the Pulse

December 2016

THE SAINT JAMES PRESBYTERIAN MONTHLY NEWSLETTER



Advent is a season of joyful expectation as we anticipate the birth of Jesus. It is also a time of deep longing, as we look forward to Christ's second coming, and the promise of a world made right. The liturgical color, blue, used here at St. James during Advent, represents that sense of anticipation, like the deep blue color of the sky, just before dawn.

As the seasons change, and the world outside darkens, we remember the light that dawns in Jesus Christ. This year our Advent worship will focus on the theme of light. As always, we will light our Advent candles, symbolizing the light of God entering our world in Jesus. This year, our readings will focus us on the light that pierces our darkness with hope, peace, joy and love. The choir's Introit will lead us into our time of worship by inviting us to lift our eyes to behold the light of God.

Each week, as the darkness outside gradually deepens, we will add more candles to our sanctuary, symbolizing the impending dawn of grace. During the Christmas Eve service, we will sing our traditional "Silent Night," and watch as the light of our individual candles gradually spreads, piercing and illuminating the darkness. Finally, those who gather here for worship on Christmas Day will be invited to take a candle home with them, taking the light of Christ with them into their world.

I invite you to join us for our Advent and Christmas worship, and hope that you will invite others. May we all experience the light of God's love and grace during this special time; and may we also reflect that light to others.

Advent Blessings, Pastor Janet

Christmas Worship Bervices at St. James

7:30 p.m. Christmas Eve Candlelight Service

<u>10:30 a.m. Christmas Day</u> Worship welcoming Christ as the light of the world.

Following worship we will have special Christmas treats during coffee time in the Horizon Room.

St. James Prayer Ministry Renewal

Through the years, St. James has had a strong prayer ministry which continues today. Our dedicated prayer team is comprised of twenty four active members who receive their prayer requests by e-mail from the chairperson. You may remember it as the "prayer chain" when we used to make chain phone calls whenever a request came in. I suspect that sometimes the request changed a little as it moved from caller to caller, but we depended on God to know the intent. Modern technological progress now allows us to send the same message to all. If you wish to become a member of the email prayer team, just give me or the church office a call.

Another aspect of our St. James prayer ministry is the prayer group that meets every Tuesday morning at 8:00 in the lounge. It must be noted that this group is separate from the Prayer Team. This small prayer group has been going year-round since 1978. Today we find that this faithful, mighty group has been reduced to two or three people, which is not enough to keep it functioning as it should. We have struggled to know how to continue and have asked ourselves whether it is time to bring this group to a close. I have discussed this with Pastor Janet and the Christian Faith Formation Committee, who have suggested that maybe people do not know about it or understand how it functions, so I am submitting the following paragraph so that you can understand how it works.

Every Tuesday morning we begin our time with a short scripture followed by prayer (either spoken or silent) and then we repeat this process two more times using the same scripture. It takes about 35 minutes and it is a beautiful way to begin the day. Yes, I know that we can (and do) pray alone, but reading scripture and praying with others is very powerful. I invite you to join us for this very special experience. Please call me if you have questions.

Faye Hill

Prayer Vigil for Peace in the Middle East

There will be no Prayer Vigils on December 18, January 18, and February 18. We are all invited to remember the Middle East in our own prayers those days. The March 18 Prayer Vigil for Peace in the Middle East will be hosted by the First Church of Christ, Scientist, 2700 Lakeway Drive, at 5:30 p.m.

New Locks at St. James

On November 14 of this year, we installed a Key Pad Locking System on the kitchen and office entry doors. The old entry key locks NO NOT WORK ANY LONGER. This was done in response to suggestions by the Bellingham Police Department in a recent security inspection.

At the present time, all church groups will use the same code to gain entry. Each outside group using the building will have a separate key code.

Those of you that have an old key, please bring it in to the office and Natasha will give you the new code. If you have any questions, you may contact Peter Burkland or Bill Read.

DECEMBER 2016

THE WONDROUS GIFT IS GIVEN



The Christmas Joy Offering celebrates the coming of Jesus Christ, the "wondrous gift" of God with us. Jesus arrived in a humble stable in small and insignificant Bethlehem, to lead and teach in truth and love, and bring about God's salvation to the world. What a "wondrous gift" indeed! This was a gift so profound that the only response was the bringing of more gifts; the Magi arrived with gold, frankincense, and myrrh to honor the Christ child.

Devoted and caring leaders have led many of us in the way of Christ. They have been church workers equipping us to respond to the grace we have known in Jesus Christ, and they have been God's gifts among us. As we celebrate Christ's coming, and think of the profound impact these individuals have had on us, the Christmas Joy Offering provides a way for us to offer a gift in response. Gifts to the Christmas Joy Offering will raise up leaders from small places that are too often overlooked by the church. The historically Presbyterian racial ethnic schools were founded to educate emerging leaders from underrepresented groups so leadership in the church would better reflect the diversity of God's people.

DID YOU KNOW?

1. The Christmas Joy Offering has been a cherished Presbyterian tradition since the 1930s.

2. The Offering distributes gifts 50/50 to the Assistance Program of the Board of Pensions and to Presbyterian-related racial ethnic schools and colleges.

3. The Assistance Program provides essential financial support to church workers and their families.

4. Presbyterian-related schools and colleges provide In gratitude to God for the wondrous gift of education and spiritual development while nurturing racial and ethnic heritage. This has been a Presbyterian commitment for nearly 140 years.

Half of the Christmas Joy Offering supports the continued ministry of educating and forming Christian leaders. The other half of the Offering honors those leaders who serve and have served us well. Through the Assistance Program of the Board of Pensions, current and retired church workers who experience need because of tragedy, health concerns, or financial hardship can receive assistance from the church they have served so well.

Jesus, the Presbyterian Church (U.S.A.) invites congregations to join this celebration of God's presence with us by supporting those in need of help and hope.

Thank you for your support f this life-changing offering.

Session Highlights

Discussed:

In response to security concerns, a keypad locking system will be installed on the office and kitchen entry doors on Nov. 14. The old entry key locks will no longer work. (More information regarding the new system can be found in a separate article in this newsletter.)

Finances: Pledges are short about \$1,500 for the current year, but we are making up for that with other income. Everyone needs to turn in their 2017 pledges so we can prepare a feasible budget. The current year to date balance of income over expenses (10/31/16) is \$17,572.75.

The Northwest Coast Leadership Summit: (Presbytery) Attended by Bill Read and Mark Beaty. About 1500 people were in attendance, as it was one of two bi-annual meetings. The Presbytery now includes Southeast Alaska and NW and SE Washington. Presbytery meetings are open to all members, but only ministers and commissioners can vote. Thank you, Mark and Bill!

The Children's Christmas program: Offered during worship on December 18th. Merry is coordinating it.

Giving:

- 60 coats and hats and gloves were donated in the coat drive.
- Kay Carr is taking charge of the Angel Tree and volunteers can talk to her.
- The grocery cart food has been delivered to Northwest Youth Services by Bill Read.
- Mission Social Action Committee has sent \$1000 to PCUSA Disaster for Syrian refugees,
- \$300 to Community to Community for support of their work with families and to help farmworkers organizing the Families Unidas farmworkers union,
- \$200 to the Human Rights Film festival for its annual February Social Justice event and
- \$200 to the Presbytery of the Plains and Peaks who is receiving donations to be passed on to the Standing Rock Sioux nation, as there are many expenses associated with taking care of the people during their pipeline clean water protest.
- The Art Glass sale on behalf of Interfaith Coalition raised \$400 from St. James.
- We will explore options to build communication by having a shared Mission Social Action project with First and/or Birchwood Presbyterian churches.

Building and Grounds: Front yard landscaping was completed this fall as originally planned and discussed. Emergency repair of roof flashing were made. Thank you Robb McGregor, Claude Hill, Bill Read, Tim Crandall, Jeanne Uhles, Jenny Sue LeSchander, Mark Beaty and others who have made it happen.

Nominations: Thanks to all who have agreed to be nominated for leadership positions as Elders and Deacons in 2017. We are completing nominees for the nominating committee.

The Interfaith Thanksgiving Service will be held at 6:30 pm on the Wednesday before Thanksgiving at the First Christian Church on Bakerview. The offering will be taken for Skookum Kids. Thanks to Pastor Janet for her work on this.

The Lord's Prayer we use in worship will say "this day" instead of "today." No one was sure when or why it had been changed.

Children's ministry: The report of the Children and Youth Task Force was passed on to the Pastor Nominating Committee. The Task Force continues to be appreciated for their work and we look forward to a time when suggestions can be fully

DECEMBER 2016

considered for implementation. In the interim, the Session is thankful for the leadership and effort Merry Thomas has provided as chair of the Christian Faith Formation Committee.

Decided:

The revised job description for the Children's Program Coordinator was approved.

Congregational meeting on December 11 for the purpose of nominating new Elders and Deacons.

First Annual Congregational meeting will be held on January 22, 2017.

Pastor Janet's vacation (December 27-31 and on the Holidays 12/25 and 1/1/2017) was approved. Worship service and pastoral care coverage will be provided.

OCTOBER FINANCIAL STATUS

	Current Budget	October	Yr. to Date	Budget
Income	\$18,515	\$17,702	\$171,777	\$170,224
Expenses	\$15,295	\$20,168	\$152,691	\$169,941

FORMAL STEWARDSHIP CAMPAIGN RESULTS FOR 2017

The Stewardship Committee wants to say "THANK YOU!" to everyone who has responded, as it is very important that you are telling us what we can expect from you for the 2017 calendar year. 2017 should be an exciting year as we look forward to receiving our next minister.

We feel that you need to know the results of the formal campaign. St. James has 148 members. 100 Stewardship packets were distributed for the Fall campaign. We have received 50 pledges for a total of \$159,776 to budget for 2017. For comparison, we received 69 pledges for a total of \$183,235 for this 2016 year. As of November 13, 2016 our pledging for the 2017 budget is \$23,477 less than the current year budget. This shortfall amount, if not significantly reduced, will result in budget cuts. The committee members feel that the work of St. James deserves to continue at least at the same level as we are experiencing in 2016. Therefore, if you have not responded with your pledge and Time and Talent forms, now is the time to do so. You can bring them to the church office, put them in the collection plate on Sunday, or mail them, but your responses are needed.

To those of you who have pledged already, we would like you to consider an increase in your pledge if at all possible. We need to finalize the budget for 2017 this month and so action to provide responses is needed NOW.

We look forward to hearing from you to support closing this gap for 2017.

Stewardship CommitteePeter BurklandPastor Janet SonnanburgDave ArmstrongDick Carr, ChairMarina McLeodVarian Sonnanburg

Children's Ministries

This month in Bible School we will focus on:

Dec. 4: "Growing Together" focuses on Isaiah 11:1-10. Children celebrate the theme, "A child will lead us".

Dec. 11: "Song of Joy and Justice" focuses on Luke 1:47 -55. The busyness of Advent can be a time of uncertainty for children. Adults can be a calming presence.

Dec. 18: "Faithful Response" focuses on Matthew 1:18-25. Children look forward to Jesus' birth as a gift from God.

Dec. 25: "Joy to the World" focuses on Psalm 98. This Christmas day we all can discover new meaning and joy in the birth of Jesus.

Nativity Drama

St. James church school children will participate Sunday, Dec. 18, in a pageant during the Children's Time with the Pastor segment of the worship service. Parents should take children to the classroom as they arrive so they can don their costumes.



Angel Tree!

I can't wait to begin this project! Our tree will be placed in the Horizon Room soon; next the angel wings will be placed on the tree.....each with a special wish/need provided by Interfaith Coalition.

Our job is to choose a wing, go shopping to fulfill that wish, attach the wing to the item and place it under the tree in time for gift wrapping on December 18. Thank you for participating in Angel Tree again this year. You may prefer to make a donation.....and if you do, please put your check in an envelope and mark it Angel Tree, then put it into the collection plate! Thank you....

Christmas is coming! Kay Carr

P.S. Please put December 18 on your calendar to help wrap our gifts!



DECEMBER 2016

knitted knockers

soft, comfortable, knit prosthetics for breast cancer survivors

Connecting volunteer knitters and crocheters with breast cancer survivors to offer FREE Knockers

MY STORY

In 2011 I had a mastectomy and I was not an immediate candidate for re-constructive surgery. My first Knocker was knit by my friend, Phyllis. It is hard to describe how grateful I was to be able to look presentable within a short time after surgery. Since then I have organized a group of volunteers to supply our local doctors with Knitted Knockers. In 2014, I was recognized by the Susan G. Koman Foundation and US Bowling Congress and received national attention for **www.knittedknockers.org**. My vision has grown to connect volunteer knitters and crocheters with breast cancer survivors everywhere so that everyone has a "Phyllis" in their life.

Please visit our Facebook page and **www.knittedknockers.org** for personal stories and more information. Our group is easy to find, we have the pink ribbon in the logo and are located in Bellingham WA. We ship complimentary knockers throughout the United States and the world.

www.knittedknockers.org



www.knittedknockers.org · barbara@knittedknockers.org

Materials:

1 set 8" double point needles, size 4(5). About 50 yds. soft sport or (DK) weight washable non wool yarn**, stitch marker to mark needle 1, tapestry needle. Counts in () are for DK/US 5 needles. Gauge: 6 st=1" (5.5 st = 1")

Outer Piece	Stitch Counts
CO 3 sts *	
Next row - kfb every stitch	6 sts
Divide onto 3 needles to start knitting in the round	
Round 1 - kfb, k1 each needle	
Round 2 - K to last stitch on each needle, m1, k1, place stitch marker	12 • 4/needle
A cup - Repeat round 2 24(18) times, or amount to equal 5" diameter (across)	
B cup - Repeat round 2 26(20) times, or amount to equal 5.5" diameter (across)	
C cup - Repeat round 2 30(24) times, or amount to equal 6" diameter (across)	102(84) • 34(28)/needle
D cup - Repeat round 2 32(26) times, or amount to equal 6.5" diameter (across)	108(90) • 36(30)/needle
E cup - Repeat round 2 34(28) times, or amount to equal 7" diameter (across)	

Purl 2 rounds, these two rounds help define the edge as you begin to create the back of your knocker.

Inner Piece

Round 1 - K to last 2 sts, k2tog (each needle)

Round 2 - SSK, K to last 2 sts, k2tog (each needle)

Repeat rounds 1 and 2 until 12 sts remain. (4 on each needle)

Cut yarn, leaving a long tail, thread tail through remaining stitches and leave loose to allow for stuffing.

Fill with Poly Fiber Fil[™] (optional, we can fill them for you. If you are mailing them to us, shipping them flat is often less expensive.)

Visit www.knittedknockers.org for tips and videos on how to make great Knitted Knockers

* Optional nipple: work 4 rows of i-cord. Stretch and twist i-cord tightly and stitch down to create a small nipple.

terms used: CO - Cast On, kfb - knit into front and back of the stitch, k2tog - knit 2 sts together, ssk - slip 2 sts from the left to right as if to knit, put them back onto the left needle and knit them together through the back loops

WHY A KNITTED KNOCKER?

Over 50K mastectomies in the US each year. Prosthetics can be expensive, hot and heavy; Knockers are soft, light, huggable and can be worn in a regular bra. Best of all, they are free to those who need them.

WHAT YARN IS BEST FOR KNITTED KNOCKERS?

**Knitted Knockers may be worn against sensitive, scarred skin; yarn should be soft, durable, washable, non wool, sport, (DK), baby or "3" weight. Worsted or "4" weight is too heavy. Cotton should be mercerized so it stays soft after washing.

For more information, visit us at: www.knittedknockers.org/ frequently-asked-questions.

Finished Knockers or donations can be mailed to: Knitted Knockers Support Foundation 1780 Iowa St. Bellingham, WA 98229

CHRISTMAS GIFT IDEAS

Christmas gift ideas for those who need very little, to those whose needs are great, given in the name of family members and friends

SUGGESTIONS FROM THE PRESBYTERIAN MISSION GIVING CATALOG:

Pick up a giving catalog in the Horizon Room

CHICKENS	\$25
PIGLET	\$40
COW/SHARE	\$450
PAIR OF GOATS	\$178
WATER FILTER	\$50
BAG OF SEEDS	\$30
FARM TOOLS	\$10
BICYCLE	\$75

SUGGESTIONS FROM INTERFAITH COALITION:

Please take gift tags from the ANGEL TREE in the Horizon Room and follow directions on clip board

GIFT CARDS FOR FRED MEYER, TARGET, WALMART (Give to Kay Carr)

SUGGESTIONS FROM THE LIGHTHOUSE MISSION:

Gifts can be dropped off at the back door of the mission, just ring the doorbell for service.

SINGLE BED FLEECE BLANKETS SINGLE BED SHEETS PILLOWS & CASES MEN'S UNDERWEAR & SOCKS TOILET PAPER COFFEE

SUGGESTIONS FROM NW YOUTH SERVICES:

Place items in the food shopping cart in the Narthex.

SWEAT PANTS AND SHIRTS (HANES FROM TARGET) UNDERWEAR & SOCKS SINGLE BLANKETS SLEEPING BAGS SINGLE SERVE FOOD ITEMS

PULSE

NOVEMBER 2016



Sunday, December 4 Advent Pestival

12 p.m. in Fellowship Hall



LUNCH Ham, baked beans, scalloped potatoes

COOKIE DECORATING

WREATH MAKING

Suggested Supplies Donations:

Wreath Forms: Small \$2.50 Large \$4.50 Wreath Ribbon: \$2.00

Suggested Lunch Donations: Adult \$ 5.00 Family \$12.00

December Birthdays

- 6 Sharon Schayes
- 7 Gale Pfueller
- 9 Candy Ellis
- 13 Dick Carr
- 14 Barb Kilpatrick
- 15 Alia Lynnae Bowers
- 18 Scott Wenger
- 20 Jan Resick
- 31 Katy Read

December Anniversaries

- 5 Wayne and Linda Landis
- 28 John and Marion Dobbie



St. James Women's Association

Women's Bible Study

Bible study starts at 10:30 a.m. on Tuesday, December 13, and the potluck salad luncheon follows at noon. This month the group will focus on the Gospel of John in the Horizon book, "Who Is Jesus? What a Difference a Lens Makes", written by Judy Yates Siker.

Presbyterian Women's Salad Potluck Luncheon

The Presbyterian Women's monthly Luncheon is early this month. We will meet on Tuesday, Dec. 13, because of Christmas.

All women are invited to attend either or both events, as time allows.

A Special Thank You

The St. James Presbyterian Women's Association would like to thank everyone who helped with the 2016 Arts & Crafts Faire. Thanks to all of you who helped with set-up and clean-up, baking, helping with the vendors, and shopping, this year's faire was a success. We cleared a total of \$1,975. We will use this money to support local charities such as Agape House, YWCA, Skookum Kids, and Interfaith Coalition.

Thank you from Pastor Janet

I want to express my appreciation to the Session and the congregation for the wonderful celebration of the 30th anniversary of my ordination. Thank you for the beautiful stole, the gift card to Anthony's, and the flowers. This is a congregation with a generous heart, and I have been blessed in many ways by your generosity. Thanks to all.

Bellingham Community Chorus

The Bellingham Community Chorus will feature the St. James Bell Choir in its Holiday Concert on Sunday Dec. 18, at 3 p.m. The group performs in the St. James sanctuary, with a reception to follow.

Director Dr. Timothy Black leads the chorus in a selection of traditional popular fare, such as "Home for the Holidays" as well as Spanish and Hanukkah tunes, winter themes and sacred texts.

Suggested donation is \$5 per person or \$10 per family.

Additional performances are scheduled for Friday, Dec. 2 at 6:30 p.m., as part of the Bellingham Holiday Festival, as well as Sunday, Dec. 11, at 3 p.m. at the United Church of Ferndale.

Congregational Meeting on December 11, 2016 following worship to elect church officers.



"When Incivility Becomes the Norm"

The Rev. Dr. J. Herbert Nelson II, Stated Clerk of the PC(USA) General Assembly, has issued a statement in response to the violence on America's streets following the presidential election. He writes out of concern for those in our congregations and communities with "legitimate fear about their safety and the protection of their human rights," including "our Muslims, Hispanic, African American, immigrant and LGBTQ neighbors." Not denying the outcome of the election, Dr. Nelson hopes that "through coalition building and community organizing, we have an opportunity to create a vision of shared prosperity, safety, dignity, and justice that is truly inclusive and compelling to a broad base." He also asserts that "as Christians, we cannot accept a nation that normalizes violence, exclusion, and racism in our political rhetoric and public policy." For the full text go to http:// www.presbyterianmission.org/story/category/office-general-assembly/

2017 IS FAST APPROACHING!

It is time to stop putting off EXERCISE. Give yourself a great gift and a plan to join the yoga (Tues.& Thurs.) or Cross-fit (Tues. & Fri.) groups at St. James in January. For a small fee you can enjoy the comradery of friends and the expertise of certified instructors. Your efforts can be as strenuous as you choose. At least, give yourself a chance. The benefits are amazing. Please ask Bill & Katy Read, Gretchen & Gale Pfueller and Melany & Dave Armstrong, all about it.



DECEMBER CALENDAR 2016

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
Hawtho	Preschool Schedule: 36 rne Learning Solutions hlearningsolutions@gr	Schedule:		1 10:15am Yoga 5:30pm Building and Grounds 5:30pm Congrega- tional Life 7:15pm AA 7:30pm Choir	2 4pm Cross-fit	3 10am OA 1pm Bellingham Ukulele Group
4 2nd Advent 9am Adult Church School 10:30am Worship w/Communion 12pm Advent Fes- tival 7:15pm AA	5 10am Grief Support Group 6:30pm AA Men's Book Study 6:30pm Boy Scouts	6 8am Prayer Group 10am Yoga 4pm Cross-fit 5:30pm Al Anon 5:30pm Finance 7:30pm WA Gender Alliance	7 10am Bible Study 6pm SOS Men's AA	8 10:15am Yoga 11am Worship Committee 4pm Mission & Social Action 6:30pm Bell Choir 7:15pm AA 7:30pm Choir	9 12pm Prime Tim- ers 4pm Cross-fit	10 9am Church Work Party 10am OA 12pm Bellingham Music
11 3rd Advent 9am Adult Church School 10:30am Worship 12pm Session BYOL 7:15pm AA	12 6:30pm AA Men's Book Study 7pm Boy Scouts	13 8am Prayer Group 10am Yoga 4pm Cross-fit 5:30pm Al Anon 7pm Community Choir rehearsal 7:30pm WA Gender Alliance	14 10am Bible Study 5pm Weavers Guild 6pm SOS Men's AA	15 10:15am Yoga 6:30pm Bell Choir 7:15pm AA 7:30pm Choir	16 PULSE DUE 4pm Cross-fit	17 10am OA
18 4th Advent 9am Adult Church School 10:30am Worship 11:45am Deacons 3pm Community Chorus Concert 7:15pm AA	19 10am Grief Support Group 6:30pm AA Men's Book Study	20 8am Prayer Group 10am Yoga 4pm Cross-fit 5:30pm Al Anon 7:30pm WA Gender Alliance	21 10am Bible Study 6pm SOS Men's AA	22 10:15am Yoga 6:30pm Bell Choir 7:15pm AA 7:30pm Choir	23 4pm Cross-fit	24 Christmas Eve 10am OA 7:30pm Christmas Eve Candlelight Service
25 Christmas Day 9am Adult Church School 10:30am Christmas Worship Service of Carols and Lessons 7:15pm AA	26 6:30pm AA Men's Book Study 7pm St. James Literary Society	27 8am Prayer Group 10am Yoga 10:30am Women's Bible Study 12pm Women's Luncheon 4pm Cross-fit 5:30pm Al Anon 7:30pm WA Gender Alliance	28 10am Bible Study 6pm SOS Men's AA	29 10:15am Yoga 6:30pm Bell Choir 7:15pm AA 7:30pm Choir	30 3pm Membership 4pm Cross-fit	31 New Year's Eve 10am OA



St. James Presbyterian Church

910 - 14th Street, Bellingham, WA 98225 www.saintjamespres.org office@saintjamespres.org 360-733-1325 Office Hours: Tue-Fri, 9am-2pm

Children's Ministry: Zadra Nolan, Coordinator Lucy Sieczka, Teacher Clerk of Session: Carla Shafer Interim Pastor: The Rev. Janet Sonnanburg Music Director: Carolyn Mullen Office Manager: Natasha Orme Organist/Pianist: Melany Armstrong Treasurer: Marina McLeod

Sunday Worship Schedule

9:00 a.m. Adult Bible Study 10:30 a.m. Worship 10:45 a.m. Children's Time