

## Wintering

I gathered with a group of Northwest Coast Presbytery pastors in mid-January at Rosario Beach, near Deception Pass State Park. I had not attended the Annual Pastor's Retreat before, and I was, admittedly, tired and a little reluctant to spend such focused time with colleagues.

Thankfully, it was a delightful time. We ate together, prayed and worshipped, and had ample downtime to rest and explore the coastal wilds of the Salish Sea.

Rev. Laura Terasaki, our Executive Presbyter, led sessions loosely tied to Katherine May's book, *"Wintering: The Power of Rest and Retreat in Difficult Times."* As a group, we recognized that this is a difficult season to be leaders in the Church and how important it is for us all to rest and find ways to fill our cups.



In May's book, she describes a season in life where both she and her husband experience medical scares, which call them into a season of withdrawal and restoration. Can you recall a time of life-changing shift, whether it be through medical, social, emotional, financial, or other means? How often do we take the time to Winter, to slow down and heal? When we are emotionally dis-membered, do we know how to take time to re-member — to come back to wholeness?

We need seasons of Wintering, just as the earth needs frost to strengthen spring growth.

I want to encourage each of us in the St. James community to take notice of the ways you are being called to "Winter." Where in your life can you slow down and recuperate? Where must you let go and cease from striving? In these cold months of January, February, and March...how will you allow yourself to embrace dormancy to grow strong for the Spring to come?

For me, this means slow walks through the park or out under the cold stars. It looks like lighting a candle as a reminder of God's light and faithfulness. It's deep, long nights of sleep, responding to the deep nights. The light is returning, but slowly, and that's ok.

*"Winter brings about some of the most profound and insightful moments of our human experience, and wisdom resides in those who have wintered."* (Katherine May, *Wintering*)

*"For as the rain and the snow come down from heaven, and do not return there until they have watered the earth, making it bring forth and sprout, giving seed to the sower and bread to the hungry..."* (Isaiah 55:10)

Grace and peace,

Pastor Seth

## CHRISTIAN FAITH FORMATION

*Submitted by Tracy Caruso, Children & Family Ministry Director*

It is hard to believe that January has come and gone, and we are already in February. January was a good month to recover from the business of the holidays.



Our Godly Play class started our parable series, and we will continue that series through February to Lent. We will be holding a Godly Play training class

on February 23<sup>rd</sup> from 12-4, lunch provided. This training is for anyone who is wanting to become a Godly Play storyteller or door person or anyone who is just wanting to learn more about Godly Play. Email [cfm@saintjamespres.org](mailto:cfm@saintjamespres.org) if you have any questions or would like to join us.

Our youth group had a good lesson with some good discussion about the inaugural prayer service followed by some fun games and puzzle solving. We will meet again for our monthly meeting on February 23<sup>rd</sup> from 5:30-7:30.

Toddler Time continues to be well attended by our Bellingham community and we are seeing new faces

each week. If anyone has any toddler toys they are looking to get rid of please let Tracy know as we are trying to vary the toy options each week.

The CFF committee handed out surveys to see what our congregation is looking for in adult education classes. If you did not receive a survey at the congregational meeting, there are more in the narthex, and we encourage everyone to fill one out.

Pub Theology continues to be well attended and will meet on the 2<sup>nd</sup> and 4<sup>th</sup> Mondays in February from 630-730. Childcare is available at St. James from 615-745. If you have any questions about Pub Theology email Jimmy Parks at [jimmyjamesjimbo@gmail.com](mailto:jimmyjamesjimbo@gmail.com).

As always if anyone wants to get involved with any of our children and family ministries or has any questions please don't hesitate to contact Tracy at [cfm@saintjamespres.org](mailto:cfm@saintjamespres.org).

### Godly Play for February

- February 2<sup>nd</sup> The Parable of the Sower
- February 9<sup>th</sup> The Parable of Mustard Seed
- February 16<sup>th</sup> The Parable of the Leaven
- February 23<sup>rd</sup> The Parable of the Pearl

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## ST. JAMES WRITERS CIRCLE

St. James Writers Circle is a gathering of members and friends who are writing (or would like to be) prose, poems, novels, short stories. We are open to all genres and topics, and encouraging of spiritual and other content that is an authentic reflection of your personal views and explorations of ideas. We will meet to support each other's writing and provide resources. Meetings at the church will be at 10 AM on the first Thursday of each month, (Nov. 7, Dec. 5, Jan. 2 and so on) and on Zoom on the 3<sup>rd</sup> Wednesday of each month at 7 PM (Nov 20, Dec. 18, Jan. 15 and so on). Writing Circle facilitators are Maureen Kosa and Carla Shafer.

## SUNDAY TECH AND WEBSITE HELP NEEDED

In 2025, we would like to expand our offerings through the St. James church website. We are looking for a team to help review our current website content and tools and help develop the next version, hopefully launching in Summer 2025. Talk with Pastor Seth to get involved.

Additionally, we are looking for more folks to help run cameras and sound for our online service streaming each Sunday. YOU can do it...and WE can train you! This involves arriving at the church by 10:00 to set up and live streaming during the regular worship service. Email [pastor@saintjamespres.org](mailto:pastor@saintjamespres.org) if you can help!



Give, sign up for events, connect with a community, check your family in, and more!

church center

St. James  
PRESBYTERIAN  
CHURCH

Download the app today.

GET IT ON  
Google play

AVAILABLE ON THE  
App Store

## SIGN UP HERE FOR USHERS, COMMUNION, LECTORS & OFFERING COUNTERS

We *need* ushers, lectors, offering counters, and communion servers! The following links will take you to an online signup where you can sign up for Sundays that work with your schedule and receive an automatic reminder a few days before your service. If you have questions, please contact Sharon at [office@saintjamespres.org](mailto:office@saintjamespres.org).

- Usher: <https://tinyurl.com/UshersStJames>
- Lector: <https://tinyurl.com/LectorStJames>
- Offering Counters: <https://tinyurl.com/OfferingCountersStJames>
- Communion Servers: <https://tinyurl.com/CommunionServerStJames>



Philo the Choir Dog!

## ST. JAMES STAFF IS AT YOUR SERVICE

Pastor: The Rev Dr. Seth J. Thomas, [pastor@saintjamespres.org](mailto:pastor@saintjamespres.org)  
 Children & Family Ministry Director: Tracy Caruso, [tracy@saintjamespres.org](mailto:tracy@saintjamespres.org)  
 Music Director: Leah Bruno, [music@saintjamespres.org](mailto:music@saintjamespres.org)  
 Treasurer: Stefany Ness, [treasurer@saintjamespres.org](mailto:treasurer@saintjamespres.org)  
 Administrative Ministry Assistant: Sharon King, [office@saintjamespres.org](mailto:office@saintjamespres.org)



### SESSION OF ST. JAMES

Tess Bowers\*  
 Ralph Buchan\*  
 Aaron Caruso\*  
 Sarah Condreay  
 Maureen Kosa  
 Andrew McLaurin  
 Carla Shafer (interim clerk\*\*)  
 Jimmy Parks  
 Nebiyu Tesfa  
 Pastor Seth Thomas, Moderator

\*Church Trustees      \*\*Clerk of Session



### DEACONS

Deacons Parish 1 – Merry Thomas\*, Alice Bailey  
 Deacons Parish 2 – Judy Buchan, Gena Gustafson  
 Deacons Parish 3 – Buzz & Holly\* Hagshenas, Jean Seater  
 Deacons Parish 4 – Valerie McBeth, Alice Beaty  
 Deacons Parish 5 – Jenny Sue LeSchander, Diana Philbeck  
 Deacons Parish 6 – Kirsten Oliver, Gretchen Pfueller

\* Deacon Co-Moderators

Church Office Hours:  
 9:00am - 2:00pm, Monday - Thursday

### Worship Schedule - Online and In-Person, Sundays at 10:30 a.m.

Live streaming at:  
<https://saintjamespres.org/live>  
<https://www.facebook.com/saintjamespres/>

### PROGRAMS SHARING OUR FACILITY

- AA Fairhaven Group
- AA Grateful Hearts Women's Group
- AA Men's Book Study Group
- AA SOS Men's Group
- AA Meditation Group
- Bayside Co-op Preschool
- Bellingham Community Chorus
- Bellingham Ukulele Group
- Boy Scouts Troop 7
- Happy Hour AI-Anon
- Liberation Yoga
- Linda's Tai Chi
- Little Sapling Music
- Overeaters Anonymous
- St. James Fitness
- The Table Church
- Whatcom Weavers Guild

### FEBRUARY BIRTHDAYS & ANNIVERSARIES

2/2	Louise Hardin	🎂
2/2	Pam Pries	🎂
2/5	Janet Oakley	🎂
2/10	Pam & Randy Pries	💕
2/12	Tim Crandall	🎂
2/20	Randy Bowers	🎂
2/22	Gail Haines	🎂
2/23	Jim Gresham	🎂
2/26	Ralph Rinne	🎂
2/27	Kay Carr	🎂
2/28	Nancy Peck	🎂
2/28	Liv Pries	🎂

#### Deadlines for church publications

Weekly bulletin: Wednesday, 2:00pm  
 Weekly email: Thursday, 2:00pm  
 Monthly "the Pulse": the 25th, 2:00pm

Add your request to the St. James Prayer Chain  
 Contact your Deacon or St. James at:  
 360-733-1325 | [office@saintjamespres.org](mailto:office@saintjamespres.org)

