

# THE PULSE

As I sit down to compose this article, mid-January, I realize I'm still sometimes writing 2015 on the few checks I still use. Time marches on, sometimes catching us by surprise; at least it does me. Lent's impending arrival also catches me somewhat off guard. It feels like we just celebrated Christmas, and my focus is on the season of Epiphany, yet Ash Wednesday is just around the corner. Like last year, Lent arrives early in 2016.

So, I turn my thoughts to Lent and to its significance for believers. Lent, of course, is the period in which we prepare for Easter, the celebration of Jesus' Resurrection. Traditionally, it is a time of penitence and reflection, a season for examining our lives for evidence of faithfulness, a time for fasting and prayer, and for some, a time to give something up, whether that means depriving oneself of an indulgence, like coffee or chocolate, as sacrifice offered to God, or giving up a bad habit in an effort to shape one's life more in keeping with God's intentions.

Lent can also be a time to take something on, practicing a spiritual discipline or engaging in an act of compassion, doing something meant to bring one closer to God. The past several years here at Saint James, a group has gathered to read and discuss a book together, led by the pastor. I invite you to that Lenten practice this year.

The book I've selected is *City of God: Faith in the Streets*, by Sara Miles. Here is a description: "From the acclaimed author of *Take This Bread* and *Jesus Freak* comes a powerful new account of venturing beyond the borders of religion into the unpredictable territory of faith. On Ash Wednesday, 2012, Sara Miles and her friends left their church buildings and carried ashes to the buzzing city streets: the crowded dollar stores, beauty shops, hospital waiting rooms, street corners and fast-food joints of her neighborhood. They marked the foreheads of neighbors and strangers, sharing blessings with waitresses and drunks, believers and doubters alike. *City of God* narrates the events

of the day in vivid detail, exploring the profound implications of touching strangers with a reminder of common mortality. . . *City of God* is a beautifully written personal narrative, rich in complex, real-life characters, and full of the 'wild, funny, joyful, raucous, reverent' moments of struggle and faith that have made Miles one of the most enthralling Christian writers of our time."

This book not only addresses traditional Lenten themes like mortality and repentance, but also raises questions about how the church relates to its community. It invites us to reflect on where we find God, and where we experience "church."

We will meet Sundays, February 21 through March 20, at 4:30 p.m. for discussion, followed by a soup supper. Books will be available ahead of time for those participating. I invite you to consider joining me on this Lenten journey.

In faith,  
Pastor Janet



*City of God: Faith in the Streets*  
by Sara Miles  
led by Pastor Janet

Book discussion followed by a soup supper  
Sundays at 4:30pm, February 21 through March 20  
in the Horizon Room

See Pastor Janet's article above for a description of the book.



**PULSE**



**INTERFAITH COALITION**  
Partners in faith. Changing lives.

January 5, 2016

St. James Presbyterian Church  
910 14th St.  
Bellingham, WA 98225

Dear Members of St. James Presbyterian Church,

**“Our member congregations collaborate to fill gaps in human services and to meet housing and other needs of marginalized people.”**

When we join together, we can do so much more in our community!

The committed support of our congregation members is key to all we do in Whatcom County. We provide homes for homeless families, shelter for those living rough on our streets, food for hungry people and hope for so many who live without it.

Your generous congregational gift of \$625.00 is especially treasured, because we understand the reality of today’s congregation budgets and so many unmet needs. We are grateful that you support our shared work together. Over 95% of our budget comes from donations of congregations, organizations, individuals and businesses. Each contribution we receive is put to work on behalf of those in need.

A mother of a homeless family that stayed in one of our homes wrote, “I am sincerely grateful for you, the churches and the organizations that make it possible to provide shelter to families like ours in a time of crisis. You have shown my family unconditional love, hope for our future and everlasting faith! Thank you for blessing our family with a home! I look forward to my family’s future stability and financial ability to help support your organization and mission. Your mission is a true reflection of our Lord!”

Your gift makes it possible for us to do this work. Thank you for the many ways you lift up our community’s most vulnerable.

With gratitude,

Laura Harker  
Executive Director

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**INTERFAITH CHOIR FESTIVAL**

Enjoy a concert of spiritual music by attending the Interfaith Coalition Choir Festival on **Sunday, February 21 at 3:30 p.m.** Individual choirs perform a song from their faith tradition, then join together in two songs with a combined choir of over 200 voices. The combined choir will sing two selections: *Make Me An Instrument of Thy Peace* and *All Lifted Hearts*. *All Lifted Hearts* is a beautiful melody interspersed with spoken lines on the subject of the golden rule from different faiths, making a powerful statement about working together for peace. The choir festival will be held at First Congregational Church, 2401 Cornwall Avenue in Bellingham.

Individual singers are invited to participate in the combined choir. Please contact Interfaith Coalition at 734-3983 if you are interested in singing. An offering to benefit Interfaith Coalition programs, will be gratefully accepted.

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## MISSION COMMUNITY DINNER – SIGN UP TO HELP

Here's an opportunity to help with the Happy Valley Neighborhood Association free community meal. This month it is held on Sunday, February 21, 2016 at 5 PM (always on the third Sunday at Our Savior's Lutheran Church on Harris Ave). Usually about 100 folks turn out including some among the less fortunate in our community. St. James is looking for about six volunteers to help setup the dining room and serve the meal, beginning at 4:30 PM February 21, 2016. Sign up with Ray Dellecker, rdellecker@gmail.com as he and Carol Dellecker are coordinating our participation.

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## MISSION ONE GREAT HOUR OF SHARING SPECIAL OFFERING – MARCH 20, 2016

On Palm Sunday, in March, we will collect the ONE GREAT HOUR of SHARING offering which helps fund Presbyterian Disaster Relief (where all of the gifts go to quick response to disasters), Hunger Programs, and Self Development of People around the world. This is one of the four special offerings that Presbyterian Church USA (PCUSA) invites congregations nationwide to take part in. These expand our individual mission outreach and service to support efforts nationally and around the world.

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## Hope is on the Way! Save the Date for the Interfaith Hope Auction!

Mark your calendar: Interfaith's 25 Annual Hope Auction happens on **Saturday, March 19, beginning at 5:30 p.m.** The auction will again take place at the newly-named Four Points by Sheraton (formerly Best Western Lakeway Inn, 714 Lakeway Drive, Bellingham).

Whatcom County's friendliest auction fundraiser features fellowship, inspiration, hope and lively bidding on great auction items. Please join us as we continue in our work of transforming struggling lives. You can help in these ways:

- Do you have an auction item to donate? A service you offer, your own artwork, gift certificate, tickets to popular sporting events, vacation home getaway, ...let your imagination soar and think of what you might be able to donate, and get in touch with us!
- Buy tickets to the auction. Tickets are \$50 each, including dinner.
- Become a business sponsor or ask your favorite businesses or employers to support Interfaith with a dedicated donation.

We make a difference in the lives of homeless families, men and women. Partner with us by attending Hope Auction and lifting up our brothers and sisters! To donate an auction item and purchase tickets, please contact Interfaith Coalition at 734-3983 or through the website: [www.interfaith-coalition.org](http://www.interfaith-coalition.org)

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## PRESBYTERIAN MISSION YEARBOOK

As of January 1, 2016, the 120-year old Presbyterian Mission Yearbook for Prayer & Study is available exclusively online. The online edition of the Presbyterian Mission Yearbook is available at <http://www.presbyterianmission.org/yearbook>. Additional subscription options, including email and RSS feeds, can be found at <http://www.presbyterianmission.org/ministries/missionyearbook/>.

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**THANK YOU ST. JAMES, "ANGELS" ALL!**

Our **Angel Tree Program** (in conjunction with Interfaith Council) was a complete success! We have received "Blessings" and "Thanks" from the Council and at least one family. We purchased and wrapped 60 gifts/needs/wishes for three families (information provided by Interfaith Council). We can all imagine the smiles, warmth and help we were able to bring to these folks.

Thanks to our "wrappers": Mike Smith, the Crandalls, the Burklands, Margaret McVie, Margaret deMaine, Carla Shafer, Kathleen Laughlin, Julia Keyes, Marina McLeod, Jody and Parker De Wilde, Bev Stewart, and the Carrs.  
Kay Carr, Chair

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**PRESBYTERIAN WORLD MISSION** has sent its thanks to the St. James Congregation for its contribution of \$ 1,000 in support of Mission Co-workers, received Dec. 28, 2015.

**HABITAT FOR HUMANITY** (Fred Shepperd) expressed its thanks for the \$250 given in response to their annual appeal. It also thanks the St. James community for the work done on the Van Dyken home, which enabled them to move in by Christmas.

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<b>FEBRUARY BIRTHDAYS</b>	12 Colleen Reimers
	14 Katie Jackson
	18 John Dobbie
1 Margaret Rice	19 Vie Renard
2 Louise Hardin	20 Randy Bowers
4 Allison Crandall	22 Gail Haines
4 Laura Crandall	23 Jim Gresham
5 Janet Oakley	23 Lynda Qualls
6 Anna Holstine	26 Ralph Rinne
7 Glen Titus	27 Kay Carr
12 Tim Crandall	28 Nancy Peck

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**ASH WEDSDAY  
SERVICE  
WEDSDAY, FEBRUARY 10  
7:30PM**

**WOMEN'S EVENING BIBLE STUDY**

Join us Wednesday, February 17 at 7pm in the Lounge. We will be discussing Lesson 5: Stormy Water-Faith. *Come to the Waters* study guides are available in the office.

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**PRESBYTERIAN WOMEN**

Presbyterian Women will meet Tuesday, Feb. 23 at 10:30 a.m. for a Bible study and noon for a potluck salad luncheon. Focus of this month's Bible study is Lesson Six of the *Horizons Come to the Waters* study guide, "Waters of Justice and Righteousness – Justice". The authors use Amos 5:21-24 as the main scripture.

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**CHRISTMAS DÉCOR THANK YOU!**

Thanks to everyone who helped set up and take down the beautiful decorations which helped us celebrate Christmas. This year's thank you goes to: Madeleine Smith, Irene Rome, Susan Burkland, Wilma Krug, Cheryl McBride, Bill Read, men in the choir and men in the fitness class. The Advent Wreath was donated to the church by Carolyn and Jim Mullen. Jim designed and built it and all ornaments have been donated by members of the congregation. We hope you take time each year to notice the special ornaments of Victorian children provided by Maverette and Bill Butler, the Lennox commemorative ornaments provided by Margaret DeMaine. The table that holds the poinsettias, was built by Bill Read many years ago and always works great.

If you would like to be on the flower committee, just let Carla Shafer know. Our next celebration in flowers will be for Easter on March 2. The more, the merrier! Thank you to Wilma French for creating white and silver the Christmas tree skirt for the sanctuary tree.

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## TALL TIMBER RETREAT! — PRESIDENTS DAY WEEKEND!

### Tall Timber Retreat Info Sheet

**Who can come?**

Everyone is welcome! Please feel free to bring along a friend or family member. Do not think you are too old or young to come along; you can always relax and enjoy the beautiful views from the lodge if you are not feeling energetic.

**Where is Tall Timber Ranch?**

Tall Timber is a Presbyterian camp off of Steven's Pass about 45 minutes away from Leavenworth. Address: 27875 White River Road, Leavenworth - Directions: Drive Highway 2 from Everett to the Lake Wenatchee. Turnoff, 20 miles east of the Steven's Pass summit. Drive around Lake Wenatchee (Hwy. 207 for 10.4 mi.) to the far end and turn right onto the White River Road. Camp is 6 miles up the White River Road. [www.talltimber.org](http://www.talltimber.org)

**When is it?**

President's Day Weekend

After dinner on Friday, February 12 through Monday, February 15, after brunch.  
If arranged ahead of time, you can come early and stay Thursday night.

**How much is it?**

\$139.50 per person for the weekend, including food and lodging

\$70 for children ages 5-10, children ages 4 and under are free (but still included in the count)

Meals include breakfast, lunch, and dinner on Saturday and Sunday, and brunch on Monday. If enough people are interested, we will have a Friday dinner option for an extra fee.

The fees include using the tube hill, skate park, and/or renting cross country skis or snow shoes.

**What do we do there?**

Activities include:

- cross country skiing through the lovely mountainous countryside
- snowshoeing through the wilderness
- sliding down the tube hill on inner tubes (under supervision)
- playing cards or board games in the lodge (or working on a group puzzle)
- relaxing in the lodge with a good book or just sitting around and chatting with hot chocolate or tea
- informal Sunday worship service

**Accommodations:**

We will be staying in Tall Timber Ranch's Schulze Center. There are 8 separate bedrooms, each with a queen sized bed and a bunk bed. Bathrooms are shared. There is a public social area and kitchen. You will need to bring your own bedding (sleeping bags or queen (or twin) sized sheets, blankets & pillows) and towels. We also have use of the main lodge for games and meal times. The Schulze Center is right next to the parking lot, so it will be easy for people to arrive or leave at any time. There is also a small cabin behind Schulze Center with no bathroom facilities which can provide extra beds if needed.

**Contacts:**

If you have any questions, please contact: Teresa Bowers at 360-671-5280 or [tess@sulerin.com](mailto:tess@sulerin.com)  
Or contact Susan Engels at [engelsss@comcast.net](mailto:engelsss@comcast.net)

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**PULSE**

**SESSION HIGHLIGHTS**

The Session met on Sunday, January 10 for a meeting to discuss two items: the 2016 Budget and the nominations for the Pastor Nominating Committee. Both needed to be readied for the First Annual meeting of the congregation to be held January 31, 2016.

The 2016 Budget was approved with pledges coming in close to last year's. Income has been found to develop a budget designed to cover projected expenses are not expected to vary and there is sufficient money set aside for the pastor-seeking process. It should will be available for review by the congregation at the Annual meeting.

The Pastor Nominating Committee potential nominees were discussed with careful consideration of creating a committee in accord with guidelines to have it represent our demographics related to gender and age, as well as, special skills or experiences. A slate should be ready for review on Sunday, April 24, prior to the Annual meeting when a PNC election is scheduled.

The Regular meeting of the Session was moved to Saturday, January 30, 2016 to coincide with the annual Elder and Deacon retreat scheduled for that morning.

**SOUPE BOWL SUNDAY  
Sunday, February 7**

February 7 is Souper Bowl Sunday at St. James. No, we won't be watching the game but we will be collecting donations in honor of the Seahawks, for the Maple Alley Inn "soup kitchen" where hearty healthy meals are served to the hungry every Tuesday, Wednesday and Thursday. Since you may not be celebrating as planned, you might consider sharing the money you would have spent on party food and drinks, to provide a party for those less fortunate in our community. Canned goods and soup are also welcome for the Food Bank. There will be a soup lunch served in the Fellowship Hall following worship.

**FEBRUARY 7 MISSION CO-WORKERS DR. JOHN AND GWENDA FLETCHER SERVING IN CONGO**

On Sunday, February 7 Mission Co-workers Dr. John and Gwenda Fletcher serving in Congo will be visiting us as part of their "Interpretation assignment" during their home leave. They will give a presentation on their medical and educational work with the Congolese Presbyterian Church (CPC), in particular the eight CPC hospitals where John serves as a surgical consultant. In their November 2015 newsletter they mentioned that due to Presbyterian World Mission's financial shortfall, their ministry has not been fully funded for this year.

**FINANCIALS FOR THE END OF 2015**

	December	2015 Total	2015 year Budget
Income	\$19,707.62	\$225,864.32	\$223,763.00
Expenses	\$27,310.68	\$200,901.34	\$235,717.04

St. James has received their statement for the Per Capita share to the Presbytery for 2016. Now is a good time to consider paying your \$50.00 per member share toward the total bill of just over \$8,000. Thank you.

The Finance Committee

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 10am Grief Support Group 2:30pm Hawthorne Learning Solution 5:30pm SIA 6:30pm AA Men's Book Study 6:30pm Boy Scouts	2 8am Prayer Group 9am Preschool 10am Yoga 2:30pm Hawthorne Learning Solution 4pm Cross-fit 5:30pm AI Anon 7:30pm WA Gender Alliance	3 9am Preschool 9:15am Christian Faith Formation 2:30pm Hawthorne Learning Solution 5:30pm Mission & Social Action 6pm SOS Men's AA	4 9am Preschool 10:15am Yoga 2:30pm Hawthorne Learning Solutions 5:30pm Building and Grounds 5:30pm Congregational Life 6:30pm Bell Choir 7pm Memorial for Melany Armstrong's Son 7:15pm AA 7:30pm Choir	5 9am Preschool 4pm Cross-fit	6 10am OA 1pm Bellingham Ukulele Group
7 9am Adult Church School 10:30am Worship w/communion - Souper Bowl Sunday 12pm Lunch w/Dr. & Mrs. Flecher 7:15pm AA	8 2:30pm Hawthorne Learning Solution 5:30pm SIA 6:30pm AA Men's Book Study 7pm Boy Scouts	9 8am Prayer Group 9am Preschool 10am Yoga 2:30pm Hawthorne Learning Solution 4pm Cross-fit 5:30pm AI Anon 7:30pm WA Gender Alliance	10 <i>Ash Wed</i> 9am Preschool 2:30pm Hawthorne Learning Solution 6pm SOS Men's AA 7:30pm Ash Wed Service	11 9am Preschool 10:15am Yoga 2:30pm Hawthorne Learning Solutions 6:30pm Bell Choir 7:15pm AA 7:30pm Choir	12 9am Preschool 12pm Prime Timers 4pm Cross-fit	13 9am Church Work Party 10am OA
14 <i>1st Sunday in Lent</i> <i>Valentines Day</i> 9am Adult Church School 10:30am Worship 12pm Lunch + Session 7:15pm AA	15 <i>Presidents' Day</i> 10am Grief Support Group 2:30pm Hawthorne Learning Solution 5:30pm SIA 6:30pm AA Men's Book Study	16 PULSE DUE! 8am Prayer Group 9am Preschool 10am Yoga 2:30pm Hawthorne Learning Solution 4pm Cross-fit 5:30pm AI Anon 7:30pm WA Gender Alliance	17 9am Preschool 2:30pm Hawthorne Learning Solution 6pm SOS Men's AA 7pm Women's Bible Study	18 9am Preschool 10:15am Yoga 2:30pm Hawthorne Learning Solutions 5:30pm Prayer Vigil for Peace at Our Saviors Lutheran Church 6:30pm Bell Choir 7:15pm AA 7:30pm Choir	19 9am Preschool 4pm Cross-fit	20 10am OA
21 9am Adult Church School 10:30am Worship 11:30am Deacons 4pm Lenten Study 7:15pm AA	22 2:30pm Hawthorne Learning Solution 5:30pm SIA 6:30pm AA Men's Book Study 7pm Boy Scouts 7pm St. James Literary Society	23 8am Prayer Group 9am Preschool 10am Yoga 10:30am Women's Bible Study 12pm Women's Luncheon 2:30pm Hawthorne Learning Solution 4pm Cross-fit 5:30pm AI Anon 7:30pm WA	24 9am Preschool 2:30pm Hawthorne Learning Solution 6pm SOS Men's AA	25 9am Preschool 10:15am Yoga 2:30pm Hawthorne Learning Solutions 5:45pm Worship 6:30pm Bell Choir 7:15pm AA 7:30pm Choir	26 9am Preschool 4pm Cross-fit 4:15pm Membership	27 10am OA
28 9am Adult Church School 10:30am Worship 4pm Lenten Study 5pm Hawthorne Learning Solution 7:15pm AA	29 10am Grief Support Group 2:30pm Hawthorne Learning Solution 5:30pm SIA 6:30pm AA Men's Book Study 7pm Boy Scouts					



## **St. James Presbyterian Church**

910 14th Street  
Bellingham, WA 98225

360.733.1325  
office@saintjamespres.org  
www.saintjamespres.org

Children's Ministry: Merry Thomas, Coordinator

Zadra Nolan, Teacher

Katy Jackson, Teacher

Clerk of Session: Carla Shafer

Custodians: Cascade Vocational Services:

Don Bayne, Aaron Cook, Vernon Point

Music Director: Carolyn Mullen

Office Manager: Natasha Orme

Organist/Pianist: Melany Armstrong

Pastor: Rev. Janet Sonnanburg

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

### **Office Hours**

Tuesday - Friday, 9 a.m. - 2 p.m.