

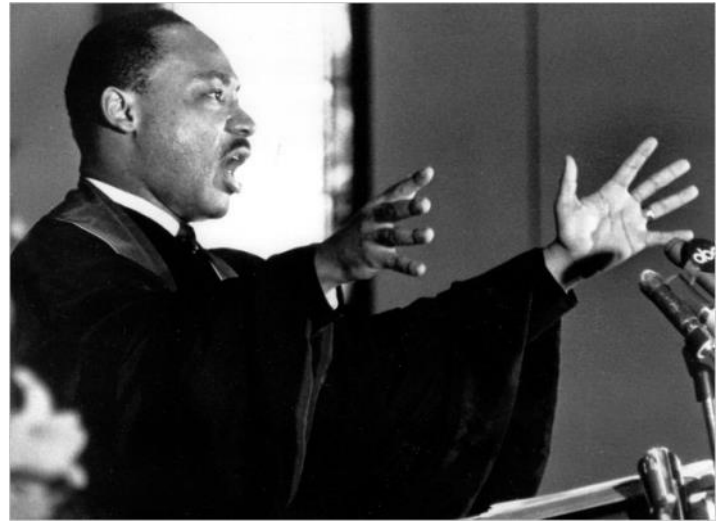
# the Pulse

February 2017

## THE SAINT JAMES PRESBYTERIAN MONTHLY NEWSLETTER

“IT REALLY BOILS DOWN TO THIS: THAT ALL LIFE IS INTERRELATED. WE ARE ALL CAUGHT IN AN INESCAPABLE NETWORK OF MUTUALITY, TIED INTO A SINGLE GARMENT OF DESTINY. WHATEVER AFFECTS ONE DIRECTLY, AFFECTS ALL INDIRECTLY. WE ARE MADE TO LIVE TOGETHER BECAUSE OF THE INTERRELATED STRUCTURE OF REALITY.”

- MARTIN LUTHER KING, JR.



February is the month our nation sets aside to honor and celebrate the achievements of African American men and women throughout history – people whose contributions were long overlooked. Of those we honor, Dr. Martin Luther King, Jr. is surely among the best known and most admired. With a conviction informed by his Christian faith, Dr. King led the non-violent fight for civil rights, promoted peace, and advocated economic justice.

Dr. King delivered many addresses, including his famous “I Have a Dream” speech. While aimed at the critical issues of his day, his words are timeless, and speak with equal relevance now. As a pastor, Dr. King also delivered many sermons. I recently came across a Christmas sermon on peace. These words, excerpted from that sermon delivered in 1967, seem equally well addressed to the issues of our time:

“Now let me suggest first that if we are to have peace on earth, our loyalties must become ecumenical rather than sectional. Our loyalties must transcend our race, our tribe, our class, and our nation; and this means we must develop a world perspective. No individual can live alone; no nation can live alone, and as long as we try, the more we are going to have war in this world. Now the judgment of God is upon us, and we must either learn to live together as brothers or we are all going to perish together as fools.” (Today, I suspect Dr. King would say “brothers and sisters.”)

He went on to remind us of our interdependence, as nations and as individuals, and of our responsibility to care for others, here and around the world. “It really boils down to this: that all life is interrelated. We are all caught in an inescapable network of mutuality, tied into a single garment of destiny. Whatever affects one directly, affects all indirectly. We are made to live together because of the interrelated structure of reality.”

Dr. King had a dream of unity and hope, of justice and peace. Today some are endorsing a different vision, one that promotes separateness, that advocates looking out for number one, that divides us rather than unites us. Dr. King’s words about the inescapable network of mutuality” and our “single garment of destiny” (which echo his letter from Birmingham) are a welcome antidote to so much of what we hear in this current political season.

I invite you to use this month to recall and reflect on the wisdom of Dr. King; to remember a vision informed by Christian faith and undergirded by a conviction of the value and dignity of every person. As Christians, our dreams and our visions must always be informed by our faith.

In faith,  
Pastor Janet



**PULSE**

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**TAI CHI with Linda Henderson begins this month!**

--Wednesdays, beginning Feb. 1, after bible study at 11:15 a.m. (one hour) in the Horizon Room; followed at 12:15 p.m. by Chair Tai Chi (one-half hour).

--Monday evenings, beginning Feb. 6, for those who work or those who wish to make up for a missed Wednesday session. The time and place will be announced.

Cost is the same as for yoga: \$15 per month for one class a week; \$25 per month for two classes per week. Those who opt for one class plus the half-hour Chair Tai Chi pay \$20 per month.

Henderson is a long-time practitioner and experienced teacher of Tai Chi. She learned the martial art from a master in Los Angeles. She and her husband moved to Bellingham in June 2016. Linda also teaches Chair Tai Chi at the Parkway Gardens retirement home in Bellingham.

**LOVE YOUR HEART!**

**EXERCISE AT ST. JAMES!**

**X-FIT, YOGA, TAI CHI**

Contact Gretchen Pfueller for more information:

[gmpfueller@gmail.com](mailto:gmpfueller@gmail.com) or 734-3953

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**PLEASE, DON'T FORGET THE HUNGRY HOMELESS YOUTH  
IN OUR COMMUNITY!**

They really appreciate the single serve food items we are collecting in the shopping cart in the Narthex. Just a reminder that these should be items that require no preparation but are immediately ready to eat or drink. According to Bill Read, favorites are beef jerky and Gatorade

**SOUPER BOWL SUNDAY, FEBRUARY 5**

No, we won't be watching the Seahawks play football, but we can bring canned soup to share with homeless youth through NW Youth Services or \$\$\$ to place in the team soup pots in honor of the Seahawks valiant season.

**A LENTEN CHALLENGE: GIVE UP, GIVE IN, OR GIVE OUT**

Lent begins on March 1, Ash Wednesday. Remember those years when we would sacrifice or "give up" something during Lent like candy, meat, smoking, or other assorted bad habits, often "giving in" after a couple weeks? The Mission Social Action Committee is challenging you to "give out" this year during Lent, with participation in several organized opportunities:

- We are forming a team to prepare and serve the Southside Community Meal on Sunday, March 19, 5:00 a.m., at Our Saviors Lutheran Church.
  - A Habitat for Humanity Work Party is planned for a Saturday in March.
  - Support the Annual Interfaith Hope Auction on March 26. Purchase tickets from Gary Culbertson or Gretchen Pfueller. Susan Burkland will be coordinating the St. James auction gifts.
  - Give a little "elbow grease" at the monthly St. James Work Party on Saturday, March 11.
  - Visit or send a card to someone in our St. James family who has not been able to be with us lately.
  - Bring single serve food items for NW Youth Services.
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**FEBRUARY BIRTHDAYS**

- 2 Louise Hardin
- 4 Allison Crandall
- 4 Laura Crandall
- 5 Janet Oakley
- 7 Glen Titus
- 12 Tim Crandall
- 12 Colleen Reimers
- 14 Katie Jackson
- 18 John Dobbie
- 19 Vie Renard
- 20 Randy Bowers
- 22 Gail Haines
- 23 Jim Gresham
- 23 Lynda Qualls
- 26 Ralph Rinne
- 27 Kay Carr
- 28 Nancy Peck

**CHILDREN'S MINISTRY**

Feb. 5: Letting the Light Through. The focus scripture is Matthew 5:13-20. Children explore the notion of God's love shining within us. Our behavior towards others shows God's love.

Feb. 12: Heart-Felt. The focus scripture is Matthew 5:21-37. God's love helps us to stay connected to one another, even as we experience frustrations with one another.

Feb. 19: Going Beyond. The focus scripture is Matthew 5:38-48. Children learn that God's love is constant. Adults can help by treating children with that love.

Feb. 26: Glorious Mystery. The focus scripture is Matthew 17:1-9. Children might be surprised to learn that some things are mysteries even to adults.

**PRESBYTERIAN WOMEN**

The St. James women's association will meet Tuesday, Feb. 28 for its monthly bible study at 10:30 a.m. followed by a potluck salad luncheon at noon. This month's lesson depicts the fifth of nine lenses through which we see Jesus. It is part of Judy Yates Sikor's Horizon series, "Who Is Jesus?" The focus is on Jesus according to Paul, with the primary scripture 1 Corinthians 1:18-25.

**DECEMBER FINANCIAL STATUS**

	December	Current Budget	Yr. to Date	Yr. to Date Budget
Income	\$17,029	\$17,701	\$224,438	\$223,753
Expenses	\$18,092	\$20,887	\$206,767	\$223,732

St. James ended 2016 with a surplus of \$17,671. This is the fifth year in a row that we have ended the year with a surplus amount. Each year the surplus has been placed into a reserve account where the Finance Committee and Session has agreed it should go. An example is the Pastoral Transition Reserve that was created at the end of 2013.

**A PER CAPITA reminder**

We pay the per capita that St. James owes the Presbytery over the next three months. Therefore, we would encourage everyone to pay St. James what they owe if you haven't already done so. The cost is \$50.00 per member. We want to thank everyone who has already paid their share.

Finance Committee  
Dick Carr, Chair

## OPEN HOUSE FEBRUARY 4 AT PERCH AND PLAY

Skookum Kids is one of the worthy causes supported by our mission giving. Located within blocks of St. James, Skookum Kids provides care for children entering or transitioning into foster care. This allows time for caseworkers to find the right long-term placement. Director, Ray Deck III, shares that they “have been growing like crazy.” In just the last year they:

- expanded their Skookum House program to 24/7

- added 3 new full-time staff members

- launched the Skookum Parents program

- launched the Foster Family of the Month program



Recently Skookum Kids had the opportunity to take over operation of Perch and Play, an indoor playground and café, and decided it fit within their mission. They are holding an open house on February 4, from 9:00 a.m. until about 2:00 p.m. They'd love folks to come and see it in person. Play is free, with donations appreciated. Perch and Play is located at 1707 N. State Street in Bellingham.