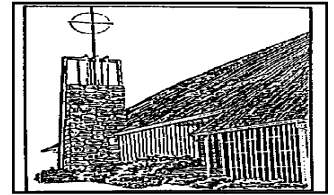


# The Pulse



Volume 37, Issue 2  
February 2004

## A MESSAGE FROM PASTOR MARY ROBINSON-MOHR

How will you use Lent to increase your life of faith this year? There are lots of answers to that question. I would encourage you to consider watching for ways that your ordinary routines can become holy, to watch for the sacred in the mundane.

Most of you know that I traveled to Turkey and Greece last spring with a group of persons from Saint James. One of the sights on our itinerary included a tour of the monasteries of Meteora in Greece. Here, there are about a dozen monasteries perched atop dramatic, sheer-sided rock formations. They have been accessible to the outside world for centuries only through a very primitive rope hoist rigged for each community. One visitor is said to have asked a monk how often the rope was changed in the hoist. The answer, "Whenever it breaks." Not a very reassuring thought for a person swaying upward in the hoist!

In recent days, two of the monasteries have added soaring bridges and steep stairways, making it easier for tourists to visit. One of these has been given to a group of nuns, the first women known to occupy this strange and amazing place. As we visited this convent, we admired the neatly swept paving stones, the well-tended rose bushes, the breath-taking view of the valley floor far below us, and the awe-inspiring artwork and furnishings of the convent's chapel. What a place to meditate upon the wonder of God!

The chapel was a lot for simple and plain Presbyterians to absorb! There was the smell of incense, candles, and oil lamps. There was the play of sunlight into that darkened gathering of arches, domes, and columns. There were the richly detailed and many-hued frescoes over every inch of wall and ceiling space, telling stories from Scriptures and tradition.

Apparently a busload of about 50 German tourists had invaded the convent while we were admiring the chapel. Into our quiet, wide-eyed Presbyterian gazing poured a loud, jabbering crowd, jostling us out of our reverie – and our space! – as their voices rebounded repeatedly against the very resonant stone walls! We couldn't hear ourselves, and found that no place was safe to stand.

Then quietly and serenely, one of the nuns entered the chapel. I'm not sure where she came from; she was so easy to overlook. She held a very archaic looking metal oil pitcher with a long, disproportionate spout. Quickly she reached into the air for an ornate counterbalance on a cord. It looked like a highly decorative brass and colored glass Christmas ornament. As she lifted it, a corresponding oil lamp descended just within her reach. With no ceremony, and with a well-practiced routine, she filled the lamp with oil. Respectfully but with no apparent ritual, she returned it to its former position, and moved to the next lamp. She repeated her task, and then repeated it again,

## FEBRUARY WORSHIP TOPICS

### February 6:

Transfiguration of Christ  
Communion

Exodus 24:12-18

Matthew 17:1-9

"Don't Miss the Blessings"

### February 13:

First Sunday in Lent  
Genesis 2:15-17, 3:1-7

Matthew 4:1-11

"Famous Temptations"

### February 20:

Second Sunday in Lent  
Genesis 12:1-4a

John 3:1-17

"A Conversation in the  
Shadows"

### February 27:

Third Sunday in Lent  
Guest Preacher

(Pastor Mary at Tall  
Timber!)

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perhaps eight times in all.

She finished in a silent room. By the filling of the second lamp, everyone in that noisy perpetual-motion gathering had noticed the gentle nun. All gathered stood quietly, reverently facing her, and watching her every move, transfixed as if watching a great bishop prepare mass. A holy hush fell over us, and the nun left by way of a humble side door. My then seven-year-old Susannah was so impressed with this scene that she leaned over to me and whispered, "Mom, when I get home, I want to make a prayer-place in my room."

A simple person performed a daily housekeeping routine. Yet it was an allegory to me that the sacred is often found in the mundane, that plain bread and juice become the bodily presence of Christ, that the ordinary is holy...and we tend to rush right by and miss it! It also reminds me of the Suffering Servant of Isaiah 53, which includes, "...he had no form or majesty that we should look at him, nothing in his appearance that we should desire him...yet he bore the sin of many, and made intercession for the transgressors."

May your Lenten journey be filled with faith and meaning.

Grace and Peace,  
Pastor Mary

## CONFIRMATION CLASS COMING YOUR WAY!!!

All youth who are sixth grade and older are invited to join a Confirmation Class beginning at the end of February. The class will meet on **Tuesdays from 4 until 5:30, starting February 22**, then continuing on **March 1, 8, and 15**. An overnight field trip to many exciting places is included! Any class members who wish to become church members will be happily received during worship on Palm Sunday, March 20.

Need more information? Want to sign up? Call Megan Stampfli or Pastor Mary at 733-1325.

### HOW TO REACH YOUR PASTOR

**The Rev. Mary Robinson-Mohr**

910 14th St.  
Bellingham, WA 98225

(360)-733-1325 church

(360) 715-3157 home



### ST. JAMES PRAYER CHAIN/ E-MAIL TEAM

If you have a prayer request for the  
St. James Prayer  
Chain/E-mail Team

call Linda Monroe at 360-671-6594  
or e-mail her at  
Lidale@aol.com



### PRAY FOR PEACE IN THE MIDDLE EAST

The next prayer vigil  
will be

**Friday, February 18,**  
**5:30 pm**



Unity Church

Come and join us in  
this important time of  
prayer.

## LENT BEGINS WITH ASHES

Come, begin the reflective season of Lent with meditative worship at the Ash Wednesday Service. We will gather for this meaningful service of prayers, Scripture readings, and the imposition of ashes at **7:30 p.m. on Wednesday, February 23.**

## TREASURER'S NOTE: PER CAPITA

January is the month that member churches of Presbyterian Church (USA) pay their "per capita". "Per capita" means that St. James pays for each member of the church. In 2005, our "per capita" assessment is \$39.93 per member, or about \$10,422. These funds support Presbytery, Synod and General Assembly operating budgets.

Because these funds are due at the very beginning of our fiscal year, they make a **big** dent in the budget. If you are able, this would be a great time to make a contribution toward your "per capita". Whether you are paying in full or in part, it is important that your check or envelope be marked "per capita". If you have already made a per capita contribution in 2005, thank you!

If you have any questions about your pledge or giving at St. James, please feel free to contact Treasurer Wendy Crandall at the church office or at home (676-5755).

## STEWARDSHIP & BUDGET UPDATE

St. James ended 2004 with \$207,920 in income and \$204,613 in expenses, leaving a general account balance of \$3,307, thanks in part to several significant year end gifts.

On January 15<sup>th</sup>, the session approved a 2005 budget summarized below:

Income		Expenses	
Pledges	\$164,026	Mission Support	\$19,650
Non Pledges	12,000	Education Program	2,650
Loose Offerings	2,500	Worship & Community	2,200
Building Use	8,800	Operations	41,159
Per Capita	6,000	Staff	146,282
Misc. Income	100	Miscellaneous	101
<b>Income Total</b>	<b>\$193,426</b>	<b>Expenses Total</b>	<b>\$212,042</b>

To address the budget deficit of \$15,309, supplemental pledge requests will be mailed to St. James members during February. **Please return the card, even if you are unable to increase your pledge.** The session will revisit the budget in March, after the results of this appeal are known.

For information about giving at St. James, please contact Treasurer Wendy Crandall at [stjtreas@msn.com](mailto:stjtreas@msn.com) or (360) 733-1325 ext. 22.

# St. James Events Calendar

# February 2005

S U N            M O N            T U E            W E D            T H U            F R I            S A T

1  
6:30 am Prayer Gr.  
5:30 pm Al Anon  
7 pm Gender Gr.

2  
**Groundhog Day**  
6:45pm Wed. Night Study

3  
6:15 pm Bell Ch.  
7 Chancel Ch.  
7:30 AA  
8 Fauré reh.

4

5  
10 am O.A.

6  
**Communion**

7  
12: 45 pm Cub Scouts  
6:30 Boy Scouts

8  
6:30 am Prayer Gr.  
5:30 pm Personnel  
5:30 pm Al Anon  
6:30 Brownies  
7 Gender Gr.


9  
**Ash Wednesday**  
**7:30 pm Worship**  
7 AA – Men

10  
2 Membership  
5 Christian Ed.  
6:15 pm Bell Ch.  
7 Chancel Ch.  
7:30 AA  
8 Fauré reh.

11  
6 pm Prime Timers

12  
**Lincoln's B-day**  
9 am Church Work party  
10 O.A.

13  
9 am College Brkfst & Bible Study  
11:45 "We Care" party  
11:45 Deacons  
7 pm Session

14  
**Valentine's Day**  
 6:30 pm Boy Scouts

15  
6:30 am Prayer Gr.  
5:30 pm Al Anon  
7 Gender Gr.

16  
*Pulse* items due  
7 AA – Men  
7 Lenten Study

17  
6:15 pm Bell Ch.  
7 Chancel Ch.  
7:30 AA  
8 Fauré reh.

18  
5:30 pm Prayer Vigil  
6:30 Ladies Night Out

19  
9 am *Da Vinci Code* Christian Ed. study  
10 O.A.

20

21  
**President's Day**  
6:30 pm Boy Scouts

22  
6:30 am Prayer gr.  
10:30 Bible Study  
12 Women's lunch  
4 Confirmation Cl  
5:30 pm Al Anon  
6:30 Brownies  
7 Gender Gr.

23  
7 AA – Men  
7 Lenten Study

24  
**Tall Timber retreat begins**  
10 am *Pulse* Crew  
4 pm Staff  
6:15 Bell Ch.  
7 Chancel Ch.  
7:30 AA  
8 Fauré reh.

25

26  
**Presbytery at Port Angeles**  
10 am O.A.

27  
**Tall Timber retreat ends**

28  
6:30 pm Boy Scouts

**Every Sunday**

9:00 am    Adult class

**10:30 am    Worship**

10:45 am    Church School for children

12:30 pm    Korean worship

4:30 – 6 pm    Youth Group

7:00 pm    AA

## WOMEN'S ASSOCIATION

Women's Group Bible Study  
 "Quotable Women in Scripture"  
 Leader, Pastor Mary Robinson-Mohr  
 10:30 am February 22

\* \* \*

Women's Association Luncheon  
 Bring a friend if you like, and a salad to share. All women are invited for food, fun and fellowship, at 12 pm!  
 February 22

*Questions? Please call Phyllis Jones, 734-4504*

## SATURDAY MORNING LIVE AT ST. JAMES!!!

Come join us for a new study and fellowship group meeting over doughnuts and coffee. The Christian Education Committee is excited about this new offering, which will meet one Saturday morning each month, from 9 until 10.

Come join us again for Saturday Morning Live at St. James on  
**February 19, 9 – 10 a.m.**

The discussion this month will be the second and final segment of "Truth and Fiction in the DaVinci Code." Randy Mohr will again facilitate the discussion. Come have a breakfast roll, coffee, good fellowship, and deepening conversation.



## YOUTH NEWS

BY MEGAN STAMPFLI

Happy Valentines Day youth! We start off February with the finale of our sub sandwich sale. That's right the actual subs. We will make them on Saturday the 5<sup>th</sup>. Then on Sunday we will distribute them. I hope you're hungry St. James! That same Sunday we will be helping with the Souper Bowl, to raise money for the food bank. We will be holding a soup pot for each team playing in the Super Bowl and the congregation will be able to donate their money according to who they think will win.

On the 16<sup>th</sup> we will have a mission trip meeting to discuss our next fundraiser and to work with our assigned committees.

Later in the month (24<sup>th</sup>-27<sup>th</sup>) the youth will be attending the Tall Timber Retreat as a "family". There will be lots of special games and activities for the youth, so remember to turn in your registration form. I guarantee it will be a lot of fun!

I predict that February will be fabulously fantastic!

## TRANSFORMED BY HOPE DURING LENT

Scarred by Struggle, Transformed by Hope is the name of the book that is offered for study during Lent this year. Joan Chittister is the author, and the book is meant to help readers cope with their own suffering and disappointment. In Chittister's words, it is "an account of the way hope grows in us, despite our moments of darkness, regardless of our regular bouts of depression. It is an invitation to look again at the struggles of life in order that we might remember how to recognize new life in our souls the next time our hearts turn again to clay."

This Lenten Study will be held

**Wednesday evenings at 7 p.m. on February 16 and 23, and on March 2, 9, and 16.**

Limited copies of the book will be available for \$15.

Come join us for this meaningful Lenten offering.



## CHURCH FAMILY NEWS

**Jo McLeod** is looking for a lost silver cross (handmade from Eritrea). It was on a double silver snake chain. Have you seen it? Please call her at 733-2443.

If you have any news that you would like to share, PLEASE contact the office at 733-1325, or <stjpres@msn.com>. We would love to hear from you!

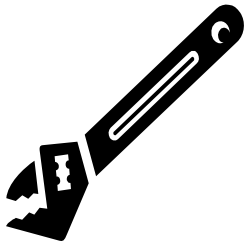
## LADIES NIGHT OUT!!!

Women, does it seem like you can't find time to visit enough with friends new and old at Saint James? The Congregational Life Committee can solve that problem for you!

**LADIES NIGHT OUT** meets on  
**February 18 at 6:30 p.m.**

Come to the church that evening. **Dinner will be provided.**

Watch the bulletins for more information.



The monthly all church clean-up  
landscaping ~ fix-it ~ workday will be

*Saturday*  
*February 12*  
*9am - 1pm*

Bring your favorite tools, and join us in maintaining our lovely church!

### WORSHIP TAPES AVAILABLE FOR LOAN.

Our morning worship service is audio-taped each Sunday. If you know of anyone who would like a copy of any recent service, please check one out in the church library.

### SUNDAY MORNING PARKING

Four reserved (handicapped) parking spaces are designated in our front, 14th Street parking area. In addition to these designated spaces, we would like to save all of the 14th Street parking on Sunday mornings during the Worship Service for those who need level access and our first-time visitors. If you have no difficulty climbing stairs, please use the lower parking area or the Lowell playground lot. The Lowell lot is accessed off of Taylor between 14th and 15th. There is a stairway down to 14th at the south end of the area.

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## FROM THE INTERFAITH COALITION

### *Faith in Action Friendly Visitors program offers volunteer training, seeks seniors in need.*

Individuals interested in developing a friendship with a senior in need of social connection are invited to attend a volunteer training session for Interfaith Coalition's *Faith in Action* Friendly Visitors program on Friday, Feb. 25 from 1 to 4 p.m. If unable to attend the February training, another is scheduled Saturday, March 19 from 9 a.m. to noon.

*Faith in Action* Friendly Visitors matches compassionate volunteers with seniors who are disconnected from the community for a variety of reasons, including mobility limitations, health issues, lack of a social network, or living in a rural setting.

Volunteers make weekly home visits to seniors, with a telephone contact between visits. The visits may simply involve conversation, or could also involve activities or shared hobbies, such as listening to music, reading or playing games. *Faith in Action* Friendly Visitors program offers not only a caring human contact, but also improved health and well-being.

#### **Identifying senior neighbors in need**

In addition to volunteers, the program is seeking help in identifying people who may benefit from being matched with a friendly visitor. If you know of someone, perhaps a neighbor or a friend's relative, who is becoming reclusive -- maybe they don't take their walks anymore or they've stopped participating in activities they've always enjoyed -- please consider calling the Friendly Visitors program staff to discuss ways to talk about the program with seniors in need.

Please call Anne Fons or Candace Smith at **734-3983** if you are interested in participating in the volunteer training or if you wish to discuss a possible referral to the program.

## A Light on Our Path through the Garden of Hope

Interfaith Coalition hosts its annual spring auction on Saturday, April 2 at 5:30 p.m. at the Best Western Lakeway Inn in Bellingham. Tickets to the event go on sale Feb. 8 and cost \$40 each. Cost includes dinner.

Proceeds from the auction comprise about one-third of the coalition's annual budget and support its programs for housing homeless families, providing overnight shelter to homeless individuals during severe weather, improving access to affordable health care, and offering meaningful social connection to seniors who may be lonely and isolated.



**February Birthdays**

\*\*\*

- 1 Margaret Rice
- 2 Martha Christensen
- 2 Jim Freeman
- 2 Jami Templeton
- 4 Allison Crandall
- 4 Laura Crandall
- 5 Evelyn Hatch
- 5 Janet Oakley
- 7 Glenn Titus
- 7 Roy Hoffman
- 12 Sarah Baker
- 12 Tim Crandall
- 12 Colleen Reimers
- 14 Katherine Jackson
- 15 Amanda Anderson
- 18 Mel Reasoner
- 18 John Dobbie
- 19 Vie Renard
- 20 Randy Bowers
- 22 Gail Haines
- 23 Margaret Wol
- 26 Ralph Rinne
- 27 Kay Carr



**February Anniversaries**

\*\*\*

- 1 Tom & Margaret McVie
- 4 Dick & Ann Heaps Johnson
- 16 Joe & Betty Pickard

# HABITAT FOR HUMANITY

Help "Raise the Roof" with Habitat for Humanity

Friends of St. James are invited to the 3<sup>rd</sup> annual "Raise the Roof" Auction for Habitat for Humanity in Whatcom County. Join us March 12<sup>th</sup> at Semiahmoo Resort for a delicious dinner, great entertainment, and lots of fun!

Auction proceeds will enable our local affiliate to partner with three Whatcom County families in building simple, decent, affordable housing in 2005.

For more information, or to purchase tickets, call the Habitat office at 715-9170.

# SOUPER BOWL

On Sunday, February 6 we again will have the opportunity to bring canned food for the Food Bank and/or money for Maple Alley Inn to Church. Gretchen Pfueller of the Mission and Social Action Committee is coordinating the event, and the youth group will help with collecting our contributions in the narthex.

The anti-hunger "Souperbowl" campaign was started by the Rev. Brad Smith, Presbyterian minister in Columbia, S.C., in 1989. Last year 12,750 congregations, among which 2,280 Presbyterian, participated. Last year St. James members contributed \$ 342, in addition to a large amount of canned food. Thank you all!







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## TSUNAMI RELIEF EFFORTS

Presbyterians have been quick to respond to the Asian tsunami disaster. But many may not know that Presbyterian Disaster Assistance (PDA) has been active in this response since it began, working with partner churches around the world. PDA has set a goal of raising \$2.5 million to respond to the needs of survivors of this crisis. Over \$300,000 from One Great Hour of Sharing has already been sent to provide emergency relief. Funds are being used to help provide food, potable water, shelter, blankets, and sanitation and health teams in temporary displacement camps. Funds have also been used to help with the purchase, shipping, and distribution of medicine boxes and hygiene kits for displaced persons throughout the region.



### WHAT YOU CAN DO:

#### Pray:

That the people directly affected by the tsunami may know the comfort of God's presence with them, and that the relief volunteers working to assess damages and organize the response may know that they too are surrounded by the love of God and the prayers of God's people.

#### Give:

Through your church to **Asia Relief – DR000167**. Individual gifts can also be made online ([www.pcusa.org/pda/donate](http://www.pcusa.org/pda/donate)) by credit card, or may be sent as checks to Presbyterian Church (U.S.A.) Individual Remittance Processing, P.O. Box 643700, Pittsburgh, PA 15264-3700. Churches wishing to make a material contribution may consider Gifts of the Heart Health Kits ([www.pcusa.org/pda/help/goh](http://www.pcusa.org/pda/help/goh)) or medical boxes. While some needs are known now, many of the most critical long-term needs may emerge slowly, and financial gifts will be the most flexible means of meeting them as they arise. Church leadership has issued an appeal for at least \$2.5 million to address long-term needs and the ministries that will respond to them. A minimum of 95% of designated funds will be used to help those most in need. Up to five percent of your gift will be used to cover shared administrative costs associated with the processing and distribution of your gift.

#### Stay Informed:

Prayers, news updates, and material aid needs will be posted regularly to the Presbyterian Disaster Assistance Web site at [www.pcusa.org/pda](http://www.pcusa.org/pda), which also contains a downloadable bulletin insert. Presbyterian Church (U.S.A.) Mission Education and Promotion 100 Witherspoon Street Louisville, KY 40202-1396



Maverette Butler  
 Margaret de Maine  
 Marion Dobbie  
 Pat Nelson  
 Mel Reasoner  
 Margaret Rice  
 Inge Thurston

**The Pulse is published once per month, with the exception of the combined July/August issue.**

Articles and announcements for the next issue must be **received** in the church office no later than Wednesday, **February 16 2005**. That issue will be mailed Thursday, **February 24**. If you have something that you would like considered for publication, call the church office at 360-733-1325, e-mail stjpres@msn.com, put it in *The Pulse* box near the church office or mail it to St. James Presbyterian Church, 910 14th Street, Bellingham, WA 98225.

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