

the Pulse

November 2017

THE SAINT JAMES PRESBYTERIAN MONTHLY NEWSLETTER



"Wow!" - Awe, Wonder, and Thanksgiving

Every year, November rolls around and we embrace the season of Thanksgiving. We practice our annual traditions of meals with family, afternoons spent in front of the TV watching football, games and puzzles with a warm cup in hand. This is the season where the cold outside comes at us with full force and we retreat to the coziness inside, thankful for hearth and home and the ones we love.

Recently, I've been struck by how we lose a sense for what big words like "thanksgiving" mean to us. The word becomes so frequent, the practice of celebration so ubiquitous, that it can begin to diminish in its depth of meaning. It becomes a "big, fuzzy word," a concept disconnected from practical gratitude and life "on the ground" of each day. What might it look like for us to deepen our sense of true thanksgiving and deep gratitude this year?

In this season of our life together, I hope we can reclaim a sense of what it means to be thankful by exploring the notion of gratitude. One helpful way I encounter gratitude is by trying to notice the things that make me say "Wow!" throughout each day. I

have to cultivate a sense of "Wow!" in the everyday moments so that when the big things come along, I've made space in my heart and soul to recognize their goodness. By expressing the "Wow!" of gratitude for my morning cup of espresso, for instance, I can slowly begin to open up a space in myself that allows me to look at the feast table of Thanksgiving with fresh eyes and see it for the abundant "Wow!" that it is.

As we enter this season of Thanksgiving this year, I hope we can find ways to cultivate gratitude through those "Wow!" moments (which, put another way, are instances of awe and wonder). Awe and wonder are marks of the good news living out in our lives. As we approach all that God has provided for us with awe and wonder, gratitude becomes easier. We become aware that God's world is rich with good things and that even amidst the chaos, we can say "Wow!" to the beauty and splendor that we witness each day.

Gratitude is an invitation. Gratitude invites us to sit at the table of God's feast, however it plays out in our lives today, and to say, "Wow!" It reminds me of the prophet Isaiah's words: "Everyone who thirsts, come to the waters; and you that have no money, come, buy and eat! Come, buy wine and milk without money and without price!" The abundant table of God is freely given to all who hunger, all who long for God's goodness. The invitation is simple -- Come, eat, and, in response, say "Wow!"

May your Thanksgiving season be filled with awe, wonder, and moments of grateful "Wow!" at all God so lovingly provides.

Grace and peace,

Pastor Seth



Lector Meeting

Lector meeting is on November 26th at 9am in the Horizon room.

November Birthdays

| | |
|----|------------------|
| 3 | Irene Rome |
| 3 | Patricia Harris |
| 7 | Jean Seater |
| 7 | Ricky Hodgson |
| 10 | Dick Johnson |
| 11 | David Seater |
| 12 | Julie Keyes |
| 19 | Nancy Wagar |
| 20 | Caitlin Lockhart |
| 22 | Margaret deMaine |
| 22 | Miranda Keefe |
| 22 | Marilyn Madden |
| 25 | Marie Mellinger |
| 27 | Wendy Crandall |
| 29 | Craig Keyes |
| 30 | Brian Hodgson |

November Anniversaries

| | |
|----|--------------------|
| 14 | Bob and Irene Rome |
|----|--------------------|

Presbyterian Women

All women are invited to the monthly bible study and luncheon, scheduled this month for Tuesday, November 28.

The bible study convenes at 10:30am in the Lounge. We will be looking at lesson three in the Horizon's Cloud of Witnesses study guide, "In Community with the Living Word". Scripture readings are from Genesis 1:1-5; Ezekiel 37:1-14; John 1:1-5 and 14; Hebrews 1:1-3a; 4:12-13.

Bring a salad to share at noon in the Horizon Room.

Hostesses
Wilma French
Madeleine Smith.



Children's Ministries

Godly Play presents the following stories:

Sunday, Nov. 5: The Ten Best Ways. Focus scripture is Deuteronomy 5:1-21. This lesson demonstrates the three times when God was present to Moses. Children learn about the 10 commandments.

Sunday, Nov. 12: Work Day.

Sunday, Nov. 19: The Ark and the Temple. Focus scripture: 1 Kings 5-8; 2 Chronicles 2-3. Children learn how the people of God transition from being a nomadic people, traveling with an ark and being ruled by King David, who wanted to build a house for God.

Sunday, Nov. 26: Work Day.

Parents:

Please be sure to check in your children downstairs for Godly Play and/or the Preschool/Nursery room. We ask that you turn in a registration form each school year for your child. Ask one of the teachers for one if you did not receive one, and turn it in to a teacher or the Christian Education mailbox in the hallway near the church office.

PULSE

Get to know your church members!

Scot Aita & Carrie Cameron, Cameron and Charlotte

We started coming to St. James about a year ago after seeking out a place with a very open and accepting philosophy of all walks of life. We haven't been disappointed as we have always felt very welcome at St. James and we are very appreciative. We moved to Bellingham in August 2016 after Scot retired from the US Army and Carrie was still on leave from Johnson & Johnson. We were most recently living in University Place, close to Tacoma and the military base there. Scot and Carrie met in 2011 in Seattle after Scot returned from his second deployment and Carrie had just moved to Seattle to be closer to family, all in BC. We married in 2013 in Victoria, BC. Since moving to Bellingham, we have had a new baby girl Charlie (Charlotte) to join our son Cameron who will be three in December. We most enjoy Bellingham's relaxed culture, trails and parks. And of course, Magdalena's crepes which have become a Saturday morning ritual for us. We live a block from the church yet somehow always manage to arrive late, despite best intentions. Scot enjoys his work with Peace Health, kayaking the Sound and our view of mountains, islands and water. Carrie is enjoying her time away from work and with the kids, closer proximity to Dad, sister, niece and nephew, and working to sustainably develop a Ugandan orphanage we visited last summer. We look forward to getting to know our fellow St. James community members and contributing to church life.

Scot and Cameron

Prayer Vigil for Peace in the Middle East

Prayer vigils are taking a break. The next prayer vigil for peace in the Middle East is in March. Please continue to pray for peace at home and in your parish.



INTERFAITH COALITION

Partners in faith. Changing lives.

WHAT WE DO

Our work is guided by these shared beliefs. Change is possible and people working together can lift up our neighbors.

OUR VISION

Interfaith Coalition is a community of many faiths working together to eliminate homelessness and poverty in Whatcom County.

OUR MISSION

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

OUR VALUES

- All people deserve to live in a safe home.
 - All people have dignity and need to be treated with respect.
 - Services are offered without regard to religious affiliation.
 - We respect each person's religious choices and value the power of diverse faiths working together.
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*Plan to attend the Saint James
Art, Craft & Gift Faire*

*Featuring the St. James Bakery
Saturday, Nov. 4, 2017, 9:30am to 3pm*



Shopping Join us to find wonderful gift ideas, handmade crafts, beautiful art, delicious food items, and more from our talented vendors. Most of the items offered are created locally.

Relax and Enjoy Visit our St. James Bakery to purchase something sweet or savory to enjoy with a free cup of coffee. Enjoy the beautiful view of Bellingham Bay.

Quilt Raffle Once again our talented quilters have produced a beautiful Queen-sized quilt to be raffled. Tickets will be available beginning Oct. 8 in the Horizon Room or at the Faire.

Volunteers are needed: Please contact Merry Thomas (vchmerry@gmail.com ,360-201-7181, to schedule a volunteer time.

PLAN TO ATTEND AND BRING SOME FRIENDS

All monies raised at the Faire are given to local children's and women's charities. Last year we raised \$3,000 to support our community!

The St. James Bakery

Located in the Horizon Room, is a popular spot during our Faire.

Shoppers can rest with a cup of free coffee and survey the wonderful array of baked goods provided by YOU, the talented bakers of St. James.

We truly appreciate your contributions! Here are a few guidelines and suggestions for donations:

Best sellers Large cookies, scones, pies, cupcakes, small cakes, candies, fudge, yeast breads and rolls, ethnic baking (lefse, shortbread, baklava, what's in your heritage?). We've had many requests for **gluten free items**, so if you have a GF favorite, please share!

Packaging Please do not package your items in small ziplock or sandwich bags. We have clear clamshell boxes we will use for packaging. You may bring items in a large box or ziplock and we will repackage and price items.

Please bring your food donations on Friday, Nov. 3 We have crews ready to receive items at noon on Friday. We would truly appreciate receiving most items on Friday—this allows for better display and organization. If you must drop things off on Saturday, please put them in the Horizon Room by 9am.

PULSE



My “Wow!” moment by Natasha Orme

After Reading Pastor Seth’s article on WOW! moments, I decided to be mindful of my own moments through the day and see how they affected me.

I began as I rose, eating my usual breakfast of yogurt and cereal. It occurred to me that this simple breakfast was particularly great and I yelled out loud “WOW! This is the best breakfast ever!”

This startled my cat, Alex, who I’m sure meant “WOW!” when he yawned and walked away. If this was any indication of how the day was to be, it was certainly going to be loud!

As I went through the day, I noticed many WOW! moments. Some were good, some uncomfortable, and some sad. All were meaningful.

For me, the most meaningful was an email I received from my aunt and uncle. My aunt has cancer and has been having her own WOW! moments, sharing as she did with this one called simply: *Picture Album of the Family*. As I went through the pictures, the WOW! moment that I was experiencing was unexpected and extraordinary. Every picture was worthy of this album, even the ones where we were making goofy faces and looking elsewhere. I have seen some of these pictures before and I was in many of them, but they were all new, seen through my aunt’s eyes.

Just WOW!

I cried, laughed, smiled and even did all at the same time (not an easy task). All my moments that day were awesome, and this one was brimming full of love and happiness. Being mindful of the them when they happened made my day a bit brighter. I decided that I will always try to be just as mindful every day of those moments that make me say “WOW!”

FALL STEWARDSHIP CAMPAIGN

The Stewardship Committee wishes to thank everyone who has responded with a completed pledge form and a Time and Talent completed form. These responses are very important documents toward the life of St. James. Each of these indicate your intent to support financially and with your valuable Time and Talents to the many opportunities that this church has and wants to do. The church will not survive without your support. If for some reason you have not responded in October, please do so now. Without your responses, the persons involved with planning for 2018 have no way of understanding your thoughts. Planning for 2018 is in process this month.

Use the response envelop and bring your input to church to the church office or on Sunday for the offering, or mail it if you cannot attend.

Again, THANK YOU for your participation in this annual Stewardship Campaign!

Stewardship Committee
 Dave Armstrong
 Peter Burkland
 Pam Gibson
 Don Hoyt
 Marina McLeod, Treasurer
 Seth Thomas, Pastor
 Dick Carr, Chair



SEPTEMBER FINANCE STATUS

| | September | Current Budget | Yr. to Date | Yr. to Date Budget |
|----------|-----------|----------------|-------------|--------------------|
| Income | \$17,495. | \$16,103. | \$166,126. | \$155,723. |
| Expenses | \$13,829. | \$16,341. | \$141,607. | \$156,398. |



Angel Tree

Our Angel Tree will once again be placed in the Horizon Room, decorated with angel wings by Sunday, November 19. Each wing will describe a Christmas gift opportunity to members of families in need, names provided by Interfaith Council. Do watch for the opportunity to make someone's Christmas a happier one.

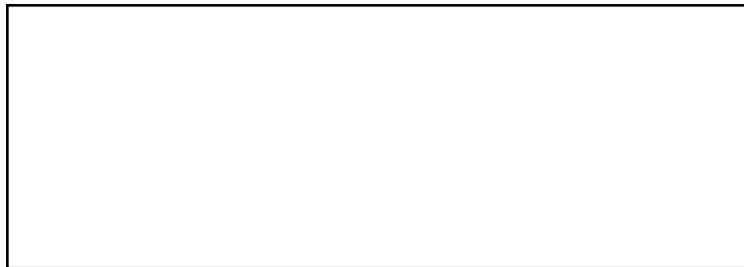
Thank you, Kay Carr

PULSE

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|--|--|---|--|--|
| <div>Bayside Co-Op Preschool For information please call 360-733-3972</div> <div>Hawthorne Learning Solutions Contact Matt and Emily Hawthorne for times and dates. hlearningsolutions@gmail.com</div> | | | 1 10am B'ham Clergy Group 3:30pm Mission & Social Action 6pm SOS Men's AA | 2 10:15am Yoga 4pm Cross-fit 5:30pm Building and Grounds 5:30pm Congregational Life 6:30pm Bell Choir 7:15pm AA 7:30pm Choir | 3 12pm Arts and Crafts Faire Set-up | 4 9:30am Arts and Crafts Faire 10am OA |
| 5 9am Adult Church School 10:30am Worship w/Communion 7:15pm AA | 6 10am Grief Support Group 5:15pm Tai Chi 6:30pm AA Men's Book Study 7pm Boy Scouts | 7 Election Day 10:15am Yoga 4pm Cross-fit 5:30pm Al Anon 5:30pm Finance 7:30pm WA Gender Alliance | 8 6pm SOS Men's AA | 9 10:15am Yoga 3pm Christian Faith Formation 4pm Cross-fit 6:30pm Bell Choir 7:15pm AA 7:30pm Choir | 10 12pm Prime Timers | 11 Veteran's Day 9am Church Work Party 10am OA 1pm Bellingham Ukulele Group |
| 12 9am Adult Church School 10:30am Worship 12pm Session BYOL 7:15pm AA | 13 5:15pm Tai Chi 6:30pm AA Men's Book Study 7pm Boy Scouts | 14 10:15am Yoga 4pm Cross-fit 5:30pm Al Anon 7:30pm WA Gender Alliance | 15 6pm SOS Men's AA | 16 PULSE ARTICLE DUE 10:15am Yoga 4pm Cross-fit 6:30pm Bell Choir 7:15pm AA 7:30pm Choir | 17 | 18 9:30am Weavers Guild 10am OA 6pm Music Teachers Assoc |
| 19 9am Adult Church School 10:30am Worship 11:45am Deacons 7:15pm AA | 20 10am Grief Support Group 5:15pm Tai Chi 6:30pm AA Men's Book Study 7pm Boy Scouts | 21 10:15am Yoga 4pm Cross-fit 5:30pm Al Anon 7:30pm WA Gender Alliance | 22 6pm SOS Men's AA | 23 Thanksgiving 7:15pm AA | 24 Office Closed 3pm Membership | 25 10am OA |
| 26 9am Adult Church School 10:30am Worship 7:15pm AA | 27 5:15pm Tai Chi 6:30pm AA Men's Book Study 6:30pm Boy Scouts | 28 10:15am Yoga 10:30am Women's Bible Study 12pm Women's Salad Potluck 4pm Cross-fit 5:30pm Al Anon 7:30pm WA Gender Alliance | 29 6pm SOS Men's AA | 30 10:15am Yoga 4pm Cross-fit 6:30pm Bell Choir 7:15pm AA 7:30pm Choir | <div>For events not listed on this calendar, check out the St. James website! www.saintjamespres.org</div> <div>Pulse articles are due on the <u>16th of each month.</u> Please mark your calendars.</div> | |

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

Return Service Requested



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

St. James Staff

Pastor: The Rev. Seth J. Thomas
Children's Ministry: Zadra Nolan, Coordinator
Teachers: Erika Singh-Cundy, Sophie Rose Kendrick,
Lucy Sieczk
Administrative Secretary: Natasha Orme
Treasurer: Marina McLeod
Music Director: Carolyn Mullen
Pianist/Accompanist: Julian Fajardo

Sunday Worship Schedule

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

Piglet noticed that even
though he had a Very
Small Heart, it could hold
a rather large amount of

Gratitude.

A.A. Milne



www.theroadhome.co.uk
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