
GRATEFUL

The chill has set in, the leaves are falling, the ground is saturated. It is autumn in all the best ways in Bellingham! Greetings!

I often like to use these monthly Pulse articles to talk about a big idea or focus on something exciting going on in our church's life together. This month, I want to simply name and list what I am grateful for in what I see God doing in our midst. This is my "Grateful List" for November 2019.



- For new members enthusiastically covenanting with our congregation and committing to jump "headfirst" into volunteering and participating.
- For the youth of St. James, who is stepping up to host the Interfaith Coalition Angel Tree gift drive this coming Advent. And for them, all being funny and enthusiastic signs of life around our church!
- For the bursting St. James Chancel Choir singing a rousing arrangement of "Joshua Fit The Battle of Jericho!"
- For the faithfulness and generosity of the 2020 pledge drive, people trusting that God will provide all that we need for the year of ministry ahead.
- For the 9 members of the St. James session, who over the past few months have met together, discussed important and difficult and exciting matters for our church and who are leading our congregation into a new chapter.
- For the ways I've witnessed so many of our long-time members reaching out and getting to know some of our new visitors, making them feel at home in God's house, a part of our family.
- For Dylan Cisneros, our talented and exuberant new music director, taking on leadership of our music program and inviting in new participants.
- For our Children, for all their noise, movement, joy and freshness they bring and for our Adults, who patiently, lovingly welcome them into the promises of God each week as if these were their own children and grandchildren.
- For a huge pile of warm coats, donated to the Interfaith Warm Coat Drive!
- For abundant snacks, shared for the children at Lowell Elementary across the street!
- For a church building that is alive with activity every day of the week, providing a place for gathering for diverse community groups, support organizations, and artistic offerings!
- For the way our deacons quietly care for the many needs of our congregation — behind the scenes, out of the spotlight, and with great love.
- For each of you, who make up this congregation, and in your own ways and with your own gifts, carry out the good work of God's reign among us with energy, intelligence, imagination, and love.

(continued from front page)

We've heard the words of truth from the prophets in our worship over the last month and we know that the realities of the world can seem bleak, desolate, and unsettling so much of the time. Sometimes it seems like we've lost our sense of home and the world is hard to recognize. It is gratitude, saying "thanks," that draws us out of despair and moves us to hope. Saying "thanks" does not solve the problems, but it does make it easier to stand firm, to "take heart," to resist and seek justice — because we know God is good and God's goodness cannot, will not be cut off. God's goodness and mercy and love and providing hand endure. This is the steadfast hope and firm foundation of Christ's Church and it is the bedrock we stand upon here as a congregation at St. James.

There is much more we can be grateful for. What is on your list? Write it down, share it with a friend, and praise God for it all!

Grace and Peace,



Rev. Seth Thomas

PS: Do you want to talk more about gratitude? Join us for a study of Diana Butler Bass' book, "Grateful" this month on Sunday evenings. Check your bulletin for announcement details.

RESPONSE: UPDATE FROM MCKENZIE CLARK STUDYING IN AMMAN, JORDAN

Special RESPONSE section from McKenzie Clark. Last month McKenzie shared about her visit to the Women's Co-op Society.

There is so much history here, it's absolutely mind-blowing to be in ruins that are thousands upon thousands of years old, and also be able to just wander around through them.

I live with a wonderful host family, fairly close to the study center. During the week I usually am not home at the same time to have meals with them, but if I'm around on the weekends, we will at least have breakfast together, which is enjoyable.

One of my biggest challenges here is the language. A lot of people speak English or at least a little, but within the AAL program, we have a language pledge to only speak Arabic unless we need a direct translation, are in an emergency, etc. We get two hours once a week where we all go to dinner together and speak in English, which is a nice break and allows us to actually get to know each other better. It feels strange to speak English for any long period of time, but my Arabic is still limited enough that I can't fully express myself.

Sending love to everyone at SJP! I hope you are enjoying the turn of the weather and the arrival of fall — it is still in the 80s or 90s every day here! Best, -Kenzie



(photo credits: top right- Iraq al-Amir photo with all of my classmates, one of my professors, and one of the program staff members, bottom right Jerash, Jordan, photos provided by McKenzie Clark, September 2019.)

FINANCE UPDATE: STEWARDSHIP CAMPAIGN 2019

By Dick Carr, Finance Committee

The Stewardship Committee wishes to thank those who have responded and indicated their interest to financially support St. James for 2020. Again we have experienced responses being slow to be returned to the church. As a reminder, our treasurer, Marina, is the only person to see your pledge form. As of October 26th, only 38 responses have been received and entered into the system. There were 120 packets distributed to the 2019 contributors which include members and non-members. The total amount pledged is \$118,900 out of our much-needed goal of \$200,000. The bar charts contained in each packet show our situation for 2018, 2019, and anticipated needs for 2020 to be able to have a balanced budget. Pledging is our primary source of income and a key factor in preparing an annual budget. We are fortunate to have quite a few users of our building and they provide additional income. Having the Interfaith Coalition Offices in our church is a very important asset as their efforts are a big contributor to the needs in the Bellingham area. The church is experiencing a positive trend with significant increases in the general and loose offering category. St. James appreciates these contributions but these income sources are difficult to estimate for budget purposes.

St. James is dealing with a significant annual budget deficit this year and the church does not want this to be a trend.

Our 2020 budget efforts have started this month. We will continue to welcome and accept your responses. If you have not already responded, please provide them as soon as possible. We look forward to being able to have a balanced budget for 2020.

A final Stewardship Campaign report will be provided in the December Pulse.

THANK YOU!
Stewardship Committee
Dick Carr, Chair

THE CHURCH APPRECIATES EACH AND EVERY CONTRIBUTION

Your Stewardship Committee, Pam Gibson, Christian Beaty, Marina McLeod, Treasurer,
Seth Thomas, Pastor, and Dick Carr, Finance Chairman

	September	CURRENT BUDGET	YR TO DATE	YR TO DATE BUDGET
Income	\$17,872	\$16,668	\$183,267	\$160,658
Expenses	\$20,476	\$22,825	\$172,370	\$186,245

On-Line giving continues to be available for those who wish to use this option. Also Giving through your IRA account is also an option if you have to withdraw funds from your account by December 31, 2019.

THANK YOU! saintjamespres.churchcenter.com/giving

CHRISTIAN FAITH FORMATION

By Tracy Caruso, Children & Family Ministry Director



Greetings from the Director of Children and Family Ministries! What a great October and beautiful Fall!



We had a great Game Night with lots of fun and pizza enjoyed by all! Our Godly Play classroom has been crowded every week and it has been fascinating to see the different ways our students are hearing the stories as we cycle through them again. Our Toddler Time program continues to grow, and it has been wonderful to see so many families from all over our Bellingham community!

Looking forward to November we are excited to have the Christian Faith Formation Committee putting on a Sunday evening Gratitude

study of the book *Grateful: The Transformative Power of Giving Thanks* by Diana Butler Bass. We will be meeting from 6:30-7:30 in the Horizon room on Sunday, November 3rd and will have childcare available in the Nursery. Please see Seth or Tracy if you need a book.

Planning is underway for our All Church Retreat coming in August of 2020. If you have any interest in helping to plan the retreat, please contact Tracy. Look for fundraising details to come as we are hoping to hold a dessert auction in November to help toward the cost of the retreat.

Looking ahead to the advent and the holiday season the youth group will be in charge of our Angel Tree this year so watch for details on how to donate to families in need of assistance this holiday season. We will also have the younger children participate by holding a change drive. Look for details to follow.

Our Sunday morning adult education class will continue to study the lectionary texts each week. The class starts at 9:30 in the lounge, childcare is available in the nursery. All are welcome!

Godly Play for November

November 3rd: The Ark and the Tent

Moses experienced God's presence on Mt. Sinai, but also in the tent of meeting. In addition, God's presence was in—or more likely seated on—a throne above the ark of YHWH (a box or chest that contained at least the tablets of the commandments, and possibly the rod of Aaron and a vessel of manna). This story describes how the two traditions of the tent and the ark came together in the tabernacle.

November 10th: The Ark and the Temple

In this story, we see a continuation of the travels the tablets of the commandments took. We see a new way for thinking for the people of God in regard to the experience of God's presence.

November 17th: The Exile and Return

In this story, the Babylonians capture Jerusalem and take God's People into exile. Even though this journey is forced upon them, they make an astonishing discovery: God is not just in one place, in the temple in Jerusalem, but also in a foreign and strange land. God's presence is not here or there, but everywhere, waiting. To be found. To find us.

November 24th: Work Day

Change containers will be sent home today!

MEET OUR ST. JAMES NURSERY & GODLY PLAY STAFF

Photo credit Tracy Caruso



Claire Alarid (left) has been with St. James in our nursery for almost 2 years. She recently took the Godly Play training and is now teaching in our Godly Play classroom.

Lucy Sieczka (left-center) has been with St. James for 3 years and has been a teacher in our Godly Play classroom since the program began.

Fiona Dent (right-center) began working in the St. James nursery in September.

Leeya Fogle (right) began working in the St. James nursery in October.

ST. JAMES ALL CHURCH RETREAT AUGUST 28TH TO 30TH AT WARM BEACH CAMP AND CONFERENCE CENTER

St. James has booked the Cascadian Lodge at Warm Beach for the weekend of August 28th through the 30th 2020. We would love to have everyone join us at this beautiful facility. Rooms in the lodge have a queen bed and a bunk bed to sleep up to 4. Our reservations include lodging for Friday and Saturday nights, breakfast, lunch and dinner on Saturday and breakfast on Sunday. Activities at Warm Beach include sports fields, disc golf, swimming, mini-golf, hiking, horseshoe pits, fire pits, and time for fellowship and relaxing. Plan for a weekend of fun, fellowship, food, relaxation, and Christian education.



EXPERIENCE OF INNER-HEALING PRAYER

“A Christian community is, therefore, a healing community not because wounds are cured and pains are alleviated, but because wounds and pains become openings or occasions for a new vision.”

— Henri J. M. Nouwen



Join a morning of the prayerful community through which we explore a deeper connection with self and Spirit. Our humanity is our means of cultivating a relationship with God. Including the body and emotions in our spiritual practice opens us to an experiential sense of God/Jesus.

Church member Glory Johnson has been on a healing journey of awakening that took her from feeling utterly broken to a new and profound sense of connection with herself and God. The catalyst for her transformation has been listening to prayer, a practice she has learned and expanded on and is now called to share with others.

In a community, we discover how our wounds and pains are openings for a new, healing relationship with our humanity and our divinity. This introductory morning will invite:

- Greater capacity to listen to or sense Spirit
- Heart opening and a felt sense of connection
- Appreciation for the body/mind/soul relationship

Together we create a safe place to look within, share our pain, feel seen, and discover the truth that we are not alone.

Saturday, November 16th from 9 AM to 1 PM in the Horizon Room.

Light snacks and coffee/tea provided. Donations to support refreshments are welcome.

To sign up, please visit the registration sign-in sheet in the Horizon Room.

PULSE ON GROUPS

Pulse on Groups met up with instructor Linda Henderson to learn about her Tai Chi class. Every Monday folks from around the area meet to practice “meditation in motion” at the St. James Fellowship Hall.



T'ai Chi Ch'uan which means ultimate boxing is a form of exercise that dates back many centuries. Originally, a martial art in the Chinese tradition now, recognized as one of the best exercises for improving health and wellbeing. The slow-moving choreographed movements are easy on the body and research suggests that performing T'ai Chi on a regular basis can improve mood, sleep, balance, stability and more

importantly, reduce the risk of falls in older adults. Because it is weight-bearing, it is one of the best exercises to prevent bone loss. It is often called “meditation in motion” as the movements in synchronicity with breathing are calming and relaxing. Classes are held every Monday at 5:15 PM in Fellowship Hall. Come and join Linda Henderson and consider it a gift to your brain-body-spirit connection.

Photo credit: (l) Linda Henderson on the move, (lower) a typical class in action, photos provided by L. Henderson



CELEBRATING EARTH, OUR COMMON HOME

Presentation given by Rev. Seth J. Thomas as a part of the Multi-Faith Network for Climate Justice's "Celebrating Earth, Our Common Home" event at Lairmont Manor on September 24, 2019.



Prayer of Confession

O God, enlarge within us the sense of fellowship with all living things, our brothers the animals to whom thou gavest the earth as their home in common with us. We remember with shame that in the past we have exercised the high dominion of humanity with ruthless cruelty so that the voice of the earth, which should have gone up to thee in song, has been a groan of travail. May we realize that they live not for us alone but for themselves and for thee, and that they love the sweetness of life.

How do we enter into the most critical crisis humanity has faced in our recent history? How do we not shy away from the potential of collapse and the fear of breakdown that crackles in the air? To enter is to embrace the tension of our complicity in the problem and the possibility of hope. We must tell the truth about where we have come from, that we have embraced collective participation and denial for far too long. And, then, as we stand here today, we embrace the possibility, the hope that there may be a way, however complex and however much sacrifice it will require, ahead of us.

To enter this complex tension is to embrace the way of wisdom. The pursuit of wisdom is among the highest, holiest tasks of our shared traditions.

Jesus spoke to his listeners in parables, wisdom stories, which challenged the status quo and awoke his hearers to a new reality he was sharing with them, something he called the Kingdom of Heaven or the Reign of God. For us to share our home in common, to accept the responsibility of protecting it, participating in its flourishing, embracing the call to sacrifice and reduce our rampant overconsumption — this will require us to move forward not with simple solutions to complex problems, but with carefully discerned steps on the wisdom path. The problem is — the time is now. If we do not act today, we will continue to watch as things collapse around us.

The time is now.

Within my Christian tradition, the way of Jesus is to live a life in a rhythm of contemplation and action, to seek wisdom and then turn outwards in response to revelation. Or, as the Psalmist teaches, to pursue God's way is a long obedience in the same direction. People of this way are formed to hold the tension between what is and what is possible, between what is falling apart and what may yet be restored!

I believe the question before us is not whether we must act on behalf of the climate crisis, as a collective community, to save and restore our common home. We all know the answer to this. Yes, emphatically so. I believe the question before us, which will always present itself in times of crisis as well as times of peace, is how to live in wisdom. How do live into the complex questions of our time with a stance of hope and possibility, not despair or retreat?

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But are we trained in wisdom, or are we formed unto some other way? Are we practitioners of steady breath, focused minds, hearts that are fixed upon what is good and true and beautiful? A gathering of this kind gives me hope. We will not be silent. We will be focused. We will embrace the urgency of the moment and act swiftly, truthfully, sacrificially, lovingly.

As a Minister of Jesus Christ — I claim this as my way. And among my fellow clergy and spiritual leaders, I call each of us to this way as it is manifested among each of our traditions — may we boldly call each of our communities to action and...together...may we love, act, and nurture the flourishing of our common home in all its glory, goodness, and beauty. Amen. May it be so. Amen.

(photo: the decorated stage at the event)

ST. JAMES SUPPORTS FAMILY PROMISE AT SACRED HEART



Help Provide Meals for Family Promise at Sacred Heart week of October 25th to November 4th, Sacred Heart Catholic Church St. James will be offering our support when homeless families return to Sacred Heart Catholic Church in our neighborhood for a week of shelter, food, and fellowship. A sign-up is posted in the Horizon Room for donations of food. There is also a need for volunteers to help with the setup and takedown.

We will be providing daily breakfast supplies, two dinners, dinner and evening hosts as well as performing other necessary tasks. Please look for sign-up opportunities in the Horizon Room. Family Promise training and additional training provided by the Catholic Church are required for those directly involved with the families. Training dates will be available soon. Contact Gretchen Pfueller for more information, gmpfueller@gmail.com

FLOWER COMMITTEE HOLIDAY POINSETTIA SALES

You can now order your memorial poinsettias for the Advent and Christmas Season. This Flower Committee annual fundraiser begins in November. Purchase a poinsettia plant for \$20 (due by December 14th) to decorate the chancel for Advent and the holidays. The plants will be on display in the Sanctuary December 15th through the 24th. You can pick up your plant after the Christmas Eve service. Purchase the plant in memory or appreciation of someone special, or in celebration or as an expression of a glorious event from your year.



The order forms are in the bulletins and available at the church office. See Cheryl McGregor for questions & orders, cmcgregor54@gmail.com.

ST. JAMES STAFF IS AT YOUR SERVICE

Pastor: The Rev. Seth J. Thomas
Children & Family Ministry Director: Tracy Caruso
Worship & Music Leader: Dylan Cisneros
Accompanist: Luke Arnold
Treasurer: Marina McLeod
Administrative Assistant: Shannon Laws
Nursery: Erika Singh-Cundy, Fiona Dent, Lucy Sieczka,
Claire Alarid and Leeya Fogle

Office Hours:
Tuesday, Wednesdays 9:00am-12:00pm
Thursday, Friday 9:00am-2:00pm



SESSION

Moderator: The Rev. Seth J. Thomas
Clerk of Session: Mark Beaty
Building & Grounds: Jeanne Uhles
Christian Faith Formation: Sarah Condreay
Finance & Stewardship: Dick Carr
Membership & Congregation Life: Laurie Anderson
Mission & Social Action: Carol Dellecker
Nominating: Jenny Sue LeSchander & Sarah Condreay
Personnel: Faye Hill
Trustees: Dick Carr, Jeanne Uhles, Mark Beaty
Worship & Music: Jill Hoyt

DEACONS

Co-Moderators: Alice Beaty

Parish 1: Alice Beaty and Adam Beaty
Parish 2: Pastor Seth & Deacons
Parish 3: Julie Keyes and Carla Shafer

Parish 4: Marlene Amman and Kate Haworth
Parish 5: Karen & Dwayne Rogers and Pam Gibson

Sunday Worship Schedule

9:30 a.m. Adult Bible Study
9:30a.m. Youth Bible Study
10:30 a.m. Worship
10:45 a.m. Children's Time

UPCOMING EVENTS

PRESBYTERIAN WOMEN'S LUNCHEON & BIBLE STUDY ON HOLIDAY SCHEDULE

Join us on December 3rd for the last group meet-up for 2019. No gathering in November. The normal monthly meetup on the 4th Tuesday will return in January 2020.

GRATEFUL BOOK STUDY

Please join us on Sunday evenings from 6:30-7:30 for a study of Diana Butler Bass' book *Grateful: The Transformative Power of Giving Thanks*. The first meeting will be in the Horizon Room. Childcare provided in the nursery. If you are interested in joining us and need a book please let Seth or Tracy know.

ST. JAMES TO HOST WSMTA FALL YOUTH RECITAL

Saturday, November 9 at 7:30 p.m., dedicated music students from ages 8-18 will present a recital of piano and voice music in the sanctuary of St. James Presbyterian Church. The event is the fall recital of the Whatcom County Chapter of the Washington State Music Teachers' Association. The event is free and everyone is invited!

PRE-SCHOOL CRAFT FAIR

It's craft fair season and St. James is hosting the Bayside Co-op Preschool Craft Fair, Thursday, 14th, 9:00am-2:00pm, and Friday, 15th, 10:00am-3:30pm. Shop for gifts and support Bayside kids!

COMMUNITY TO COMMUNITY

November 19, 2019, 6:00PM-8:00 PM, St. James Sanctuary, Conversation on the Bellingham City Council approved New Work Group addressing implementation of "Washington Works" (Keep Washington Working Act) A representative from Seattle ACLU will provide information about the act and how it affects immigrant families and state and local law enforcement.

HAPPY THANKSGIVING!

The church office will be closed Nov 11th for Veteran's Day, and Thursday, Nov 28th and Friday, Nov 29th in recognition of the Thanksgiving Holiday.

NOVEMBER BIRTHDAYS & ANNIVERSARIES

11/2	Trevor Murphy	🎂
11/3	Irene Rome	🎂
11/5	Pete Conwell	🎂
11/7	Jean Seater	🎂
11/11	David Seater	🎂
11/12	Julie Keyes	🎂
11/13	Patricia Harris	🎂
11/14	Bob and Irene Rome	💍
11/19	Nancy Wagar	🎂
11/22	Margaret deMaine	🎂
11/22	Miranda Keefe	🎂
11/22	Marilyn Madden	🎂
11/25	Marie Mellinger	🎂
11/27	Wendy Crandall	🎂
11/29	Craig Keyes	🎂
11/30	Cedric Engels	🎂

WHERE IS IT?

The sign-up sheet for Flower Ministry is in the Horizon Room on the right side of the bulletin board. Great for birthdays, anniversaries, and sharing the beauty of nature in our sanctuary.



November & December get your name added and/or update your photo to the 2020 church directory. Contact the office to be added or update your information. office@saintjamespres.org

→ ST. JAMES CALENDAR

Building & Grounds Committee- Lounge

Tuesday, Nov 5, 5:30pm

Pres. Women Bible Study & Luncheon

-The Lounge & Horizon Room

Tuesday, Dec 3, 10:30am-1:00pm

Grief Support- Lounge

Wednesday, Nov 6 & 20, 10:00am

Mission & Social Action- Lounge

Wednesday, Nov 6, 3:30pm

Christian Faith Formation- Godly Play

Wednesday, Nov 6, 7:00pm

Finance Committee- Upper Level

Wednesday, Nov 6, 6:15pm

Personnel Committee- Lounge

Tuesday, Nov 5, 9:00am

Session- Lounge

Sunday, Nov 10, 12:00pm

Worship & Music Committee- Lounge

Wednesday, Nov 13, 10:00am

Deacons- Lounge

Sunday, Nov 17, 11:45

St. James Book Club- Lounge

Monday, Nov 18, 7:00pm

→ ST. JAMES WEEKLY CALENDAR

Toddler Time

8:30am, Wednesdays

St. James Bell Choir

6:30pm, Thursdays

St. James Chancel Choir

7:30pm, Thursdays

→ PROGRAMS SHARING OUR FACILITY

AA Fairhaven Group- Fellowship Hall

7:15pm, Thursdays and Sundays (childcare)

AA Men's Book Study Group- Horizon Room

6:30pm, Mondays

AA SOS Men's Group- Horizon Room

6:00pm, Wednesdays

Bellingham Com. Chorus- Fellowship Hall

6:30pm, Tuesdays

Bellingham Ukulele Group- Fellowship Hall

1:00pm, 2nd Saturday

Boy Scouts Troop 7- Fellowship Hall

7:00pm, Mondays(except school holidays)

Happy Hour Al Anon-Horizon Room

5:30pm, Tuesdays

Overeaters Anonymous- Lounge

10:00am, Saturdays

St. James Fitness- Fellowship Hall

4:00pm, Mondays and Fridays

Tai Chi- Fellowship Hall

5:15pm, Mondays

WA Gender Alliance- Godly Play Room

7:30pm, Tuesdays

Weavers Guild- Fellowship Hall

9:30am, 3rd Saturday

Yoga-Horizon Room

10:15am, Tuesdays and Thursdays

You Are Not Alone (YANA)- Lounge

6:00pm, 2nd Monday

Bayside Co-op Preschool

Hawthorne Learning Solutions

Interfaith Coalition of Whatcom County



910 14th Street
Bellingham, WA 98225
www.saintjamespres.org
office@saintjamespres.org
(360) 733-1325