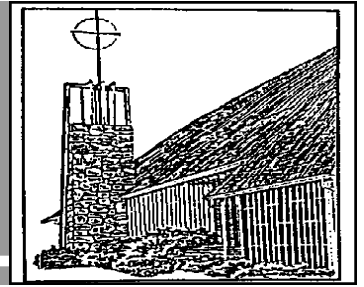


# The Pulse



A MESSAGE FROM PASTOR MARY ROBINSON-MOHR

Volume 39, Issue 8  
September 2007

Several years ago, I had the opportunity to hear Marj Carpenter speak, and share some of her mission stories. Marj is a former Moderator of the Presbyterian Church, USA (that's a little bit like being the national Presbyterian Pope for a year), and a lifelong journalist. She has traveled far and wide in the world to visit and report about the presence of the Presbyterians engaged in mission work. I thought of one of Marj's stories just a few days ago.

Marj told of visiting a remote village in the mountainous jungles of Guatemala. This was a village that had been caught in the crossfire repeatedly in times of guerilla warfare. It had suffered many hardships. Marj wasn't sure what to expect when she drove up to the main street of this village in a jeep driven by one of our Presbyterian co-workers. No one was visible; doors and windows were shut tight. Then, one door opened slightly, and a voice came out of the dark interior asking, "Presbyterianos?"

"Oh dear heaven, what have we done now?" Marj thought to herself. "Yes, Si," she said, somewhat hesitantly. As soon as she said that, several people streamed from their homes to greet her! As the conversations unfolded, she found out that one of our PCUSA projects had provided seven goats to that village several years before, and that had provided sustenance for several people. They wanted Marj to see the goats! Well, only one of the original goats was left, but now there was a sizable little herd that had come from the original lot for the village to profit from communally.

The people of the village treated Marj like a true celebrity, and they repeatedly said, with deep feeling, "Please thank your Church for what you have done for us. We don't know what we would do without these goats." At this point in the storytelling, Marj paused from the narrative of the adventure, and then looked at all of us and said in a voice dripping with sarcasm, "So, everybody that is part of this great big rich Church, I'm supposed to say thanks a lot, thanks for sending a goat to Guatemala! A goat!"

Her point was that she was absolutely overwhelmed at the gratitude given by people in such extreme need for something that was given at a near negligible cost to the giver.

I felt a bit that way a few days ago when I received a gracious message from Dr. Nuhad Tomeh, the Presbyterian liaison to the Middle East Council of Churches. As you know, he visited Seattle Presbytery and our Presbytery last May, before traveling on to churches in Illinois and the Southwest. Several churches in our area, including St. James, gave him monetary gifts for his work providing relief to Iraqi refugees in the Middle East. St. James hosted the May meeting of our Presbytery, and so our Session had

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**PASTOR'S MESSAGE CONT.**

the choice of directing the Presbytery offering. We chose to give it to the work of Dr. Tomeh. In addition to that, our youth group chose to use some of their mission money to purchase and put together kits of school supplies for Iraqi youth refugees.

In his note of thanks to me, Dr. Tomeh said that 12 families were helped with our gifts, distributed through "a local committee of parents." But then he goes on to say, "To be honest we have opened a door that cannot be closed easily because there are many needy children and now everybody is asking for help....Your effort was really appreciated very much and did fill a big need though as I said the needs are greater than we can meet and we are challenging others to help and use your church as an example...."

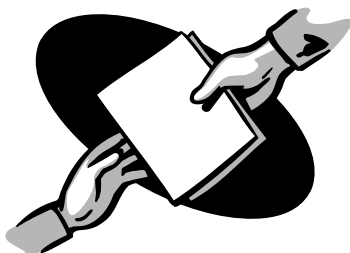
Please don't get me wrong. I am proud of the effort that St. James made to give help and support to this enormous cause. I am a bit embarrassed, however, at the response of the greater Church. If St. James is being used as an example to other churches, then the greater Church is doing far, far less than it is capable of doing!

The Session of St. James voted unanimously at its August 19 meeting to support a Presbytery-wide drive to put together emergency relief kits for people in Iraq and other Middle Eastern countries, to be distributed by our partner in mission, Dr. Nuhad Tomeh. Now we need to have one or two more Sessions of churches in our Presbytery sign on to this, and a task force will be formed to make this a Presbytery-wide project.

My hope is that the small gifts given by St. James in this effort can be like the one little lunch of loaves and fishes in the hands of Jesus that fed five thousand people. The Holy Spirit put out the call, and we answered. Let's continue to answer the call to minister to "the least of these," over and over again!

Grace and Peace,  
Pastor Mary

**FOR MORE INFORMATION ABOUT ST. JAMES' MISSION AND MINISTRY...**



Turn to page six to read more from Dr. Nuhad Tomeh about the school kits assembled for Iraqi refugees by our church and upcoming opportunities related to the St. James Mission and Social Action Committee. Photographs of the Iraqi refugees who received the school kits can be found on the bulletin board.

**SEPTEMBER  
WORSHIP  
TOPICS**

**September 2**  
Communion

Jeremiah 2:4-13  
Luke 14:1, 7-14  
"Cracked Cisterns"

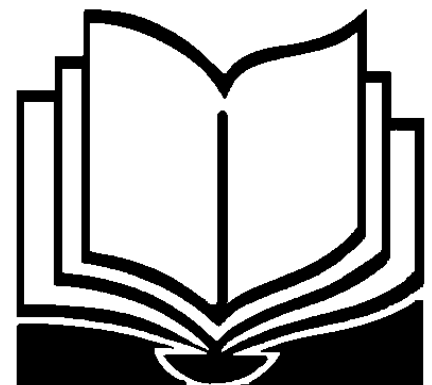
**September 9**  
Worship Begins at 10:30 am

Jeremiah 18:1-11  
Luke 14:25-33  
"How to Change the Mind of God"

**September 16**  
Jeremiah 4:11-12, 22-28  
Luke 15:1-10  
"The Intense Search for the Lost"

**September 23**  
Jeremiah 8:18-9:1  
Luke 16:1-13  
"A Means to an End"

**September 30**  
CROP Walk  
Jeremiah 32:1-3a, 6-15  
Luke 16:19-31  
"Investing in Heaven"



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**CHRISTIAN EDUCATION TAMALYN KRALMAN**

What a great summer we've had. The quieter days and low level of church activities have given us all a chance to enjoy the sunshine (well, when Mother Nature remembered to supply it) and have given me time to learn even more about St. James. But, fall comes creeping in. Fall colors, cooler weather (yes, even cooler than our July), and rain-drops on roses. Our lawns are much happier. And, as the first day of school approaches, our children - not so much so! It's time for fall plantings and planning. Our committees have been hard at work to prepare for our 2007-08 activities and exciting, inspiring, educational times are headed our way. The new Christian Education brochure will be available on Sunday, Sept. 9, at our Open House, where we'll welcome in the new year. But, here are a few things to get on your calendars now:

- Fri., Aug. 31 – Friday Night Social – Patti Cromarty, Coordinator
- Sun., Sept. 9 – We'll be having a Blessing of the Backpacks during our worship service. So, youngsters and oldsters alike, bring your backpacks, book bags, briefcases, Bibles, and any other tools of the trade that you use throughout the year, any items that represent the responsibilities and challenges in your lives, and we'll ask God to bless us in all of our endeavors during the upcoming months.
- Sun., Sept. 23 – The first meeting of this year's Confirmation Class/Parents' Rally.
- Sun., Sept. 30 – CROP Walk
- Two Classes to Check Out:
- Our Adult Sunday School Class meets each Sunday at 9 a.m., in the Lounge. You can learn more about them on our church website [saintjamespres.org](http://saintjamespres.org). Just click on the Adult Ministry button. Talk to Teresa Bowers if you are interested in participating in a Young Adult Couples Class. We have some excellent materials and you may just find that this is the perfect niche for you.

A memo to our youth and parents: My thanks to the Snyders, the Crandalls, and the DeWildes for supporting our summer youth activities. Our numbers have been low, but our enthusiasm has been high. Even as we continue our search for a new Youth Director, we will work to offer quality programming for our middle and high schoolers.

A memo to all teachers and wannabe teachers: We could use a few more people to help with our children's classes on Sunday mornings. If you are interested, please talk to me. And watch for a Teacher Training Event the first week of September.

And a very special thank you goes to Patti Cromarty, who has helped in innumerable ways, this summer. Patti, you're fabulous.

♥ Pastor Tam

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**ADULT STUDIES: LET'S GET TO KNOW THE OLD TESTAMENT!**

We'll meet on the first Friday of each month, with a potluck at 6:30, study to follow.

- **Oct. 5:** Old Testament overview as a whole; canon, Genesis 1—11, JEPD (Don't know what that it? Come find out!)
- **Nov. 2:** Pentateuch (Genesis, Exodus, Leviticus, Numbers, Deuteronomy)
- **Dec. 7:** Joshua/Judges
- **Jan. 4:** I and II Samuel, I and II Kings, Ruth (I and II Chronicles)
- **March 7:** Psalms, Wisdom Literature (Proverbs, Ecclesiastes, Song of Solomon, Job)
- **April 4:** Pre-exilic Prophets (Amos, Hosea, Isaiah I, Micah, Nahum, Zephaniah)
- **May 2:** Exilic and Post-exilic Prophets (Isaiah II and III, Jeremiah, Lamentations, Ezekiel, Daniel, Joel, Obadiah, Jonah, Habakkuk, Haggai, Zechariah, Malachi)

## TREASURER'S REPORT      SALLY ALBERS

Good news! This summer so many of our regular contributors kept up their pledges, despite travel and vacation plans, that our income actually exceeded our expenses, and we're now within \$250 of breaking even for the year through August. We thank you for being so conscientious. As you know, the general fund is used to cover all our operating expenses for staff salaries, building maintenance, utilities, telephone, and all the committee budgets. When we fall short it hurts to cut back on essential programs or staff. So we can all rejoice at having a committed congregation!

For those of you who are interested in the annual budget and financial reports, a copy of the most current month-end's income and expense report is displayed through the office window next to the mailboxes. The columns include the current month, year-to-date actual and annual budget information for the general fund. The latest balance sheet, a summary of all our funds, and the "named activities" detail for year-to-date are also on display.

In September I will be mailing out a year-to-date contribution report to all those who have contributed to St. James and its missions this year. Please look at your report for any errors or omissions in how your contributions have been credited. Let me know if you find anything that needs correction.

Thanks to income generated by the Facilities Endowment, we have been able to make some needed improvements and repairs this summer. Bill Read and the Buildings & Grounds committee have stretched every dollar they used to refurbish the Christian Ed office with bookshelves and some new furniture. Jack Drury helped Bill move the VERY heavy file cabinets in Renee's office to paint those walls a fresh and sunny yellow. The hand bells were sent to a specialist for refurbishing and will be in fine form for our worship service again. The skylight replacement is the next big project to be funded from income earned by our Facilities Endowment. We are all benefiting from the foresight of those members of St. James who provided principal for our endowments. Glory to God in the highest!

Sally Albers

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## MUSICALLY SPEAKING... CAROLYN MULLEN, MUSIC DIRECTOR

Many thanks to those who provided SPECIAL MUSIC for our worship services this summer. We were blessed with the quality and variety of the musical selections. St. James is lucky to have so many gifted musicians. Thanks again to all who gave of their time, talent and effort to beautify our worship. A special word of thanks to organist Kirsten Rutschman for her very able accompanying skills. St. James's MUSIC REHEARSALS begin soon!

The **Chancel Choir's** first rehearsal will be **Thursday, September 13** at 7:30pm in the Sanctuary. The Choir sings a variety of music for our weekly Worship services September 16 through June 13. All singers are invited to join us regardless of experience or musical knowledge!

The **Bell Choir's** first rehearsal will be **Thursday, Sept. 13** from 6:30 – 7:15pm in the Horizon Room. Handbells are easy to play – if you can lift a 2 lb. bell and count to 6, YOU can ring bells! Our bells have been totally refurbished this summer and sound great. Come and give them a try. The Bell Choir will play for worship services once a month Sept. through June.



We invite all interested folks age 12 - 112 to join with us in merry music making. Experience is NOT required! Try us out for a week or so; we think you'll enjoy the experience. Questions? Please call Music Director Carolyn Mullen at 595-0934.

**Sunday schedule**

9 am Adult Class  
**10:30 am Worship**  
 7 pm AA

# September 2007

**Church office**

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

733-1325  
 office@saintjamespres.org

## SUN MON TUE WED THU FRI SAT

1  
 10 am OA

2 <b>Holy Communion</b>	3	4 8 am Prayer Group 5:30 pm Al Anon 7:30 pm WA Gender Alliance	5 6 pm AA Men 5 pm Mission and Social Action meeting	6 7:30 pm AA 5 pm Christian Ed Meeting 6:15 pm Congregational Life Meeting	7 6 pm Prime Timers	8 9 ~ 12 noon Church Work Party 10 am OA
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9 <b>10:30am worship starts</b> 11:45 Deacons' Meeting 7 pm Session Meeting	10	11 8 am Prayer Group 5:30 pm Al Anon 7 pm Growth Plan Taskforce 7:30 pm WA Gender Alliance	12 6 pm AA Men	13 7:30 pm AA 6:30 pm Bell Choir 7:30 pm Chancel Choir	14	15 10 am OA 9 am Presbytery at Korean Zion Church
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16	17	18 <b>October Pulse items due</b> 8 am Prayer Group <b>5:30 pm Prayer Vigil for Middle East Peace</b> 5:30 pm Al Anon 7:30 pm WA Gender Alliance	19 6 pm AA Men	20 7:30 pm AA	21 6:30 pm Women's Agapé Night	22 10 am OA
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23	24	25 8 am Prayer Group 10:30 am Bible Study 12 pm Women's Association luncheon 5:30 pm Al Anon 7:30 pm WA Gender Alliance	26 10 am <i>Pulse</i> Crew 5 pm UMHE 6 pm AA Men	27 7:30 pm AA	28 6 pm Friday Night Social	29 10 am OA
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30  
 1:30 pm  
 CROP Walk

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**MISSION AND SOCIAL ACTION COMMITTEE**

*Middle East Fellowship* offers opportunities for travel to Israel/Palestine and Syria, and service opportunities with local Christian communities. These include:

"Incarnational Pilgrimages"

"In the steps of the Magi- a pilgrimage for Peace" December 14-28 "Northwest Churches- Easter Holy Land" March 14-29, 2008 "Palestine summer encounter- Serve in Bethlehem". Options for one, two or three months. Organized through Holy Land Trust: Volunteer placement with NGO's, schools, Churches, Mosques. Homestay with local families.

"Damascus summer encounter" 2008 In partnership with Middle East Council of Churches (Dr. Nohad Tomeh). For more information: [travel@mef-la.org](mailto:travel@mef-la.org), or: [johnberg@msn.com](mailto:johnberg@msn.com), phone (425) 218-3682, POB 359 Lynnwood, WA 98046-0358

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**NUHAD TOMEH'S LETTER**

Greetings in the name of our Lord Jesus Christ from Beirut, Lebanon.

It was a blessing and privilege to meet you and many others from your church and presbytery during my recent visit to your presbytery this last May; may our partnership in the ministry of our Lord continue in the future.

I would like to write you a short report on the school kits to the Iraqi refugees children in Syria which were collected by children in your church; I have carried these school kits with me to Beirut and Damascus since, as I told you, sending them by mail may take a long time and one can never be sure of when they will get there

In Damascus I have distributed them to children of Iraqi refugees through a local committee of parents. Twelve children benefited directly from this program, but, to be honest, we have opened a door that can not be closed easily because there are many needy children and now every body is asking for help. Luckily, the International Orthodox Christian Charity is implementing a program for another 30 children with school subsidies, tuition assistance, and other educational supplies which will help. Still, many more need our help. Over 150 children of Iraqi refugees need to be assisted. In fact, the First Congregational Church in Bellingham has contributed over \$2,000.00 as their peace offering, which will go through the MECC to our project of helping Iraqi children .

The cash money you have sent with me with that of the presbytery collection has been put to good use. I have used it to help the families of the children whom benefited from the school kits. This fund helped twelve families. Your effort was truly appreciated and filled a big need, though as said the needs are greater than we can meet. We are challenging others to help and use your church as an example. For your information, there will be now a food distribution program implemented by the MECC with funds we have received from European churches.

Again, may our partnership continue to help the many needy Iraqi children and may God continue to use you for His Ministry. On behalf of those children and their parents, I thank you very much for your assistance to the disadvantaged Iraqis who have benefited from your aid. Please convey my best regards and Christian greetings to all our sisters and brothers in your congregation and beyond.

Ministering with you,

Nuhad Tomeh

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## WOMEN'S ASSOCIATION

Church women meet on Tuesday, September 25th for Bible Study at 10:30 am and for a salad lunch at 12 noon. Our 2007-8 study is "Hearing God's call in Jonah and Ruth."

We trust that study and discussion together may help us to discern the "Call of God" to each of us. Please come.

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## PRAYER VIGIL FOR PEACE IN THE MIDDLE EAST

Bellingham faith communities continue the monthly prayer vigils for peace in the Middle East, which were started in December 2000 at the initiative of the Evangelical Lutheran Church in America and organized nationally by Churches for Middle East Peace.

Participating congregations thereby can incorporate the welfare of the people of the Middle East into their Church life and advocacy.



In the next months, the following Churches will host the prayer vigil (always at 5.30 p.m.).  
Tuesday, September 18: First Church of Christ Scientist Thursday, Oct. 18: Faith Lutheran Church Sunday, November 18: First Presbyterian Church Tuesday, December 18: Hope Lutheran Church, Lynden Friday, January 18, 2008: Sacred Heart Catholic Church.

All are welcome!

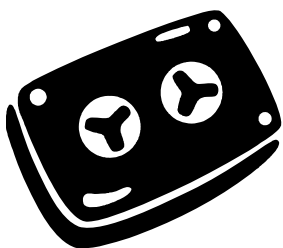
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## SUNDAY MORNING PARKING

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.

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## 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.

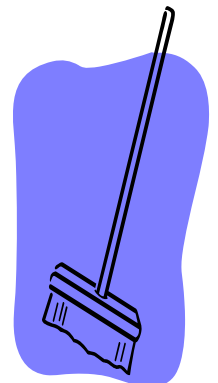
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## MONTHLY CHURCH WORK PARTY

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

**Saturday**  
**September 8: 9 am—12 pm**

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



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## RETURNING TO THE NORMAL TIME FOR WORSHIP

On September 9, we resume the regular 10:30 am time for worship.

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## CROP WALK INFORMATION

### What is it?

CROP walks build community and raise funds to fight hunger at home and abroad. CROP walks take place all over the nation with over \$4 million raised last year alone. Our walk last year raised over \$8,000 and our goal for this year's Whatcom County walk is \$10,000. Twenty-five percent of our proceeds will go to the Bellingham Food Bank, the Ferndale Food Bank, and Maple Alley Inn.

### When will it be?

Sunday, September 30 from 1:30 to 3:30. Registration materials are now available from First Congregational Church of Bellingham, 2401 Cornwall Ave. (360) 734-3720.

### Where does it take place?

Fairhaven Village Green. There are three routes; a short route of approximately 1 mile or longer routes of either 2 or 3 miles.

### Who participates in CROP walks?

Walks and supporters come from all walks of life. Businesses, civic groups, and church groups are all participating in building community and raising funds around this issue. Participating churches for the Whatcom County Walk include: Bellingham Unitarian Fellowship, First Christian Church, Christ the Servant Lutheran Church, First Congregational Church of Bellingham, Garden Street United Methodist Church, Hope in Christ Church, St. James Presbyterian Church, and St. Paul's Episcopal Church.

### Why do we walk?

We walk because they walk. Millions of people walk miles every day just to find food, water, firewood, or temporary shelter. CROP walk is a way of being in solidarity and community with hungry people throughout the world.

**For more information** please contact Matt Hargleroad, Gretchen Pfueller, or the church office for pledge forms.

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## SESSION NOTES FROM AUGUST 19, 2007

The e-mail motion results were announced for submission in the August minutes to collect food on July 22 and 29 for the Lummi Canoe Paddle event with 10 in favor and 4 not voting. Jack reported that Scott Wenger delivered the food items to the Lummi pick up point, and the Lummi coordinators were extremely appreciative. Thanks to Janet Oakley for coordinating it.

Jan Resick represented the Deacons. Jan will get a revised Parish list to Carla who will distribute it to the Session members. Sessions next regular meeting is the second Sunday in September. The Session Retreat will be October 13, 2007 at the First Congregational Church,

Sally reported that July was a good income month, and August budget was met in the third week. So things are more comfortable. Maintenance and supply costs have temporarily exceeded the annual budget until it is reimbursed by the preschool and scouts. The Session had voted to move \$20,000 to a cash position and it was done at a time when the market was to our advantage, so that was good. Third quarter mission payments have been met for Synod, Presbytery and G.A.

Jean Seater advised that the Personnel committee recommends that the CE Minister oversee the youth ministry, so the turnover of Youth Leaders will not cause such a disruption. We are still searching for a youth leader. Pastor Tam's contract as Interim CE Minister is through May 25, 2008, with the option to become a regular position. A motion passed to pay Pastor Tam for some additional hours in July for Youth Leader work in excess of the budget. From Stewardship, Sally reported that committees need to express their needs for next years' budget.

Communion servers for Sunday, September 2, 2007 will be: Jan Resick, Jean Seater, Sally Albers and Barb Kilpatrick.

Jack advised Session that the Christian Education office improvements were completed: walls painted, new office chair purchased and cables rerouted at \$600, \$200 less than budgeted. The main office was painted. The door closure hardware was installed on the main office/preschool entrance door were installed that the cost as same as budgeted. The refrigerator stopped working because the freezer was overstocked and air couldn't circulate. Bill cleaned it and it is working well again, so does not need emergency replacement. The committee is exploring options for the janitor position. When hired in January, it will need 8-10 hours per week or about \$6000 annually. The volunteers for lawn, bathrooms, incidental repairs and other light cleaning will continue to be needed Current volunteers need to be asked if they are planning to continue.

Jack returned the white oak table back to its natural oak finish. The hedges have been trimmed by Bill and Claude. Rainshield Roofing will build up a drainage system around the skylight to stop the leaking without replacing the skylight.

Barb gave the Congregational Life Committee report. The first College Student Bible Study is October 14, 2007 and food for that is planned. Then there will be a sign-up to prepare food for future meetings on the first Sunday of each month. The Fall Christian Education Open House is scheduled for September 9th, 2007 and there are many activities planned. March 15th, 2008 is the date set for the women's retreat. Plans for a square dance at the end of October in conjunction with a Halloween party downstairs are being discussed. The committee is interested in having the church buy some lightweight plastic tables and the Building and Grounds committee will investigate it further. The churches' Nautical dinnerware could be sold and the money used to replace our flatware. They are investigating this further.

Jack reported that the Membership Committee decided to spend \$125 for advertisement on WWU map. "A Boards" will be set up to announce worship start time of 10:30 on September 9th. Randy is collecting information from church groups for the website. So far three have turned in information. The details on NPR advertising and underwriting is being researched by Jack. Sally reminded us that the reimbursement form is on the church website for us to download and use, should we need it.

Under the Mission and Social Action Committee it was approved to reimburse Gretchen Pfueller the \$60 deposit for the Village Green for the 9/30/07 Crop Walk. Session discussed how a Presbytery Task Force needs to be formed for more school and emergency supplies for Iraqi refugees.. Session endorsed the formation of a Presbytery Task Force to provide emergency relief kits or school supply kits through the Middle East Council of Churches (as advised by Dr. Tomeh) for Iraqi refugees. Presbytery will be advised and at least two more churches will be needed to assist in the Task Force.

Pastor Mary reported that James Van Valkenburg and Mary Burris were married at Decatur Island (Helen Macy's homestead) on July 21, 2007. Also, Nicole Noteboom and James Reinstra were married at St. James on Saturday, August 11, 2007, in a wedding officiated by Dr. Richard B. Steele of Seattle Pacific University.

Pastor Mary officiated for the Memorial service for our member Francine Elizabeth Titus on July 14, 2007. She was born July 30, 1931 and died July 8, 2007. Her remains were interred at Ten Mile Cemetery, Lynden, WA. The meeting was closed with prayers for her family and the work and lives of our congregation.

**BIRTHDAYS & ANNIVERSARIES****September Birthdays**

\* \* \*

- 1 Nancy Richter
- 3 Bea Aubert
- 3 Colin Jackson
- 5 Ryan Haines
- 5 Kate Snyder
- 6 Margaret McVie
- 6 Earl VanderWerff
- 13 Brian Hoffman
- 13 Bill Summers
- 14 Don Thorson
- 16 Linda Landis
- 17 Dave Nelson
- 18 Ann Lary
- 19 Greg Schayes
- 21 Margaret Landis
- 21 Nick Keefe
- 23 Faye Hill
- 23 Twyla Bader
- 23 Jillian Bader
- 24 Kathryn McGregor
- 25 Matthew Hagen
- 26 Margie Burkett
- 26 Tom Kilpatrick
- 27 Tass Galley
- 27 Ken Reimers
- 28 Margaret Van Zanten
- 30 Phyllis Jones
- 30 Hannah Donnelly

**September Anniversaries**

\* \* \*

- 7 Peter & Susan Burkland
- 11 Bill & Katy Read
- 16 Charles & Susan Snyder
- 29 Milt & Sharon Schayes

**CHURCH FAMILY NEWS**

*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, September 18th.*

Dave and Pat Nelson returned from a 3 ½ week venture through Alaska. They flew to Anchorage where they boarded Alaska Railroad for a 12 hour scenic, narrated trip to Fairbanks. Staying there three days, they found lots to do including a tour of the UAF campus (where their grandson may attend next year), Chena Hot Springs with a trek into a -20 degree Ice Hotel (featured on Travel Channel and one of three in the world). The owner/ice carver chiseled a martini glass out of a column of ice. There are rooms to rent on ice beds covered in layers of fur.

They enjoyed a 3 ½ hour narrated ride on a sternwheeler on the Chena River with stops at an Indian village and at Susan Butchers' home with a visit by her husband, and witnessed the harnessing and racing of her dogsled. Having rented a car in advance, they made 2-day stops at Denali Park taking the eight hour bus trip. They saw much wildlife and had great weather. Heading south, they spent nights in B&B's, cabins, and motels at Talkeetna where they took a flightseeing trip to McKinley and Dave rode horses. The weather was nearly 90° and the rest of the week was very warm with evening storms starting wild-fires.

After two nights in Sheep Mountain by the Dall Sheep Reserve and at the foot of the Matanuska Glacier, they drove to Kenai Peninsula, staying at Soldotna and visiting Homer, Seward, and Whittier. Upon returning to Anchorage for the final nights on the Mainland, they flew to Kodiak, where family lives. They spent their grandsons' birthday, the fourth of July fireworks and parade, and Pat's birthday there. Dave got in plenty of fishing on rough seas of extreme tides with his son-in-law before heading home with 94 pounds of salmon and halibut. Pictures were complete in album before arriving home and the Nelsons would love to show them.

**FALL OPEN HOUSE**

Fall Open House is almost here! Shout it from the rooftops. Celebrate with joy. The big day arrives Sunday, September 9. It's the first "official" day of Sunday School and we have Schultuten for the kids and goodies for the adults as well. What is "Schuletuten"? You will definitely want to be here to find out! Come and enjoy and learn more about what's coming up here at St. James. Questions? Talk to Nancy Pace or Barb Kilpatrick, of our Congregational Life Committee or Pastor Tamalyn in the Christian Education office.



## Volunteers needed for Interfaith's Friendly Visitors program

One challenge for Interfaith Coalition's Friendly Visitors program is to achieve a balance between volunteers ready to make weekly visits and seniors enrolled in the program, waiting to be matched with a visitor. Ideally, referrals of seniors would come at the same rate individuals volunteer to be visitors. Usually, however, one group outnumbers the other.

Currently, the program has more seniors enrolled than volunteers to serve. Please consider whether you can offer one hour a week to visit a senior who has little, if any, social contact. Visits from a caring volunteer can have a healing effect on a socially isolated senior, and volunteers say they benefit from the program as much as seniors do.

Individuals interested in visiting one-on-one and making a difference in the life of an isolated senior may attend one of Interfaith Coalition's monthly training sessions. For more information or if you are interested in volunteering, please call Friendly Visitors at **756-5179** to reserve your space in one of the following sessions:

Thursday, **Sept. 6**, 6:30 to 9 p.m.

Thursday, **Oct. 11**, 1 to 4 p.m.

Wednesday, **Nov. 7**, 6:30 to 9 p.m.

Tuesday, **Dec. 11**, 1 to 4 p.m.

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### HEALTH NEWS FROM PASTOR MARY

Hi friends, there's not much new on the migraine front, except that I had 8 migraine free days while I was on my 3 week vacation. This is good! The neurologist at UW, Dr. Lucas, has been giving me grief about not really "disengaging" while I had my sabbatical last year, so she told Randy and Susannah to be sure that I really rested while I was on vacation this year. Hey, I had a great time on sabbatical, but Dr. Lucas thinks I was still too intellectually stimulated by the whole thing to give my head a good rest. Well I was, and I loved every minute of it. So, her last words to me before I had my vacation this year were, "Just don't dig up anything exciting!"

Well, I dug up something exciting anyway. I found a fossil at the Stonerose Site in Republic that has been kept for analysis, since the site supervisors hadn't seen anything like it at that site before. Hey, I was relaxing when I found it, and I was trying not to think a lot!

Since returning from my vacation, I've met with the neurosurgeon that Dr. Lucas wanted me to see about scheduling a vertebra repair surgery on my neck. He does not want to schedule a surgery for me yet, but wants to try "conservative measures" first. That means I'll have another steroid injection in the near future, and go from there. Even so, as he looked over my MRIs and X-rays with Randy and me, he said that I am a good candidate for the surgery. Nevertheless, the surgery will be in the more distant future at this time. Dr. Lucas has some other suggestions, too, but I think we'll try the injection and not commit to anything else right now.

Your prayers and words of support have meant so much to me. The other day, my Bellingham doctor said that he found my "gracious spirit" through all of this remarkable, and that most people in my shoes would be constantly angry at this point. First of all, he hasn't seen me on my angry days! Second of all, anger only makes it all worse, and finding scapegoats doesn't make things better either. Most of all, however, I credit this to your prayers. I am sure they give me the strength to keep smiling, and to find joy in spite of these things. Thank you.

*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 October issue:  
September 18*

St. James Presbyterian Church  
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*10:30 am Worship begins September 9!*



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