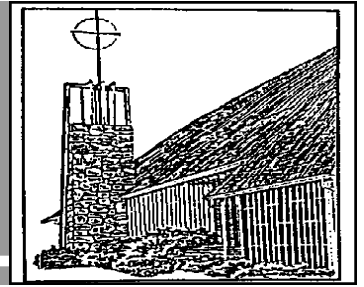


The Pulse



“Kral’s Scrawls” – CHRISTIAN EDUCATION
THE REV. TAMALYN KRALMAN

Volume 40, Issue 2
February 2008

As I write this article, my mother-in-law is recuperating in a Spokane hospital, following major surgery. My daughter and my husband are in Kalispell, MT, caring for my father-in-law, who can no longer tend to his own needs, while Mom is away. Great worries. Great sorrow.

While all this is happening, I’m tending to hearth and home and preparing for a trip to California, where I will attend a greatly anticipated conference on children in the church (yes, you could say that I’m just a wee bit excited), I’ll visit with my brother, my sister-in-law, my absolutely perfect nephew, and my soon-to-be niece who is safely developing in her mommy’s womb. (Add on a bit more excitement.) I’ll also get to spend an evening with one of my dearest friends in the world. (OK, add on a little more.) All the while knowing that the health of my dear ones is still in question. (Now, subtract some.)

And, by the time you read this? I’ll be in Georgia (big excitement – never been there), watching the sunrise over the Atlantic (you should have heard those conversations with the reservations desks at hotels!) and my son (bigger excitement – haven’t seen him for 3 months) graduate from the Federal Law Enforcement Training Center (more excitement). And, the next day he’ll be returning home, not only with happy parents, but to his extremely happy wife. (At this point you can just add lots and lots of joy and excitement.)

That’s what life is, isn’t? Adding and subtracting. Joys and sorrows. Excitement and worries. And, I’m so good with the worries. And I’m worried because I lost my worry stone and that’s just sad!

My favorite new quote comes from John Travolta, in the movie “Hairspray.” His character, Edna Turnblad, says, “Well, come on in and worry with us.”

We like to tell each other not to worry. We quote Jesus, “Therefore I tell you, do not worry about your life....And can any of you by worrying add a single hour to your span of life? ...So do not worry about tomorrow, for tomorrow will bring worries of its own.” (Matt. 6) And, he was right. Doctors will even tell us that he was right. Worrying doesn’t fix a thing and it causes other problems.

But, I’m guessing that Jesus knew that we’d worry, anyway. And, I’m guessing that Jesus would agree with Edna. When we worry, we shouldn’t worry alone. Because, when we’re together, the worry lifts, if even just a little. The burdens become lighter. The joys more apparent.

When I talked to my mother-in-law on the phone, the other day, SHE got ME laughing. *Thank you, God, for the amazing blessings that you throw our way, in whichever form they come. For the joys most definitely come from you! Thank you for the healing of wounds, the strength to stand when we might otherwise fall, the courage to face the most difficult of days. Thank you. Amen.*

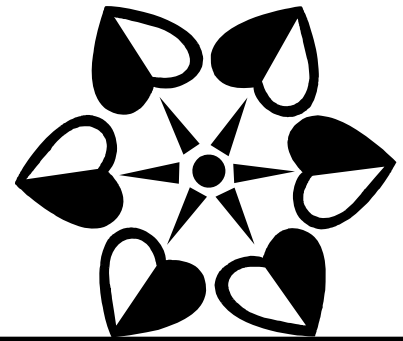
St James Presbyterian Church
910 14th Street ~ Bellingham, Washington 98225
phone: (360)733-1325 fax: (360)733-1664
www.saintjamespres.org

“LOVE MAKES THE WORLD GO ROUND” TARA GIDDENS, YOUTH LEADER

Hello Everyone! My name is Tara Giddens, and as many may already know I am the new Youth Leader. I am really excited to be at St. James and can't wait to get to know everyone. I wanted to start off my first article with one of my favorite quotes in the bible. It's a very common quote that I think is often taken to lightly, but is perfect for February and Valentines Day.

“Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails.” 1 Corinthians 13: 4-8

I always feel more at peace each time I read this passage, and try to live my life by it. I'm a very strong believer in the power of love and the effects it has in people's lives. With this in thought, I came to a wonderful conclusion about Valentines Day last year. I often hear two different opinions about V-Day, one is that people love the day, and love spending it with their significant other, the other is that people can't stand the day. It only makes them feel worse about being single and alone. Instead of focusing on the romantic side or being depressed you can use Valentines as a time to call old friends, family, anyone. Take the time to remind those people how much you love them. Use the day for God, spread his love around to everyone you see, and who knows if this catches on maybe people will start to do this more than just once a year. As the great Beatles once sang, “All you need is love.”



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


Come one, come all, to a potluck supper at 6:30 on Friday, January 4, 2008, and for the study following until 8:30. Children's activities are available as the adults study the next segment of the Old Testament in our yearlong survey of the entire Old Testament. This time we will see the rise of a king and then kingdoms in the history of God's work with Israel and Judah, and with the community of faith. I and II Samuel, I and II Kings, and Ruth will be surveyed, with passing remarks about I and II Chronicles. What a surprise to find what is waiting in the Old Testament for you to discover! Come and find out!

Upcoming dates:

- **February 8:** Ezra/Nehemiah (Ruth), Esther
- **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)

CHURCH FAMILY NEWS

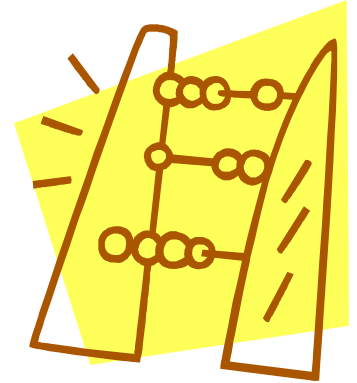
An e-mail from **Mark Eichenberger**: “I was saved as a young boy at St. James many years ago. I still remember clearly when Dr. Glen Carlson asked me in front of the congregation if I believed that Jesus Christ was my Lord and Savior, to which I could not wait to say – Yes!! St. James was my first church home. Though I have not lived in Bellingham for nearly 30 years, St. James will always be place of special spiritual significance. I wish to pass along a warm Christmas greeting to you and the St. James family of believers. May God bless your ministry and carry the gospel to those in Bellingham, as it did for me as a small boy, and beyond.

In Christ, Mark Eichenberger, Richardson, Texas”

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, February 19.....

TREASURER'S REPORT SALLY ALBERS

We finished 2007 with \$5,000 in the General Fund, a decline of \$1,000 from our balance at the beginning of the year. At the annual meeting, I will be presenting the 2007 financial reports and the budget for 2008 as approved by Session on January 13. Both our total income and total expenses in 2007 were lower than expected, and it is through faithful giving of our congregation and careful stewardship of our financial resources by all our staff and committees that we ended the year in good shape.



The 2008 budget is ambitious! For those of you who may have missed the Rev. Karen Summer's sermon on January 20, a key point was that God always challenges us to do more than we are "comfortable" with doing. Even more than we are **capable** of doing! Failure in small tasks doesn't release us from responsibility for even bigger ones.

The overriding message of God's creation is that we are provided with abundant resources. We need to use them effectively as a force for good in the world.

Jack Drury is heading a special fund-raising drive with the able support of John Dobbie, Matt Hargleroad, and Rich Stipe. Our goal is securing the additional funds for expanding Mission, Christian Education, and funding long-deferred raises for our loyal employees. The budget represents the church we intend to be in 2008 – in confidence that in troubled times we need to do more, not less, to affect a positive change in the world.

There will be differing views on how best to proceed, but we are one in Christ. It is in sharing our viewpoints that we can discern more clearly the way forward. As Pastor Mary Robinson-Mohr, the Rev. Dick Madden, and others in our congregation face the physical challenge of recovering their strength and vitality, so do we need to work together to rebuild our financial strength in these difficult times. Do not be discouraged! Know that all of us working together can achieve wonders. God expects no less.

ST. JAMES PERSONNEL COMMITTEE

- **Heartfelt Thanks to Bill Read and Jan Resick** ~ The members of Saint James are grateful for the years of custodial work that you have voluntarily provided to us in order to keep our church looking neat, clean, and beautiful. Your thoughtfulness and dedication is greatly appreciated!



- **Two New Staff Members Found!** The Personnel Committee is pleased to inform you that we now have a Custodian and a Youth Leader! Please welcome Tim Chandonnet as our new custodian. Thank you so much for the contributions that you made in order to make it possible for us to hire Tim. Be sure to thank Bill Read for all the fine service that he has given to our church building. Also welcome our new Youth Leader, Tara Giddens. Tara is a Junior at Western Washington University and comes to us full of energy and enthusiasm for our youth. Welcome, Tim and Tara!

THURSDAY NOON LENTEN STUDIES

Beginning February 14th, join the Christian Education class as they explore the curriculum "Experiencing the Bible Again for the First Time." Written by Tim Scorer and Marcus Borg, published by Wood Lake Publishing (the Canadian branch of USS's Pilgrim Press, this promises to be fascinating, exciting and enlightening.

Please come, Thursdays during Lent, beginning Feb. 14 through March 13!

FROM THE INTERFAITH COALITION

“Open Hearts, Quiet Minds in the Garden of Hope”

Tickets are on sale now for Interfaith Coalition’s annual spring auction, to be held this year on Saturday, March 29 at the Lakeway Inn in Bellingham, beginning at 5:30 p.m. Cost is \$40 per ticket and includes dinner. Tickets may be purchased through the Interfaith Coalition office by calling **734-3983**.

“Open Hearts, Quiet Minds in the Garden of Hope” is this year’s theme, reflecting the compassion of Interfaith supporters and the generosity that flows from that compassion. Through donations of auction items, purchase of tickets, and lively bidding, supporters raise one-third of the coalition’s annual income at this one event. Proceeds benefit programs that provide housing for homeless families, outreach to isolated seniors, and access to health care for all in need.

Interfaith Coalition will gratefully accept financial support for the event, as well as donations of services, products, weekend getaways or vacations, or new items for its silent and live auction. Please call **734-3983**.

FEBRUARY BIRTHDAYS & ANNIVERSARIES

February Birthdays

- 1 Margaret Rice
- 2 Jim Freeman
- 2 Jami Templeton
- 4 Allison Crandall
- 4 Laura Crandall
- 5 Evelyn Hatch
- 5 Janet Oakley
- 6 Ann Culbertson
- 7 Glenn Titus
- 7 Roy Hoffman
- 12 Sarah Baker
- 12 Tim Crandall
- 12 Colleen Reimers
- 14 Katherine Jackson
- 15 Amanda Anderson
- 18 Mel Reasoner

- 18 John Dobbie
- 18 Mary Eason
- 19 Vie Renard
- 20 Randy Bowers
- 22 Gail Haines
- 22 Tony Richter
- 26 Ralph Rinne

February Anniversaries

- 1 Tom & Margaret McVie
- 16 Joe & Betty Pickard



PRIME TIMERS

Meeting for a salad and sandwich lunch at noon on the second Friday of the month has proved to be successful for Prime Timers! Next meeting will be February 8 at 12 noon in the Horizon Room.



MONTHLY CHURCH WORK PARTY ~ WINTER IS HERE...

Please join us for the monthly all-church clean-up ~ landscaping ~ fix-it ~ workday: **Saturday, February 9: 9 am—12 pm.** Bring your favorite tools, and join us in maintaining our lovely church!

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.

The next prayer vigil will be at 5:30 pm on Monday, February 18 at The Bellingham Friends Meeting, at the Explorations Academy, 1701 Ellis Street, Bellingham. Tel. 312-8234.



All are welcome!

PRESBYTERIAN WOMEN OF ST. JAMES

The last Tuesday of each month, the Presbyterian Women of St. James gather for Bible Study at 10:30 am, and a potluck salad luncheon at 12 noon. Questions, call Phyllis Jones, 734-4504.

Tuesday, February 26

Presbyterian Women's Group will meet February 26 in the Fellowship Hall for the annual soup luncheon. Franny Erikson and Lisa Distler, local antiques dealers, will return for our own "Antiques Road Show." Bring a family treasure for evaluation!

Announcing:

2008 GATHERING

Presbyterian Women in the Synod

May 22 – 24, 2008

Thursday – Saturday before Memorial Day

Anchorage, Alaska

1st Presbyterian Church, host

**Plan to visit Alaska to be
a part of this special
2008 Gathering!**

Save the dates!

Start your travel fund now!

Watch for further information !

Top 10 Reasons to become Involved in Presbyterian Women

1. Use your time in meaningful ways.
2. Meet new people and make new friends.
3. Give direction to the future of the Presbyterian Church (USA)
4. Learn marketable skills, gain valuable experience and share these with others.
5. Transfer your Christian belief into action.
6. Discover new outlets for creative expression and feel a sense of accomplishment.
7. Gain a sense of making a contribution to the lives of others.
8. Enjoy the fellowship and fun of working with others for a common purpose.
9. Grow and develop personally as a Christian woman and disciple of Christ.
10. Be challenged by Christ's call to be servant leaders.

Sunday schedule

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

Februa

SUN

MON

TUE

W

3

Communion
The Rev. Tamalyn Kralman,
Guest Preacher
“Souper” Bowl
 12 pm Health committee
 program: Immunizations

4

6 pm Boy Scouts

5

8 am Prayer Group
 4:30 pm Christian Ed.
 5:30 pm Al Anon
 5 pm Stewardship
6 pm Fat Tuesday dinner,
followed by Ash Wednesday
Worship service
 7:30 pm WA Gender Alliance

Ash W

5 pm Mission
 5:30 pm
 6 pm

10

First Sunday of Lent

11

6 pm Boy Scouts

12

8 am Prayer Group
 5:30 pm Al Anon
 7:30 pm WA Gender Alliance

6 pm

7 pm What
 C

17

Second Sunday of Lent
 12 pm Sunday School
 Teacher’s meeting

18

5:30 pm Prayer Vigil for
 Middle East Peace ~
 Bellingham Friends
 6 pm Boy Scouts

19

Pulse Items Due!
 10:30 am Women’s Bible Study
 12 pm Presbyterian Women potluck
 luncheon
 8 am Prayer Group
 5:30 pm Al Anon
 7:30 pm WA Gender Alliance

6 pm

24

Third Sunday of Lent
 12 pm Health committee
 program: Recognizing
 Symptoms of Heart Attack &
 Stroke

25

5:30 pm Girl Scouts
 6 pm Boy Scouts

26

8 am Prayer Group
 5:30 pm Al Anon
 7:30 pm WA Gender Alliance

10 am
 6 pm

ry 2008

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

733-1325
office@saintjamespres.org

WED THU FRI SAT

		1	2
		6 pm Native American AA	10 am OA
6 Wednesday Prayer & Social Action Prayer Personnel AA Men	7 6:30 pm Congregational Life 6:45 pm Building & Grounds 6:30 pm Bell Choir 7:30 pm Chancel Choir 7:30 pm AA	8 12 pm Prime Timers 1:30 pm Girl Scouts 6 pm Native American AA 6:30 pm Adult Class "Let's Get to Know the Old Testament"	9 9 am—3 pm Joint Session & Deacons meeting 10 am OA
13 AA Men Lutheran Weaver's Guild	14 10 am Staff meeting 12 pm Lenten Soup and Study 6 pm Worship committee 6:30 pm Bell Choir 7:30 pm Chancel Choir 7:30 pm AA	15 6 pm Native American AA	16 10 am OA
20 AA Men	21 12 pm Lenten Soup and Study 6:30 pm Bell Choir 7:30 pm Chancel Choir 7:30 pm AA	22 1:30 pm Girl Scouts 6 pm Native American AA	23 10 am OA
Tall Timber Congregational Winter Retreat Feb. 21-24			
27 Pulse Crew AA Men	28 10 am Staff meeting 12 pm Lenten Soup and Study 6:30 pm Bell Choir 7:30 pm Chancel Choir 7:30 pm AA	29 6 pm Native American AA	

SESSION HIGHLIGHTS CARLA SHAFER, CLERK**January 13, 2008 7:00 PM**

The meeting was opened with devotions and prayer led by Nancy Pace. It was agreed that two elders from the outgoing class: Janet Oakley and David Meyer will continue as voting elders until Gary Culbertson and Bill Read are installed. This will be after the vote at the congregational meeting on January 27, 2008 and their subsequent installation scheduled for February 3, 2008

Sally Albers was elected to a one-year term as Treasurer and Carla Shafer was elected to a one year term as Clerk. Elders will serve on committees as follows: Building and Grounds: Jack Drury-Chair, Jan Resick-member; Christian Education: Elizabeth Snyder-Chair, Rich Stipe-member; Congregational Life: Nancy Pace-Chair, Wendy Crandall-member; Membership: Randy Bowers-Chair, Jack Drury-member; Mission and Social Action: Matt Hargleroad-Chair, Bill Summers-member; Personnel: Jean Seater-Chair, Carla Shafer-member; Stewardship & Budget: John Dobbie-Chair, Sally Albers-member; Worship: Gary Culbertson-Chair, Bill Read-member (pending January 27 elections of both). Wendy Crandall was elected Trustee for the class of 2010. Jack Drury and Nancy Pace will serve as Elders on the Nominating Committee. Peg Wilke was elected to the Nominating committee by the Deacons.

Membership status review for 2007 was given by Carla as follows: 12/31/2006 Active members: 229. There were two deaths, 5 transfers, one member moved to inactive and 7 new members joined. 12/31/2007 Active members: 228.

Matt reported that the Deacons met and they continue to provide excellent and detailed care and concern for members and for Deacon related activities.

Sally circulated the Financial statements and reviewed the Fund Balance, the Balance Sheet for Assets and Liabilities, the Income Expense fund, the Designated Giving (Named Activity Funds). Year to date carry forward is about \$5,000. Sally presented the 2008 Budget of \$202,330, (approved at the last meeting) as some of the income numbers have increased. Jack Drury plans to Chair the Special fund raising effort for the \$13,000 which will balance the budget. Fund raising committee members are John Dobbie, Matt Hargleroad, and Rich Stipe. Offering Counters were approved for 2008 and the list will be posted in the Church office.

Mission gifts for the first quarter were approved as follows: \$400 – Interfaith Coalition, \$100 – Habitat for Humanity, \$500 – Tierra Nueva, \$100 – Justice, \$200 Bellingham Food Bank, \$100 – Salvation Army, and \$300 United Ministries in Higher Education (UMHE), \$100 Sheldon Jackson College.

It was agreed to pay \$150 from the Peacemaking offering toward travel costs for a speaker to come to Bellingham from Seattle during the Christian Conference "Standing with the Living Stones of Israel and Palestine." In addition, our pledge for the mission giving from our 2008 budget is as follows for General Assembly \$2250, Presbytery \$2250, and Synod \$500.

Jean Seater, chair of the Personnel Committee, announced that two new hires have occurred: Tim Chandonnet as custodian and Tara Giddens as Youth Leader. We are happy to have these excellent new staff on board.

\$9000 was approved from the Endowment fund for building improvements, as follows: 24 lightweight tables, two table trucks, one sofa for Pastor's office, and furnishings for the Lounge (one sofa, club type chairs, one coffee table and one extra seating bench).

Building use requests: The preschool contract was approved for 2008-09 with a small increase to cover addition utilities. Aundrea McBride's request for space to prepare for a dance concert was approved pending space available. The Bellingham Community Choir concert on March 30, 2008, 2-8 PM was approved. A meeting of the First Congregational Church was approved for Saturday, February 2, 2008.

Jack Drury reported that 10 members and 3 girl scouts came to Saturday work day and it went very well. Jack is getting an estimate to trim the pine trees. Replacement of the bead board siding on south end of buildings is under consideration. Room reservation frames showing space use are planned.

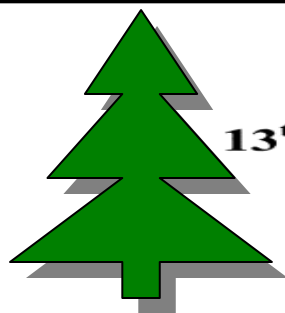
Rich Stipe reported that the Mission displays being prepared by Pastor Tam for Presbytery will cover the Inter-faith Coalition and the Alternative Christmas Fair. A set of lessons "Experiencing the Bible Again," has arrived for use during Lent. The committee met Tara Giddens, Youth Leader. Souper Bowl Sunday will be February 3.

Congregational Life is planning the following events: Fat Tuesday pancake supper, Women's retreat on March 15, St. Patrick's Day dinner for March 14, Maundy Thursday Seder on March 20th and Easter Sunday Breakfast on March 23rd. St. Patrick's Day dinner may be canceled and the Women's retreat may be moved to after Easter. Talk to Nancy Pace if you can help.

Building key guidelines were reviewed and copies will be distributed for session notebooks. The Building and Grounds committee plans to review who has keys annually.

Pastor Mary reported that Communion was offered on January 6, and the Rev. Tamalyn Kralman officiated, while Mary was participating in a PCUSA committee meeting in Louisville, Kentucky.

Mary goes to Overlake Hospital on Thursday morning for surgery on three neck vertebrae. She expects to be there overnight. If you have church related questions, please call the Church office or our clerk, Carla Shafer. David Meyer highlighted that the Session and our church is holding Mary in prayer. The meeting adjourned with prayer led by Pastor Mary.



Join us at our
13th Annual TALL TIMBER CAMP
Congregational Winter Retreat

"WHERE GOD LIVES IN THE WINTER TIME"

Thursday, February 21 to Sunday February 24, 2008
Located close to Lake Wenatchee, off Steven's Pass

ACTIVITIES:

Outdoors: Cross-country skiing, sledding, snow-shoeing, hiking, snow games, igloo building, and snow tubing.

Indoors: fellowship with friends from St. James, games, crafts, quiet time for reading and contemplation, good music, meaningful devotions and worship. All rooms are HEATED.

COSTS:

For the 3 night stay, meals included:

\$81.00 per adult (age 11+)

\$49.50 per child (5-10)

Free under age 5

Winter recreation fee:

\$10.00 per person

Includes ski and snowshoe rentals, tube rentals (new tubes with built in seats - wow!).

To register to attend, and for further information please call

Patti Cromarty at 595-2639, e-mail is medaniel135@msn.com , OR check out the Tall Timber website at: talltimber.org

A CHRISTIAN CONFERENCE:

Standing With the Living Stones Of Israel and Palestine

April 18-19, 2008

University Presbyterian Church – Seattle

“The Living Stones” is how the Christians of the Holy Land refer to themselves, residing as they are amongst the ancient stones and biblical sites. Concerned about the dire situation now facing these brothers and sisters in Christ, a broad group of Washington churches and organizations are joining together to present an illuminating conference featuring two days of general sessions, panels and workshops.

“We all need to be more active in supporting our Christian sisters and brothers in Israel/Palestine. This means that we need gatherings that will both educate us and inspire us about standing with them in their difficult situation. This important conference is not about ideology – it is about taking seriously our identity as members of the global Body of Jesus Christ.”

Dr. Richard Mouw, President, Fuller Theological Seminary

“I want to express my endorsement.....it comes at a very important time.....so much awareness and prayer is needed.”

Rev. Jack Y. Sara, Old Jerusalem Alliance Church

Featured speakers include:

Mr. Sami Awad (Baptist)

Director, The Holy Land Trust, Bethlehem

Dr. Bernard Z. Sabella (Catholic)

Middle East Council of Churches,
Professor of Sociology, Bethlehem University

Rev. Jane Barron (Church of Scotland)

Immediate past pastor, St. Andrew’s Church, Jerusalem

Honorary co-chairs include: The Rev. Dr. Clifton Kirkpatrick, Stated Clerk of the General Assembly, Presbyterian Church (USA); Pastor David C. Wold, Bishop Emeritus, SW Washington Synod, Evangelical Lutheran Church in America; Dr. Donald E. Wagner, North Park University (Covenant), Chicago; Sandy Brown, Church Council of Greater Seattle *and more to be named.*

Co-sponsors include: Episcopal Bishop’s Committee on Justice and Peace in Israel/Palestine; University Presbyterian Church, hosting sponsor; Middle East Fellowship; North Puget Sound Coalition for Peace and Justice in Israel/Palestine; Friends of Sabeel, North America; Social Justice and Peacemaking – Seattle Presbytery, the Phoenix Group *and more to be named.*

FOR INFORMATION, CONTACT CONFERENCE CO-CHAIRS:

Shannon Park-Beck
windsweeper@gmail.com

John Berg
johntberg@msn.com

Mary Pneuman
Fmpneuman@cs.com

“ST. JAMES IS ABSOLUTELY AMAZING!” A HEALTH UPDATE FROM PASTOR MARY

from e-mail, January 26, 2008

Randy brought today's mail in about half an hour ago, and there are at least 24 cards for me in the mail! I just finished reading them, and am absolutely overwhelmed at the love, humor, concern, and prayerful support that is reflected by all of you! Each card is beautiful in itself, reflecting the unique and wonderful individuals sending these, and together making an amazing mosaic of God's people knit together by the Spirit in common purpose. It's hard to find words for these and the other many cards and forms of well wishes I have received, but it is indeed a thing of outstanding beauty and love. From the humor of Bob Monahan's postcards to the encouragement of Bruce Kraig sharing the Chicago song, "Feelin' Stronger Every Day," to the spunky Christian witness of Helen Oliver-Leen who will get to church no matter what and shares maternal compassion and a sunny smile when others can't, to Katy Read sending an e-mail of polar bears and penguins getting feisty, to Sally Crandall sending four teabags of my favorite kind of tea.... Goodness, I don't know where to stop, and I wish I could name you all and express how much you all mean to me. Each one of you has let God use you and your unique gifts to minister in a winsome and healing way. One of my colleagues in this presbytery sent a card with the Scripture from I Thessalonians 5:11: "Encourage one another and build each other up." Well, my brothers and sisters, who are both very young and very young at heart, Saint James gets an A plus plus plus in encouragement and upbuilding.



I'm making progress daily, though not as fast as I'd like. I appreciate the cards from Betty Miller and from Pat and Dave Nelson that remind me to curl up like a cat on plumped pillows and not get too impatient. It'll be another week before I get to drive, and I was on the computer a bit too long yesterday...thought I might feel a migraine coming on, but once I stepped away from the screen and laid down for a while, all was well. As you know, there were no promises that this surgery would help much if at all with my migraines. Interestingly enough, I'm noticing relief from pain that I hadn't really realized I had. I knew I had some increasing stuff in my shoulders, neck, arms, and left side of my face, but I hadn't realized how bad it had gotten, now that it is basically on its way out. I just get a little bit of muscle spasm in my left arm and shoulder/neck area, but it's pretty small, and happy pills get rid of it pretty quickly.

Now as for the migraines, I'm not supposed to get my hopes too high that anything permanent has been helped by this surgery. One migraine sufferer had this surgery, and went for 32 days with no migraines, but then went right back to his old pattern of frequent migraines. However, I am cautiously optimistic, as I have now gone for 13 days without a migraine!!! It's been a good decade since I've had that happen.

Okay, this is turning into a sermon, and I need to get off the computer. But I had to express my thanks and joy for your support, your prayers, and your encouragement. I know there are others in our midst who need that encouragement and support right now, either with loss of a loved one or emergency illness or other trauma. I know you will surround them with your Spirit-filled compassion and ministry, as you have done so well with me. You are indeed the hands and the feet of Jesus Christ, touching those around you with his grace, healing, and love.

Grace and Peace to you,
Pastor Mary



Thanks to
the Pulse
Mailing Crew

Maverette Butler
Margaret deMaine
Mary Elmslie
Dorothy Herrmann
Mel Reasoner

Deadline for the March issue:
February 19th.

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

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