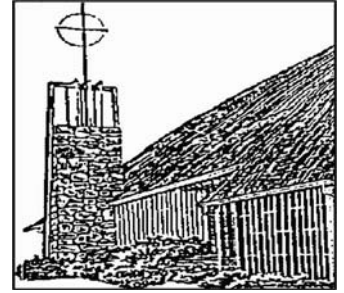


The Pulse



A MESSAGE FROM PASTOR JERRY POOLE

Volume 41
Issue 2
February 2009

Dear Friends:

I'm writing this to you from a pastor's conference in Toronto.

Yesterday, we had a presentation on the character of Joseph, son of Jacob. His story can be found in Genesis chapters 37-50.

The story has been familiar to me for many years, especially now that I'm reading it each year in the One Year Bible (I wrote about this in an earlier edition). But I had not noticed before the point that our speaker was making.

Joseph endured being threatened with death, thrown into a pit, sold into slavery and taken to Egypt. Then when he was a slave of a wealthy man named Potiphar, who had a beautiful wife. Joseph was given control of all of Potiphar's household. But Potiphar's wife wanted to seduce Joseph. When Joseph refused, she accused him of trying to assault her, and her husband had him thrown into prison. Imagine finding yourself in an Egyptian prison, knowing you had committed no crime!

God was with Joseph, and we learn that soon the warden put Joseph in charge of all the prisoners. While there, he came in contact with the Cupbearer and the Baker. Joseph correctly interpreted dreams for them. The cupbearer was freed, and Joseph asked him to remember him to the emperor so Joseph could be released from prison. The cupbearer forgot! Two years passed! (I'm compressing some fascinating stories here) Finally the cupbearer remembered, and Joseph was invited to interpret a dream for the emperor, which he did correctly. As a reward, Joseph was given authority over the whole of Egypt, second only to the emperor. Here he had an opportunity to save the people from starvation, and his family with them.

What's the point? One point is that Joseph, who endured the hatred of his brothers, being dropped into a pit, sold into slavery, mistreated by his master's wife, unfairly sent to prison, and kept there an extra two years because of the forgetfulness of the cupbearer, still remained faithful to God. He kept his heart pure. He could have committed adultery with Potiphar's wife and blamed God for all those misfortunes. Yet he kept his heart pure and focused on God. God's Spirit was with him, so he prospered even in the midst of these hardships. Eventually God made up for all those disappointments. A famous line of scripture is Genesis 50:20. Speaking to his brothers, Joseph said, "You meant it for evil, but God meant it for good."

I believe God makes the same promise to us. If we keep our hearts pure and strive to be faithful to all that God asks of us, God will reward us in the end. Similarly, we find a promise in Joel 2:25 "I will repay you for the years that the locusts have eaten. . ."

Many of us have had times (or we may be going through one now) when we believe God has not cared for us as we anticipated. Take a lesson from Joseph. Let us remain faithful and believe that God will eventually make things right. When we are tempted to drop our standards, remember Joseph's story. Even in the face of contrary evidence, God is faithful. Let's keep our hearts pure before God.

Faithfully,
Jerry

"You meant it for evil, but God meant it for good."

CHRISTIAN EDUCATION THE REV. TAMALYN KRALMAN

Kral's Scrawls – Where is the Love?

With Valentine's Day coming, we'll be reminded of love everywhere we turn. Hearts, lace, reds, pinks, purples, candy and other sweets, the hints will be all around us. Some people will be really, really happy. Some quite annoyed. Some disappointed. But, here at St. James, we have some ways to bring a lot of smiles to a lot of people and you can be a part of it. Here's how...

- On Sunday, Feb. 8, come be a part of **St. James Super Sunday**. For preschoolers through 5th graders and their parents, grandparents and other caregivers, we'll be gathering at noon for a yummy lunch of homemade chicken noodle soup and grilled cheese sandwiches. After that we'll have a great time together with games, music, cookie & bag decorating, and card making, and storytime with our own storyteller, Bruce Kraig. While the kids are busy with all of this, the adults will have a workshop/discussion group: *Celebrate More, Spend Less: How to make birthdays, holidays and other special occasions with your children even more special, when budgets are tight.* How can you help? We'll need volunteers to help with each of the craft projects. Please let me know if you are available.
- In March we will, once again, be doing our College Care Packages. As you will remember from last year these are shoeboxes filled with homemade cookies, Starbuck's gift cards, and handmade cards by our Sunday School kids. We'll be doing the preparatory work ASAP so that the boxes can be mailed in early March. So, stay tuned for further details and be ready to act. Your energy, enthusiasm and participation will once again be needed!

So, where is the love? It's all over this place and you are living evidence. Thank you for that.

Peace,
Pastor Tam

**Turning Points: Stories of Life and Change in the Church
Sundays, Feb 1, 8, 15, and 22
9:00a.m. to 10:00a.m.**

Please join our adult Sunday School class for the four segments of this amazing and inspiring documentary about Presbyterians struggling with the denomination's ordination standards and discerning the role Christ calls those who are Christian & gay or lesbian to take in the Church. Each segment will be followed by group discussion. Whom does God call to serve? Christians of all theological viewpoints are invited to watch and discuss this thought – provoking documentary together.



**Saint James Super Sunday
Sunday, Feb 8
12:00 – 2:00 p.m.**

It's like a mini Vacation Bible School all in two hours! Come join us for a fun afternoon of kids' activities: cookie decorating, card making, songs, games, and story time with our very own storyteller Bruce Kraig. We'll start at noon with homemade chicken noodle soup and grilled cheese sandwiches. As lunch winds down, we'll send the kids one way for games, art, music, and storytime and parents, grandparents and friends will gather for a workshop/discussion group: *Celebrate More, Spend Less: How to make birthdays, holidays and other special occasions with your children even more special, when budgets are tight.* Our theme for the day is "Sharing Love" and we'll be thinking about and practicing ways we can share God's love with those in need. Invite your friends and neighbors, but please RSVP: (ministered@saintjamespres.org or 360.733.1325) so that we will have an accurate headcount for lunch and crafts. (Both adults and children should RSVP.) Recommended for ages pre-school – 5th grade.

A lot of people are waiting for Martin Luther King or Mahatma Gandhi to come back - but they are gone. We are it. It is up to us. It is up to you.

- Marian Wright Edelman

YOUTH NEWS Tara Giddens, Youth Leader

A Day to Remember

Wow, what an incredible day. I woke up early this morning to watch Barack Obama's Inauguration and was blown away. While I know I've seen other presidents come into office this is the first one I can remember actually watching...and understanding what was happening. The whole ceremony was amazing and moving, from the music to the speeches. It made me, once again, proud to live in this great country and excited for the future. I can not wait to see what the future holds for each one of us. I see this excited attitude in many people around me and I know that they too are anxious for what is to come. As I have heard many times before and say now, nothing is impossible, nothing. To know that, and live that is an amazing feeling. After hearing stories of my grandmother dealing with sexism and working hard to break those glass ceilings I am proud to know that what she did has still not been forgotten. As long as I fight for what I believe in, work hard and accomplish my goals and continue to push barriers, my grandmother's work and other women everywhere will not have fought in vain for our rights. The same can be said with fighting against racism and even right now with marriage rights. The people in this county fight for what they believe in. While we might believe in different Gods, have different colors and live in different cultures we still are connected with our strength and love. Today is defiantly a day which I will always remember and be proud to say that I saw. It is a day that I will tell my children and my grandchildren about. It is a day when I cry tears of joy not sadness and lift my head high as I walk to class. Today is the beginning, a whole new start to our future.

HEALTH COMMITTEE BARBARA KILPATRICK

Check out our new "Health Hints" board in the hall next to the lounge! Theme: February-Heart Health Month.

Many brochures offer educational activities in the community. For example: Haggen's nutrition classes, heart screening, American Heart Association info and the Take Charge of Your Heart seminar. Excellent resources and something for everyone.

Jan 25th we had the opportunity to experience a new format healing service. It was well attended and truly Spiritually moving. Thank you Pastor Jerry.

Starting Feb. 1st, monthly blood pressure checks will be available in the Library after church. Please do not have caffeine within 30 minutes prior.

Reminders

- * Walk for health Mondays 9:30am
- * Ask members of the Women's Group about the "Prayer Shawl" ministry.
- * Please join us to Walk The Labyrinth. February 5th anytime between 7 and 8:30pm, 1st Congregational Church, at 2410 Cornwall. Need a ride? call Barb Kilpatrick or Bob Monahan.
- * February Prime Timers will include a little healthy heart information, focusing on handling stress in our lives. Will be fun and relaxing!
- * The Handling Stress presentation will be offered again February 22nd after service in the lounge.

"A cheerful heart is good medicine." Proverbs 17:22

MISSION & SOCIAL ACTION

Bread for the World

Workshop for 2009 offering of letters on reforming foreign aid to help reducing hunger. Saturday, February 21st, 9.30 - noon; Assumption School Library. RSVP and info: 888-75-BREAD x 1

Excerpts from LETTER ON GAZA Israel/Palestine Network of the Presbyterian Church,(USA) (January 7, 2009)

The Israel Palestine Mission Network of the Presbyterian Church (USA) condemns in the harshest terms possible the Israeli massacre of Palestinians now underway in Gaza. This long-planned and all too indiscriminate slaughter of hundreds of civilians , the wounding of thousands, and the destruction of homes, hospitals, schools, mosques and economic infrastructure cannot be justified in the name of Israeli security...

The Israel Palestine Mission network of the Presbyterian Church (USA), in accordance with the Gospel of Jesus Christ, stands with the victims of this atrocious massacre. We condemn violence committed by both sides, but can not turn a blind eye to the disproportionate amount of suffering on the Palestinian side of this equation. The simple fact is that the firing of the most lethal, high-tech weapons on earth into an embargoed, walled-in Gaza by Israeli forces is tantamount to what is crudely known as "shooting fish in a barrel"...

Carroll Hylkema, Moderator

Movie Matinee - "for the BIBLE tells me so" - February 15, 2009

You are invited to join us for a movie matinee on February 15th from 3 - 5:30 p.m. in the Fellowship Hall at St. James Presbyterian Church, 910 14th Street in Bellingham. The "moving" and "eye-opening" award winning feature length documentary film "for the BIBLE tells me so" was produced and directed by Daniel Karlake.

Through the film, as it shares the experiences of five Christian, American families, we discover how people of faith handle the realization of having a gay child or family member. The Seattle Times noted that the film "boldly takes on a loaded topic and examines it both intellectually and emotionally; the result may well leave you blinking away a few tears."

The film is 98 minutes long. We will provide matinee snacks and time for comment and discussion. The Fellowship Hall is handicap accessible by means of the fire lane at the rear of the church.

The matinee is sponsored by the Mission and Social Action Committee of St. James and approved by the Session. If you have questions, you may contact Karen or Bill Summers at 733-4836.

PRAYER VIGIL FOR PEACE IN THE MIDDLE EAST



The next Prayer Vigil will be at
First Presbyterian Church, 1031 N. Garden St., Bellingham (360.734.5510)

Sunday, February 18th at 5:30pm

INTERFAITH COALITION

Thank you from Interfaith Coalition!

Dear Members of St. James Presbyterian Church:

We appreciate your partnership with Interfaith Coalition of Whatcom County to assist local people in need. Thank you for your generous donation of \$750.

One project that kept us on our toes recently was providing warmth and safety to homeless individuals during December's cold snap. For 13 consecutive nights we opened our severe-weather shelters. Each night we were open, more people arrived to spend the night. By Christmas night, we hosted 87 men, 14 women, and one newborn as shelter guests. The following quote from a shelter guest could well be applied to you as a donor: "You volunteers are wonderful people and treat people with great compassion. Thank you so much for all that you do. God bless you."

Year around, regardless of the weather, nine families at any one time receive housing and support through our homeless housing program. Case-management services link families with community resources and support families in their quest to achieve self-sufficiency.

Your donation will also help people from all ages and from all walks of life receive quality medical, dental and behavioral health care services at the Interfaith Community Health Center. Residents in north Whatcom County, we're pleased to report, now have access to affordable health care since the opening in November of Interfaith Community Health Center – Ferndale. Previously, they had to travel to Bellingham for care.

Housing and health care are essential for quality of life. We're glad and grateful you've partnered with us to provide these necessities to our neighbors. Thank you.

God's love and blessings to you,
Laura DeRose
Executive Director

Please join us!

Interfaith Coalition invites you to enjoy an inspiring evening

Please plan to attend Interfaith Coalition's annual meeting on Tuesday, Jan. 27 and bring friends to hear first hand how your support helps people in need. The meeting, which begins at 7 p.m., is uplifting and provides an opportunity to connect with friends from other Interfaith member congregations. A young couple that lives with their daughter in one of the coalition's nine homeless housing units will talk about their journey toward self-reliance and a provider at the Interfaith Community Health Center will speak as well. There will be music, fellowship and refreshments. Trinity Lutheran Church is hosting the meeting in its new Grace Center at Cornwall and Texas streets in Bellingham

Laura DeRose,
Executive Director
Interfaith Coalition
phone: 734-3983
laura@interfaith-coalition.org

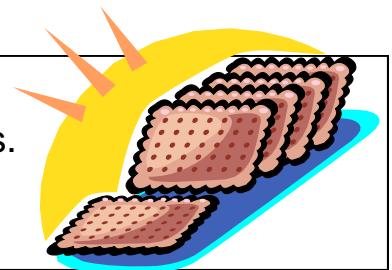
SESSION HIGHLIGHTS FOR JANUARY 11, 2008 CARLA SHAFER, CLERK

- Clerk's membership report for 2008: Active members – 228, Member Transfers – 4, Members deceased – 5, New members + 1, Members to inactive -4. Membership 2009: 216
- Deacons have elected Tony Richter to the Nominating Committee.
- Jerry will do Elder and Deacon Training prior to ordination and installation. He requested that the committees appoint temporary chairs, until elders are appointed.
- The Deacon retreat is 1/31/09 from 9-3. The Parish Brunch is scheduled for Sunday, March 1, 2009. New people, who are not members, need to be recommended to the Deacons to invite to the Parish breakfast.
- Treasurer's report: Because of the weather in December attendance was low and the giving was down. There is a strong possibility that there will be catch-up checks in January. The New Covenant funds have shown a substantial increase. We have a year end balance of -\$14.65.
- The Ash Wednesday Service will be 2/25/09 at 7 PM.
- Use approvals: Friendly Visitors volunteer peer support meeting in the Horizon room first Saturdays, 9:30-noon. Girl Scout Troop 48 meeting on Monday evenings in the Horizon room with some overnights on Fridays.
- The furnace blower capacitors have been installed and they are working.
- Youth fund raising activities were approved: Sub Sandwich sale for Maple Alley Inn related to Super Bowl Sunday.
- Barbara Kilpatrick gave an update on the Parish Nurse. She will offer educational and blood pressure clinics after church for a total of about 10 hours per month.
- Personnel: Our custodian, Tim Chandonnet, is back at work since his shoulder surgery.
- The 2009 Budget was approved. It has a minus balance of \$17,234. People have been cautious about giving related to the economic downturn. Sally requested an e-mail conversation about what we can do during the first quarter to help build recognition for St. James. Randy suggested a membership drive and improving understanding about evangelism building membership. Jerry advised that often the solution is placed nearby and encouraged Session members to look around and stay alert.
- A Memorial Service was held on January 3, 2009 for Laura Battles Eckert (3/18/1913 – 12/24/2008) at Westford Funeral and Jerry officiated.
- The next stated meeting will be February 8, 2009 at 1 PM

Sunday School Snacks

Please bring your donations to the desk in the art room downstairs.

We need *fun & tasty* crackers! (No saltines please)



Ash Wednesday Service
January 25, 2008
7:00pm

TREASURER'S REPORT SALLY ALBERS, TREASURER**General Fund:**

December income was \$12,628.27, well below expectations due to a series of winter storms that kept many of us at home through the holidays. Even the postman failed to make it to our door a few days. Expenses were slightly over budget for the month (about \$133); \$9,000 under budget for the year. The General Fund now stands at a negative \$14.65. We have adequate cash in the bank including \$7,240.64 in prepaid pledges for 2009. While the general fund was negative on 12/31/08, we were back in the black as of January 1, 2009.

Designated Giving/Named Activities Fund:

We received donations of \$875 for Christmas Joy Offering, \$155 for Food Bank, \$50 for the Angel Tree, and \$97 for other designated uses. Disbursements were \$405.50 for the Food Bank, \$312.50 for Poinsettia flowers, \$150 to JDRF in memory of Rosie Danielson.

Endowments:

Net asset value rose to \$61.09 as of December 31. Current values are still below original principal balances, so that we have no funds available for major capital improvements at this time. We are grateful for the extensive work completed in 2008 before the market declined. All cheers to the Buildings & Grounds committee!

2009 Budget:

The Session is supporting a reduced, "unbalanced" budget for the 1st quarter of 2009. We would like to avoid cutting staff or programs for obvious reasons. Cutting Local Benevolence Mission funding from \$10,000 to the same budget as 2006 (\$2000) hurts us all. Sadly, even with currently planned reductions our income projections for 2009 are \$17,235 short of projected expenses. We have run a lean operation for years. Many large expenses are not discretionary, and each additional cut will hurt even more. We are hopeful that conditions will improve or at least stabilize by the end of March.

In the meantime Session is looking for ways to increase income rather than reduce expenses further, even if the economy continues its decline. The congregation is invited to contribute innovative ideas for discussion. Put your thinking caps on! Prayerfully consider how you can participate. Tough times bring more people to our church door.

Please do not be fearful; our God promises abundance. We will abide in faith, giving with a willing heart, and showing gratitude for all that we have received.

Leaders and members of St. James are invited to register for a workshop entitled:

"Waking to the Passions of God", based on the book by the Rev. Dr. Mark Labberton, entitled: "The Dangerous Act of Worship: Living God's Call to Justice." The event will be held Saturday, February 14th from 9am to 4:30pm at Mercer Island Presbyterian Church. Mark is senior pastor of First Presbyterian Church, Berkeley, CA.

Mark is a good friend of mine. I've read his book and commend it, plus the workshop to you. I think it will help us see more clearly how our passion for justice fits into our Christian heritage. We will be inspired and encouraged from attending this event, which is jointly sponsored by the three northwest Presbyteries. For more information, visit www.npspresbytery.org or call them at 425.355.0922. Registration cost is \$20. First come, first served.

See you there!
Jerry

February 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9am Adult Class 9-10am Fellowship Breakfast 10:30am Worship- Communion 7pm AA (FH)	2 9:30am Walk for Health 6:15pm Girl Scouts 48 7pm Preschool Board (HR) 7pm Troop 7 (FH, SC)	3 8am Prayer Group (L) 10am Staff (L) 4pm CE 4pm Worship 5pm Stewardship <i>ten.</i> 5:30pm AI Anon (SR) 7:30pm WA Gen- der Alliance (SR)	4 6pm AA Men (HR)	5 9am Health Comm. (L) 10am Sew & Sews Craft Circle (HR) 6:30pm Bell Choir (HR) 7pm SLAA Group (SR) 7:30pm AA Fair- haven (FH) 7:30pm Choir	6	7 9:30am Friendly Visitors (HR) 10am OA (SR)
8 9am Adult Class 9-10am Fellowship Breakfast 10:30am Worship 11:30am Super Sunday (FH) 12pm Deacons 1pm Session 7pm AA (FH)	9 9:30am Walk for Health 6:15pm Girl Scouts 48 7pm Troop 7 (FH, SC)	10 8am Prayer Group (L) 5:30pm AI Anon (SR) 7pm Preschool Parent meetings (FH) 7:30pm WA Gen- der Alliance (SR)	11 6pm AA Men (HR) 6:30pm Whatcom Weavers Guild	12 10am Sew & Sews Craft Circle (HR) 6:30pm Bell Choir (HR) 7pm SLAA Group (SR) 7:30pm AA Fair- haven (FH) 7:30pm Choir	13 12pm Prime Timers	14 Valentines Day 9am Church Work Party 10am OA (SR)
15 9am Adult Class 9-10am Fellowship Breakfast 10:30am Worship 3pm Movie Mati- nee 7pm AA (FH)	16 President's Day 9:30am Walk for Health 6:15pm Girl Scouts 48 7pm Troop 7 (FH, SC)	17 8am Prayer Group (L) 5:30pm AI Anon (SR) 7:30pm WA Gen- der Alliance (SR)	18 5:30pm Prayer Vigil for Peace in the Middle East at 1st Presbyterian Church, Bellingham 6pm AA Men (HR)	19 10am Sew & Sews Craft Circle (HR) 6:30pm Bell Choir (HR) 7pm SLAA Group (SR) 7:30pm AA Fair- haven (FH) 7:30pm Choir	20	21 10am OA (SR) 6pm Music Teach- ers Association (S)
22 9am Adult Class 9-10am Fellowship Breakfast 10:30am Worship- Transfiguration of the Lord 11:45am Handling Stress 7pm AA (FH)	23 9:30am Walk for Health 5:30pm Girl Scouts 230 (HR) 6:15pm Girl Scouts 48 7pm Troop 7 (FH, SC)	24 8am Prayer Group (L) 10:30am Women's Bible Study 12pm Women's Potluck Luncheon 5:30pm AI Anon (SR) 7:30pm WA Gen- der Alliance (SR)	25 Ash Wednesday 10:30am Whatcom Literacy Council (L) 6pm AA Men (HR) 7pm Ash Wednes- day Worship	26 10am Sew & Sews Craft Circle (HR) 6:30pm Bell Choir (HR) 7pm SLAA Group (SR) 7:30pm AA Fair- haven (FH) 7:30pm Choir	27	28 10am OA (SR)

Children's Co-Op Preschool
 For schedule and information
 please call **305-5656** or
 Sally Parsons, president at
 6471565

February Birthdays

1 Margaret Rice
2 Jim Freeman
2 Jami Templeton
4 Allison Crandall
4 Laura Crandall
5 Evelyn Hatch
5 Janet Oakley
6 Ann Culbertson
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
18 Mary Eason
19 Vie Renard
20 Randy Bowers
22 Gail Haines
22 Tony Richter
26 Ralph Rinne

February Anniversaries

1 Tom & Margaret McVie

If you would like your birthday or anniversary included, corrected, or omitted, please contact the church office at 733-1325 or office@saintjamespres.org

PRIME TIMERS

Prime Timer's Salad & Sandwich Lunch
Friday, February 13th
12pm in Horizon room.

Since it's Valentines month, we will have a discussion of heart health. If you have any questions, contact Phyllis Jones at 734-4504.

MONTHLY CHURCH WORK PARTY!

Join us in maintaining our lovely church!

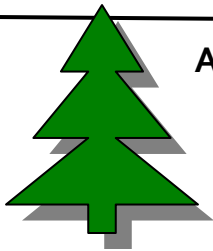
Saturday, February 14th at 9am

PRESBYTERIAN WOMEN OF ST. JAMES

Tuesday, February 24th in the Fellowship Hall

Presbyterian Women's ANNUAL SOUP TASTING LUNCHEON and Antic Road Show

Bring some item for evaluation. For more information please contact Phyllis Jones at 734.4504 (10:30am Bible Study precedes luncheon.)



ANNUAL TALL TIMBER CAMP CONGREGATIONAL RETREAT

"Where God Lives in the Winter Time"

Thursday, February 19—Sunday, February 22, 2008

Located close to Lake Wenatchee, off Steven's Pass
(Carpool from Church on Thursday 10:30am)

EVERYONE
WELCOME!

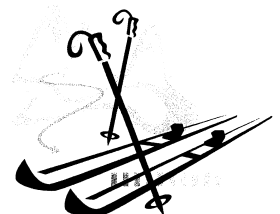
ACTIVITIES Skiing, sledding, snow-shoeing, hiking, snow games, Igloo building, and snow tubing
Indoors: Fellowship, games, crafts, quiet time, good music, meaningful devotions and worship.

COSTS \$95—\$103 per person for the weekend, including food and lodging

\$47.50—\$51.50 for children 5-11 *Free under age 4*

Optional winter recreation fee is \$10 per person—Includes ski, snowshoe rentals, tube rentals

FOR MORE INFORMATION please call Rick Seater (738.7739) or rseater@aol.com or Teresa Bowers (671.5280) tess@sulerin.com



St. James Presbyterian Church
910 14th Street
Bellingham, WA 98225
(360) 733-1325
www.saintjamespres.org

Sunday Schedule

9am Adult Class
9-10am Family Breakfast
Sunday Worship 10:30am

Office Hours

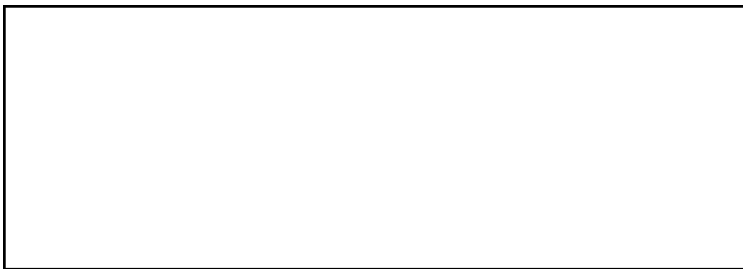
Tuesday—Friday
9:00am-2:00pm

Ministers: The Congregation
Interim Pastor: The Rev. Jerry Poole
Minister of Educational Programs:
The Rev. Tamalyn Kralman
Secretary: Natasha Orme
Treasurer: Sally Albers
Youth Leader: Tara Giddens
Custodian: Tim Chandonnet
Music Director: Carolyn Mullen
Organist / Pianist:
Kirsten Rutschman
Mission: New Earth / Tierra Nueva
Bob & Gracie Ekblad
PC (USA) Regional Liaison to Jordan, Israel & Palestine:
Doug Dicks

**Thanks to the
Pulse Mailing Crew**

Margaret deMaine
Mary Elmslie
Dorothy Herrmann
Phyllis Jones

If you didn't get an Annual Report and would like one, please contact Natasha in the church office at 733.1325 or office @santjamespres.org



Return Service Requested

Nonprofit Organization
U.S. Postage Paid
Bellingham, WA
PERMIT NO. 18

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