMBLY ANNOUNCES REORGANIZATION

May 23, 2007

Seven staff positions eliminated to ease 2008 budget shortfall
by Sharon Youngs, OGA Communications Coordinator

LOUISVILLE — The Office of the General Assembly (OGA) announced plans today for a reorganization of the agency’s work, effective immediately.

Cliff Kirkpatrick, Stated Clerk of the General Assembly, made the announcement, which will involve the elimination of seven staff positions.

“The strategic decisions we’re making now are in response to an anticipated 5% budget shortfall in 2008,” Kirkpatrick said. “Reorganizing our work also reflects the reality of our electronic age and will help us serve the church in as effective and efficient ways as possible.”

“But it comes at a very high price with the loss of beloved friends and colleagues,” continued Kirkpatrick.

Earlier this spring, two OGA staff members accepted voluntary separation packages, an offer that was extended to all OGA staff. Those two positions, as well as a third vacant position in the area of communications have now been eliminated.

Four additional positions that are currently filled have been eliminated. They include three senior administrative assistants and a document specialist. Several adjustments have also been made to existing positions in the reorganizing process.

In a move unrelated to the downsizing, Kirkpatrick also announced the hiring of Martha H. Miller, a Presbyterian elder and Certified Christian Educator, who will become associate for certification and Christian vocation, beginning June 4.

Miller will work with the Educator Certification Council and a network of certification advisors to manage the certification process for Christian educators. She will also take the lead in the church’s efforts to renew a culture of Christian vocation, especially among Presbyterian youth and young adults.

NCC WOMEN’S DELEGATION HEARS FROM IRAQI, PALESTINIAN REFUGEES

May 22, 2007

NCC women’s delegation hears from Iraqi, Palestinian refugees
by Daniel Webster, NCC News and Information

JERUSALEM — While violence raged in Lebanon and Gaza this past weekend, 15 women leaders from several member denominations of the National Council of Churches USA (NCC) traveled through Israel/Palestine and Jordan. They finish their two-week visit May 22.

The visit has focused on the plight of women and children suffering through hostilities in the Middle East.

continued on next page...

Linda Bales, one of the delegation members from the United Methodist Church’s General Board of Church and Society in Washington, sent back some reflections of the trip which have been posted on the NCC website.

“One of the most profound meetings on our pilgrimage was meeting with Iraqi women who were living as guests in Jordan. We met them at the Syrian Orthodox Church in Amman,” wrote Bales. “The Rev. Sue Turley, an NCC delegate from the Swedenborgian Church, opened the meeting by saying that she was a ‘Gold Star Mom’ — a mother who had lost a son in the Iraq war. Sue said we, as mothers, can help each other through our losses and work for peace.”

“With great emotion, the women sitting around the room extended their sympathies to Sue, hugged her, and then began sharing their own experiences as refugees in a foreign land,” Bales continued. “One couple reported having had a relative kidnapped for ransom in Iraq. They felt threatened which resulted in their fleeing their homeland to Jordan in fear of their own lives.”

The delegation was led by the Rev. Dr. Thelma Chambers-Young, an at-large vice-president of the NCC and vice president of the North American Baptist Women’s Union.

Bales’ reflection quoted Chambers-Young: “We need to hear the voices of women. I believe when women in the U.S. can hear the voices of women and men in the Middle East, U.S. women will be motivated to work for a just peace.”

The delegation members came from the African Methodist Episcopal Church, American Baptist Churches (USA), National Baptist Convention, Presbyterian Church (USA), Progressive National Baptist Convention, The Swedenborgian Church of North America, United Church of Christ, and the United Methodist Church.

PC(USA) participants in the delegation included the Rev. Rhashell Debra Hunter, director of the Women’s and Racial Ethnic Ministries program area of the General Assembly Council; the Rev. Elenora Giddings Ivory, director of the Presbyterian Washington Office; and Shirley Ann Nichols, a member of Presbyterian Women’s Coordinating Cabinet.

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ABOUT THE PRESBYTERIAN NEWS SERVICE

The Presbyterian News Service (PNS) is the official news agency of the Presbyterian Church (U.S.A.). Its job is to gather and disseminate news and information about the denomination and its work to church members, church officials, religious and secular media and the public.

PNS is a news agency, not a public relations or promotional entity. As such it has editorial freedom to report fully and fairly on all aspects of the church, both good and bad. Such independence is essential if the church is to have a credible source of news and information for its members and others who care about its work. With this freedom comes responsibility to work in accordance with journalistic standards of accuracy and fairness.

Under editorial guidelines adopted by the General Assembly Council, PNS fulfills its mission and purpose by:

- Reporting the facts accurately, clearly, fairly, impartially and promptly
- Responding to requests and inquiries about the church with accuracy, impartiality and promptness
- Displaying responsibility, competence and sound judgment
- Maintaining concern for the personal dignity of all sources and contacts
- Presenting the facts without interference, manipulation, encumbrance or retribution
- Insisting that open meeting policies of the Presbyterian Church (U.S.A.) be upheld
- Adhering to the Statement of Ethics and Standards of Professional Practice of the Associated Church Press.

BIRTHDAYS & ANNIVERSARIES**June Birthdays**

* * *

1	George Lake
1	Alice Beaty
3	Ted Pritchett
5	Barbara Harnden
5	Bob Harnden
5	Kanai Callow
9	Jane Botsford
10	Terri Inge
11	Margaret Miller
11	Margorie Thorson
16	Christopher Snyder
20	Bev Stewart
22	Trent Eason
23	Bob Smith
25	Emily Hargleroad
27	John Aubert
27	Jeff Haggen
28	Mary Hawk
28	Jack Drury

June Anniversaries

* * *

1	Colleen & Ken Reimers
3	John & Bea Aubert
4	Craig & Julie Keyes
6	Ted & Bernice Pritchett
12	Bob & Madeleine Smith
15	Peter & Aundrea McBride
16	Bob & Barbara Harnden
16	Bob & Marilyn Monahan
17	Mark & Alice Beaty
17	Tass & Les Galley
18	Frank & Gene Brown
19	Walt & Judy Bayless
19	Dick & Virginia Green
19	Gary & Ann Culbertson
20	Bill & Karen Summers
21	Phil & Phyllis Jones
22	Jim & Betsy Freeman
22	Gordon & Cheryl Terpstra
25	Bob & Nancy Pace
26	Sue & Don Jamps
28	Rook & Julie Van Halm
29	Randy & Mary Robinson-Mohr
29	Bob & Linda Raudebaugh
30	Claude & Faye Hill

CHURCH FAMILY NEWS

- Need a babysitter this summer? One of **Dr. David Meyer's** voice students, Jessica Lewis, is available: "If you know anyone who is looking for childcare this summer, I will be going to school from nine to noon (some days until 1:30) and am looking to make some extra money doing what I do really well: babysitting! My email address is: <Lewisj28@cc.wvu.edu> I am happy to provide references upon request." Thanks, Jessica!
- **Nick Stampfli**, former St. James Youth Leader, has graduated from Seattle University Law School! Congratulations, Nick!

If you have news you would like to share with the St. James family, please submit it to the church office by the next newsletter deadline.

PRESBYTERY MEETING RECAP

From Corey Schlosser-Hall, Executive Presbyter:

A special thank you to everyone at St. James Presbyterian Church for their wonderful hospitality at May 16th's Presbytery Meeting. Here are the highlights of the meeting:

- Rev. Stephanie Hankey's sermon entitled *Loosing Members* was extraordinary. My favorite line, "Satan is losing ground and God's kingdom is busting out! In us!"
- Ordination of Denise Easter, Dianna Kuntz and Erik Buhl
- Brandon Bailey was received as a Candidate for Ministry of Word and Sacrament
- The workshops hosted by Dr. Tomeh, Jim Schmotzer, Director of the Inn, and Rev. Doug Bunnell were enjoyed and were complimented by those who attended
- A special thank you to everyone who contributed to the offering at last week's presbytery meeting. A total of \$679 will be sent to Middle East Council of Churches.





Thank you for gift to spring auction

Dear Friends at St. James Presbyterian Church,

Our spring auction last month was a wonderful event attended by about 300 people of goodwill and cheer. We are delighted that with your help we raised \$110,000 for programs that provide housing to homeless families, access to health care for all in need, and meaningful social connection to isolated seniors.

Thank you for your gifts to our auction of a bird garden and bird basket. We appreciate the creativity, time and care you gave to offering a gift that added interest and variety to the mix of items we had in our silent and live auctions.

We also are grateful to members of your congregation who made individual donations to our auction. "To Everything There Is a Season" was this year's auction theme. Through all seasons we are grateful for your partnership in providing basic necessities to local people in need. .

Volunteer training for Friendly Visitors Program scheduled in June and July

Individuals who wish to make a difference in the lives of isolated older adults have two opportunities in the near future to be trained for Interfaith Coalition's Friendly Visitors program. Training sessions are scheduled on **Wednesday, June 13 from 1 to 4 p.m.** and on **Tuesday, July 10 from 6:30 to 9:30 p.m.** Friendly Visitors offers volunteers the opportunity to work one-on-one with individuals in need of meaningful human connection. **Please call 756-5179 to reserve a space at one of the training sessions.**

After completing a training session, volunteers are matched with seniors whose health and well-being may improve with weekly visits and telephone calls. All volunteers and seniors are interviewed and carefully screened to ensure the most compatible and helpful matches are made.

The Friendly Visitors program focuses on people who are disconnected from the community for a variety of reasons, including mobility limitations, health issues, few friends or family living nearby, residence in a rural setting, or outliving a spouse, partner, family or friends.

Physical and mental-health consequences from the lack of meaningful social contact are well documented in numerous studies nationwide. The Friendly Visitors program offers not only a caring human contact, but also the following possible health benefits: improved self-esteem, mental health and alertness; reduced stress; lower blood pressure; less risk of heart disease; and fewer tendencies toward smoking or obesity.

*Thanks to
the Pulse
Mailing
Crew*

Maverette Butler
Marion Dobbie
Mary Elmslie
Dottie Hager
Pat Nelson
Mel Reasoner
Margaret Rice
Inge Thurston

*Deadline for the combined July &
August issue:
June 19*

St. James Presbyterian Church
910 14th Street
Bellingham, WA 98225
(360) 733-1325
office@saintjamespres.org

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10 am Worship begins June 3!



Return Service Requested

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