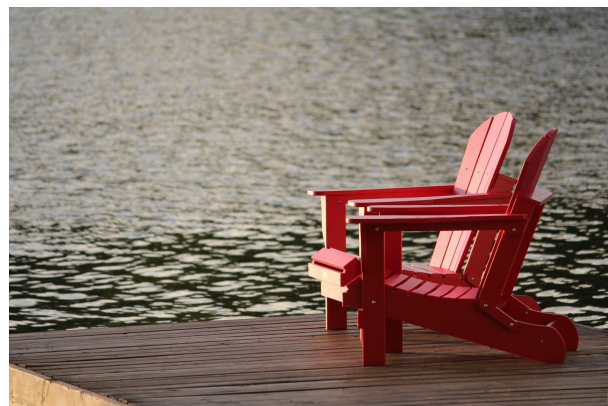


## July greetings to you!

When Summer rolls around, I feel the need to pause and share thoughts on what it looks like to practice Sabbath rest and delight truly. This year, the state of our world amplifies this need. We are rising to an unprecedented occasion—but to do this without completely burning out, we also need to remember to rest.

In the Old Testament, God gives the people of Israel commandments and laws to guide their lives into flourishing and health as they wander in the wilderness and come home to the Promised Land. The fourth commandment is to “remember the Sabbath and keep it holy.” Sabbath-keeping is not a minor request — it is a commandment, a requirement by God to God’s people to rest and delight as if the work is done.



In this season, it is hard to believe that the work will ever be done. We have so much to do, so much to learn, so much that needs to change! And still, we are not released from the commandment to practice Sabbath.

Thankfully, we receive a reminder each week to take a day and delight in God’s goodness and rest in God’s sure hands. Some of us practice that day on Sunday and make it a part of our worship practice with the congregation. I take my Sabbath day on Saturdays. For me, to rest as if the work is done on the day before what is often one of my busiest days each week is an act of resistance to the gods of busyness and productivity.

If we seek to be awake and active in this challenging season, caring for others and helping lift up the marginalized voice, we need to remember to rest. We cannot sit with our mouths over the proverbial fire hydrant, always drinking in the latest news or organizing the next action. We need to rest. And it is the rest that will equip us to journey deeper into the work of being God’s people. Six days, we work hard. But for one day, we rest.

Many of us enjoy a relaxing vacation or two during the Summer. But this is a complicated prospect in the age of COVID-19. Many of us perceive that we are unable to “turn off” and rest, even for a day. (As I write this, I realize I am writing this as much for myself as I am writing to pastor a community of faith). I encourage you, and I challenge you: take the time to rest. Take the time to delight and enjoy God’s beauty. Take the time to breathe and to laugh.

By keeping the Sabbath, we resist being overcome by the turmoil. We steal away so that we may steel ourselves to be people who lead others into God’s goodness with hope, vitality, and abundant love.

PS: I am trying to take my own advice. I am taking the first week of July off and plan to spend time later in the Summer with my family, away from the church and the computer...resting, delighting, and renewing my strength to keep going.

Grace and Peace,

A handwritten signature in black ink, appearing to read "Seth Thomas". The signature is fluid and cursive, with a long horizontal stroke extending to the right.

Rev. Seth Thomas

## June 2020 Finance Committee Update

*By Lindsay Anderson, Finance Chair*

June marked the half-way point through 2020 - a year that has turned out far differently than any of us could have predicted. On behalf of the Saint James Finance Committee, I want to extend deep gratitude to you, our church community, for your commitment to trust in God's provision.

Your financial contributions as well as your gifts of service help the mission and vision of Saint James continue. Aside from Sunday services, our staff continues to offer daily connections through prayer, fellowship, and play (you should ask a teen about their weekly Zooms!). We have even been able to move ahead with our necessary Sanctuary Refresh thanks to designated funds and healthy facilities endowment.

### Following is an update on Saint James Year to Date General Operating Budget. A few highlights:

- Regarding our **General Operating Budget**, our income is still ahead of expenses by approximately \$2,370. Our general fund, operating reserves, designated giving funds, and endowment funds are all in-tact and at the levels we would expect mid-year.
- While we are seeing lower pledges than budgeted, giving continues to remain steady. We anticipate fluctuations as the economy reopens and we navigate the coming year.

As of 5-31-2020	MAY 2020	CURRENT BUDGET	YR TO DATE	YR TO DATE BUDGET
Income	\$17,076	\$19,868	\$107,647	\$110,888
Expenses	\$20,408	\$21,415	\$105,274	\$112,141

### While we are worshipping at home during this time you can to give in **TWO** primary ways:

1. **Online Giving:** You can give a one-time gift or create a recurring monthly pledge. Please visit this webpage to set up or update your online giving here:  
<https://saintjamespres.churchcenter.com/giving>

*If you are new to online giving we've got a handy video to show you how, here:*

<https://www.loom.com/share/5aea350026204a9cb3c955029dafbdd3>

2. **Mail-In Donations:** You can mail your pledges and gifts to the church. Please note that though the church office will be closed mail will be checked regularly.

Saint James Presbyterian Church  
 910 14th Street  
 Bellingham, WA 98225

**Need Assistance?** Contact Marina McLeod, [stjamestreasurer@gmail.com](mailto:stjamestreasurer@gmail.com)

## CHRISTIAN FAITH FORMATION

*By Tracy Caruso, Children & Family Ministry Director*

Greetings from the Director of Children and Family Ministries! I hope everyone had a good end of the school year! Even in this weird time of COVID 19 it is a busy time of year!

I wanted to give a shout out to our high school graduates this year! Spencer Bravener, Lucy Sieczka, Claire Alarid, and Fiona Dent. Congratulations graduates! We are proud of all you have accomplished during this extremely trying time! If anyone is interested in sending them a card of well wishes and congratulations, please contact your deacon or Tracy Caruso for addresses.

The youth group will continue to meet digitally over the summer. We are currently meeting Thursday afternoons at 3:00 via zoom. Anyone going into 6th-12th grade is welcome to join us!

Just a reminder that our 2020 **All Church Retreat** has been postponed until 2021. We are looking at the same weekend for the retreat in the summer of 2021, which would be August 27th thru the 29th 2021. Look for more info to follow.



We are finishing up our Godly Play lessons in June and will be starting a 5-week long digital Vacation Bible School. We will be using the Illustrated Ministries Compassion Camp, where kids and families explore what it means to have compassion for others, ourselves, and the world. Each Sunday I will introduce the story for the week and share the schedule for the week. There will be opportunities for participants to view videos with crafts, music, and even yoga! Before we begin, I will arrange to drop off materials that can be used for crafts and other parts of our **Compassion Camp**. If you don't hear from me during the week of July 6th and you, or someone you know, would like materials please don't hesitate to get ahold of me! Although I am sad not to be participating in an in-person VBS this year, I think this will be a lot of fun, and I am hoping to engage all the children and families at St. James. On August 16th, the last Sunday of Compassion Camp, I hope to be able to share photos, videos and projects that you have

all created during the 5 weeks of "camp". Get those cameras out and help us record some memories!

As always, if you have any questions, or need anything, please don't hesitate to contact Tracy. I miss you all so much and can't wait to be able to see you all in person! Tracy Caruso [tracy@saintjamespres.org](mailto:tracy@saintjamespres.org).

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## VOLUNTEERS NEEDED FOR FAMILY PROMISE WEEK

St. James will be providing food for Family Promise, July 6-12. The families are currently being housed at First Christian Church and do not have access to cooking facilities so all food is provided by supporting churches. We are in need of breakfast and lunch items that will be delivered to the church. If you would be willing to support Family Promise, by providing needed items, please contact Gretchen Pfueller at [gmpfueller@gmail.com](mailto:gmpfueller@gmail.com). Currently, there are three moms, three children, and one grandfather living at the church. Thank you!



## JULY 24TH FUNDRAISER: A NIGHT WITHOUT A BED

Night Without a Bed, July 24, is a virtual fundraiser for **Interfaith Coalition's Family Promise of Whatcom County**. Join us as we spend a Night Without a Bed to raise awareness and money to end family homelessness. You, your family, and friends are invited to give up your bed for one night: Put up a tent in your back yard. Make a fort in your living room. Wrap up in blankets on the sofa or in a sleeping bag on the floor.

Throughout the event, post photos and comments of your Night Without A Bed on Facebook using **#NightWithoutABed** and tag @FPWhatcom.

The night will be filled with fun virtual activities and contests! Learn more about Night Without a Bed and how you, your family, and friends can participate. Or contact Cari Griffith:  
[familypromisewhatcom@gmail.com](mailto:familypromisewhatcom@gmail.com) 360.393.6726

Gather your (virtual) team and register for Night Without a Bed:  
<https://www.eventbrite.com/e/night-without-a-bed-virtual-campout-tickets-109581184272>

Don't want to participate, but you want to donate? Do that here:  
<https://www.mightycause.com/event/6qrIsf>





## SPECIAL FEATURE: LIFE DURING THE PANDEMIC

*A friendly letter from Cheryl McGregor*

Hello! Saint James Family,

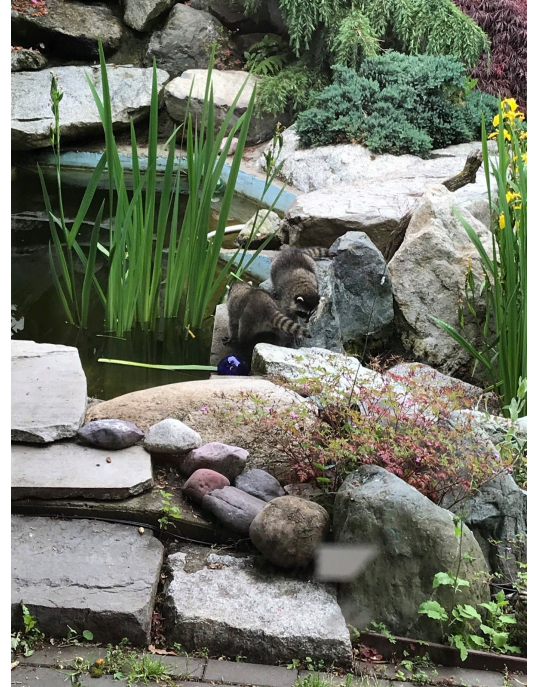
I'm hoping that as I write this article, all of you are managing to cope with our sustained isolation!

It hasn't been the easiest of times, for sure! The McGregor Clan is feeling that distancing mightily, being the social butterflies that we are. I have enjoyed being able to spend time in our yard, watching the birds and squirrels and the baby raccoons, eating, and playing in the ponds. Quite entertaining! Robb has managed to be able to work during this, so the "wolves" are staying away, for now!

He has also been able to help with some of the projects going on at the church during this time of it being unoccupied! We're missing all of our church gatherings and groups, of course! Zoom is nice but it is just not the same as being there! I have been listening to my favorite hymns on Pandora during this staycation!

I have also been helping a close friend by taking her to the doctor when she has to go. She has been having some heart issues and hasn't been in the best of health since before the beginning of the year. I stay busy and I think that has helped me with not getting stir crazy.

I hope that everyone has a good Summer! Stay safe and healthy!




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**ST. JAMES WISHES YOU AND YOURS A HAPPY 4TH OF JULY!**




## ST. JAMES STAFF IS AT YOUR SERVICE

Pastor: The Rev. Seth J. Thomas, [pastor@saintjamespres.org](mailto:pastor@saintjamespres.org)  
Children & Family Director: Tracy Caruso, [tracy@saintjamespres.org](mailto:tracy@saintjamespres.org)  
Worship & Music Leader: Dylan Cisneros, [music@saintjamespres.org](mailto:music@saintjamespres.org)  
Accompanist: Luke Arnold  
Treasurer: Marina McLeod, [stjamestreasurer.bham@gmail.com](mailto:stjamestreasurer.bham@gmail.com)  
Administrative Assistant: Shannon Laws, [office@saintjamespres.org](mailto:office@saintjamespres.org)  
Teachers: Claire Alarid, Tova Breen, Fiona Dent,  
Frankie Morrissey, Lucy Sieczka



## SESSION

Moderator: The Rev. Seth J. Thomas  
Clerk of Session: Mark Beaty  
Building & Grounds: Aaron Caruso  
Christian Faith Formation: Sarah Condreay  
Finance & Stewardship: Lindsay Anderson  
Membership & Congregation Life: Susan Diemont-Conwell  
Mission & Social Action: Carol Dellecker  
Nominating: Jenny Sue LeSchander & Sarah Condreay  
Personnel: Faye Hill  
Trustees: Sarah Condreay, Mark Beaty, Aaron Caruso  
Worship & Music: Nebiyu Tesfa



## DEACONS

Moderator: Alice Beaty  
Marlene Amman, Alice Beaty, Adam Beaty, Pam Gibson  
Julie Keyes, Valerie McBeth, Rick Seater, Jean Seater, Carla Shafer

### Worship Schedule- Join us for streaming service

9:00 a.m. Online Daily Prayer, Monday - Friday  
10:30 a.m. Worship is a LIVE Service Stream from our website:

<https://saintjamespres.org/>

<https://www.facebook.com/saintjamespres/>

Join us for Daily Prayer with Rev. Seth Thomas

<https://us02web.zoom.us/j/86178414095>

## UPCOMING EVENTS

### ST. JAMES BOOK CLUB IN JULY

St. James Book Club is currently reading *Carnegie's Maid* by Marie Benedict. With captivating insight and stunning heart, *Carnegie's Maid* tells the story of the brilliant woman who spurred Andrew's transformation from ruthless industrialist into the world's first true philanthropist.

We will be meeting Monday evening July 20th at 7:00pm via Zoom. If you are interested in joining us please email Tracy Caruso [tracy@saintjamespres.org](mailto:tracy@saintjamespres.org) for the Zoom link.

### Deadlines for church publications

Weekly bulletin: Wednesday, 2:00pm






















Weekly email: Thursday, 2:00pm

Monthly "The Pulse": the 20th, 2:00pm

### ST. JAMES CALENDAR

All in-person church gatherings have been postponed until further notice. Committees and groups will be gathering online. Please contact your Committee Chairperson or Group Coordinator to find out more about current offerings and times.

### JUNE BIRTHDAYS & ANNIVERSARIES

7/1	Milt Shayes	
7/4	Carolyn Mullen	
7/4	Greg Kendall	
7/5	Pat Nelson	
7/10	Bill Butler	
7/12	Merry Thomas	
7/14	Max Anderson	
7/16	Dave and Pat Nelson	
7/16	Karen Rogers	
7/17	Karen Harnden Haggen	
7/18	Charlotte Burkland	
7/20	Nebiyu Tesfa	
7/21	Gretchen Pfueller	
7/22	Gale and Gretchen Pfueller	
7/24	Randy and Teresa Bowers	
7/25	Ed Simmers	
7/25	Betsy Freeman	
7/26	Bob Monahan	
7/29	Rory Anderson	
7/29	Stacy and Seth Thomas	
7/31	Brian Seater	

### → PROGRAMS SHARING OUR FACILITY

**AA Fairhaven Group- Fellowship Hall**

**AA Men's Book Study Group- Horizon Room**

**AA SOS Men's Group- Horizon Room**

**Bellingham Com. Chorus- Fellowship Hall**

**Bellingham Ukulele Group- Fellowship Hall**

**Boy Scouts Troop 7- Fellowship Hall**

**Happy Hour AI Anon- Horizon Room**

**Overeaters Anonymous- Lounge**

**St. James Fitness- Fellowship Hall**

**Tai Chi- Fellowship Hall**

**WA Gender Alliance**

**Weavers Guild- Fellowship Hall**

**Yoga- Horizon Room**

**You Are Not Alone (YANA)- Lounge**

**Bayside Co-op Preschool**

**Hawthorne Learning Solutions**

**Interfaith Coalition of Whatcom County**



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