



The Monthly Heartbeat

The Hope in Christ Church Newsletter

MAY 2017

Embrace	Enfold	Encourage	Equip	Exalt
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Spiritual Disciplines

Taken from “Embers To A Flame” by Harry L. Reeder III
Submitted by Pastor Scott

The Spiritual disciplines fall into two categories: personal disciplines of denial and abstention and personal disciplines of devotion and development.

Disciplines of Denial and Abstention

The disciplines of abstention are crucial because we have to “put off the old man” in order to “put on the new man.”

Simplicity in life. Simplicity is evidenced by the ability to live an uncluttered life with focus, creating margins in life by learning the principles of effectiveness. Learning to say no by having bigger yeses is the key to simplicity in life. Instead of doing a lot of things efficiently, it is important to do the right things for effectiveness.

Frugality in life. It’s important to be committed to using principles of stewardship by not only spending our time well but spending our resources well. Frugality in life is living within our means while giving beyond our means.

Silence in life. There is joy in being alone with the Lord, reflecting on the Word of God while speaking intimately in prayer with Him. “for God alone my soul waits in silence” (Ps. 62:1). The Christian life is not only an *intentional* life to impact the world for the Lord, but also a *contemplative* life to know the Lord intimately and personally. This is the key to being in the world but not of the world.

Sacrifice in life. If we engage in simplicity in life, frugality in life, and silence in life, then we will have margins in

our life so that we now have available time, resources, and energy to sacrifice in life as we serve our Savior.

Chastity in life. Chastity is the discipline of refusing to engage in sexual intimacies outside of the covenant of marriage, which is established in the Word of God as one man and one woman in one life as they embrace the glorious truth, “let marriage be held in honor among all” and remember the warning that “God will judge the sexually immoral and adulterous” (Heb. 13:4). Flee temptation to pursue chastity and purity in order to honor the Lord in all aspects of life.

Fasting in life. Fasting is never to be embraced as an act of penance but as an act of focus always united with prayer and the Word to draw close to the Lord. In fasting we are not only bringing an absolute intentional commitment to hear the Lord, but also declaring that even the God-given blessing of life (food and drink) will not stand between us and the Lord—for to me to live is Christ and to die is gain. In fasting we cry out, “Lord, you are our food and drink,” for man should not live by bread alone but by every word that proceeds from the mouth of the Lord.

The six spiritual disciplines of denial and abstention now position us for the six disciplines of devotion and development. “Putting off” now allows us to “put on.” If you don’t put off, then you cannot put on. If you don’t put on, then what you have put off will usually return in even greater measure. As our Savior warned us, the heart that has been emptied of the unclean spirit, if it remains unfilled, will be reoccupied with seven spirits more evil than the first (Luke 11:24-26).

....continued on page two

Items of Interest from April's Council Meeting

By Mike Boer

The council visited with Bekah Roberts regarding her Evangelism outreach training session scheduled for June 21-24, 2017. She is contacting Grace Church to partner, but is still waiting for a response. Researching teaching methods to prepare people. Training interspersed with practical. Growth to outreach with spiritual and political discussions. Directed to various locations around Bellingham. Encouraged by amount of support both emotional and practical advice. Goal is to start delegating projects and duties to groups. Bekah needs a leader to take on meal planning and a great need is a person to help organize and plan and galvanize. If you would like to assist please let her know.

Approved March 8th, 2017 Council Minutes

Moved to contract outside tree service to cut down two trees by the fellowship hall. - approved

Church Vitality Renewal - Strategic Planning Team has report and a lot of homework - Team will report on the PULSE survey during the April 30th Sunday School hour prior to the potluck

Talking About God – Video Series on Spiritual Conversations. Session # 3 Next month May 7th at 6:00PM

Envision Ministry -Jesus Gathering - Motion to approve to allow Envision to continue meeting in our worship center every 2nd Sunday of the month. - Approved

Church Administrative Assistant - there are 2 applicants and are meeting for interviews

Elder and Deacon Nominations: Elder - Jerry and Faye Hop; Deacon - Lisa Oppenhuizen, Rockelle Ruiter, and Keith Sentkowski

Pulpit supply - April 30th David Richards, June 11th Aaron Walters, June 18th Mitch Senti

Mosaic CRC rebuild project scheduled for April 22nd and 23rd (this has since been cancelled)

From Embers to a Flame...cont. from Page one

Disciplines of Devotion and Development

The study of God's Word. The bible calls us to be "workers" who study the Word of God by "rightly handling the word of truth" (2 Tim. 2:15). Paul proclaimed

the nobility of the Berean Christians by declaring that they not only "received the word with all eagerness" but were also examining "the Scriptures daily to see if these things were so" (Acts 17:11).

Intercessory and contemplative prayer. We hear God in His Word. Now we bring to God the issues of life and the praise of our lips. Our relationship with God is not a monologue but a dialogue. He speaks to us in His Word, and we speak to Him in prayer.

Meditation and memorization. "I have stored up your word in my heart, that I might not sin against you" (Ps. 119:11). The word *meditate* can be further explained by the word *ruminate*. A cow chews the cud, swallows, brings it back up, and chews again to get every nutrient. So we do with the Word of God. Medication and memorization allow us to chew on the Scriptures, bring them back, and chew them again thoughtfully, continuing the process to gain devotionally all the nourishment we need from the Word of God.

Reflection. In the Word and in prayer we gain insight, instruction, and knowledge; with memorization and meditation we gain clarity; and with reflection we gain application and implication. What is the Word saying to me about the glory and majesty of my God—His attributes, his actions, His decrees, and His providence? In light of that, how am I being reproved, correct, and trained for righteousness? This will then automatically lead us to confession.

Confession. As believers spend time in the Word, prayer, meditation, and reflection, it soon becomes evident that we have fallen short of the glory of God. Then, in the grace of the Lord Jesus, we are allowed to flee to the throne of grace and mercy in order to find help in the day of trouble, for the invitation is clear: "If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness" (1 John 1:9). Now we are ready for the sixth discipline of devotion and development.

Consecration. Knowing we are loved, knowing we are cleansed from our sins, and knowing we have a glorious Savior, we are ready to rise up as instruments of the Lord. There are no little people in the kingdom of God. God's calling stretches before us as men and women, husbands and wives, parents, members of the body of Christ, and citizens of the kingdom of God while we sojourn in this world, committed to declaring the excellencies of Him who has called us out of darkness into His marvelous light.

Thank You From Interfaith

From the bottoms of our hearts, thank you and the Hope in Christ congregation so much for your generous gift to the Interfaith Coalition annual Hope Auction. Your wine and cheese basket was *very* popular at the auction, and your contribution helped us shatter our auction income goal! Your, and Hope in Christ's, generosity means much to the families and individuals we support. When I called Jenn (our video interviewee) on Sunday to tell her about the success of the auction she burst into tears. She was amazed and grateful that so many people care about her and others struggling with homelessness. So, a huge "thank you" from her as well.

The final total was just over \$200,000, which is an increase of \$30,000 from last year's auction! The success of the evening deeply touched all of us, and was a clear message that we must continue to work hard to make sure that every child and their family has a safe home to come home to at the end of the day, and that no one is cold or hungry in our community. And we can do this. Together.

Jenn's video was shown at the auction to share the story of one of our housing families' experience in Interfaith housing. You can find the video on YouTube if you use this link: <https://youtu.be/Ex6jn7jp9xc>. (You can also go to YouTube, and put "Interfaith Coalition of Whatcom County" in the search line and then click on "Jenn's Story.")

Thank YOU so much for your work and dedication in helping facilitate your congregation's generous response to our auction. I'll also be sending a message of thanks to your congregation's bulletin/newsletter editor. If you would like any more information about the auction, or Interfaith programs, please give me a call or an email. I would be happy to tell you more and give you updates on our Family Promise program.

With Gratitude and Blessings –
Janie

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A Note of Appreciation

Ken and Elaine Wick and family would like to extend our deep appreciation for the prayers, flowers, cards, phone calls, emails, texts and visits from so many of you after the passing of our dear, sweet granddaughter Mackenzie.

We could not endure without the constant blanket of prayer providing the peace and comfort that can only be found through our precious Lord and Savior.

The following written by Ron Tramer expresses our anguish and our peace:

There's nothing in this world
That brings such happiness,
as that of a dear sweet child,
To hold, love and caress.

As one comes into our family
There is no greater joy.
It matters not the gender,
Baby girl or baby boy.

There's nothing in the world
That brings such heartfelt sorrow,
As to have them in your life one day
and find them gone tomorrow.

At the loss of a little child
We must have faith, love, and trust
In God, our Heavenly Father,
Who gave the child to us.

Love for the gift He gave us.
Trust in His wisdom divine,
and faith we'll hold our child again
In a better place, at a better time.

Blessings to all!



Deacon's Digest

By Terry Vander Woude

Congregational Birthdays For May

To the congregation of Hope In Christ Church,

Love INC wishes to thank you for your very special donation for energy assistance for our clients. Because of your loving generosity we were able to assist 11 clients with their energy bills in amounts ranging from \$20 to \$250. You have blessed them with warmth and given them a glimpse of God's love in action.

We thank you for your continued support.

Cindy McKay
Clearinghouse Coordinator
Love INC
360-671-6201

Free Breakfast Provided by the Deacons

The Deacons, under the supervision and direction of Deloris Perry, will be providing a free breakfast on May 13th from 8-9a.m. prior to the campus cleanup. All are welcome to join us for breakfast. We will begin the yard cleanup around 9a.m. Bring your gloves, hand shovels, rakes, buckets and join us as we spruce up the campus. Donations of plants are always welcome, as long as the donor realizes you may have to stop by the church and water it.

Giving in March 2017

By Dan Obbink

	<u>March</u>	<u>Year-to-Date</u>
Designated Fund Offerings:	\$ 1,727	\$ 10,687
General Fund Offerings	\$11,325	\$ 60,456
Rent / Utilities Income	<u>1,550</u>	<u>6,866</u>
Total Undesignated Income	12,875	67,322
General Fund Expenses	(16,450)	(71,921)
Income Over(Under) Expenses	<u>\$ (3,575)</u>	<u>\$ (4,599)</u>
Total 2017 budget, including ministry quotas		\$ 222,173
Year-to-Date Budget for 4 months		\$ 74,058
Total Undesignated Income		<u>67,322</u>
Income Over (Under) Budget		<u>\$ (6,736)</u>

Loan Balances:

Classis: \$ 20,000

- 1 David Richards
- 6 Jr. Johnson
- 9 Elaine Snapper
- 18 Peter Senti
- 19 Lanny Speyer
- 24 Megan Speyer
- 31 Elaine Barringer



A mother's example

When I think of my mom, especially on Mother's Day, I recall a scene I witnessed many times during my childhood.

Late at night, just before bedtime, my mother would sit in a rocking chair in the darkness with her head bowed in prayer. When it was nippy, the glow from the space heater revealed a lovely scene that fascinated me.

My bed wasn't far away, and just before I fell asleep I often saw my mother praying. Her face was beautiful and aglow. She radiated holiness and serenity, and I was deeply affected.

I never once talked to my mom about her prayer life. I was only 17 when she died. As traumatic as it was for me, I wonder if it weren't a rather easy transition for her. After all, she seemed to live with one foot in heaven.

—Charles Ferrell

Assurance of the Ascension

After the Resurrection, the risen Lord instructed his followers not to leave Jerusalem. It was there, Jesus said, that they would receive "the promise of the Father" (Acts 1:4, NRSV). What was that promise? It was that they would be baptized not with water but with the Holy Spirit.

Shortly after that utterance, Jesus was "lifted up, and a cloud took him out of their sight" (v. 9).

The Ascension reminds us that even though Jesus isn't physically present on earth, as the living Christ, he is as near as we allow him to be.

Jesus' Ascension offers us the assurance that God is now available to all people all the time. He lives as a guiding, loving Spirit in our midst.

Dear friends,

Meet Stefanie.

Stefanie is the granddaughter of **Cristobal Coc**, a farmer and community leader in **Concepción Actelá**, Guatemala.

Every bite of food that Stefanie gets comes from constant labor by her family in the water-scarce, unforgiving terrain of her remote village. Right now, Stefanie's future holds only sporadic schooling, hard labor, and disease.

Stefanie's grandfather Cristobal wants to **change her story**. He wants her to go to school and have enough to eat so she can study.

He is ready to work hard to make that happen. As a community leader, Cristobal is investing in sustainable agriculture, preventative health and literacy in his village with the assistance of you through World Renew. You see, when we walk alongside someone who is intent on changing their story, we become a part of their re-write through our gifts. You and I can help Cristobal change Stefanie's story. In the program that support creating enough food...

A bag of beans is \$20
A dry-season growing System is \$25
A group agricultural Training costs \$45
The average North American spends about \$180 a week on food.



Imagine what that could do to change the story for Stephanie. Like Cristobal we know that before everything else a child needs to eat.



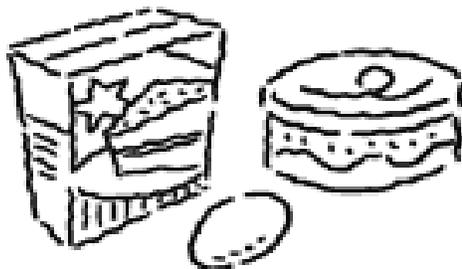
Let's work with Cristobal in changing Stefanie's story from one of hunger to ENOUGH FOOD!

Carol Bremer-Bennett
Co-Director
World Renew US

Cloud Cookies

Jesus was "lifted up, and a cloud took him out of their sight" (Acts 1:9, NRSV).

When you make these cloud cookies, remember what the angels said to his apostles: "This Jesus, who has been taken up from you into heaven, will come in the same way as you saw him go into heaven" (verse 11).



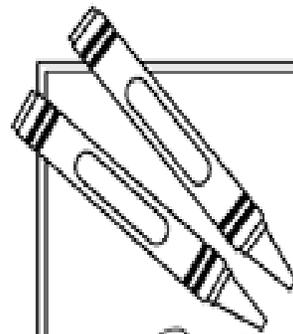
What you need:

- An adult to help
- 1 white cake mix
- 1 egg, beaten
- 1 container (6 oz.) of frozen whipped topping, thawed
- 3 cups powdered sugar



What you do:

1. Combine cake mix and egg.
2. Fold in whipped topping.
3. Drop by teaspoonfuls onto powdered sugar and coat well.
4. Place on ungreased cookie sheet.
5. Bake at 350 degrees for 8-10 minutes or until tops are firm.

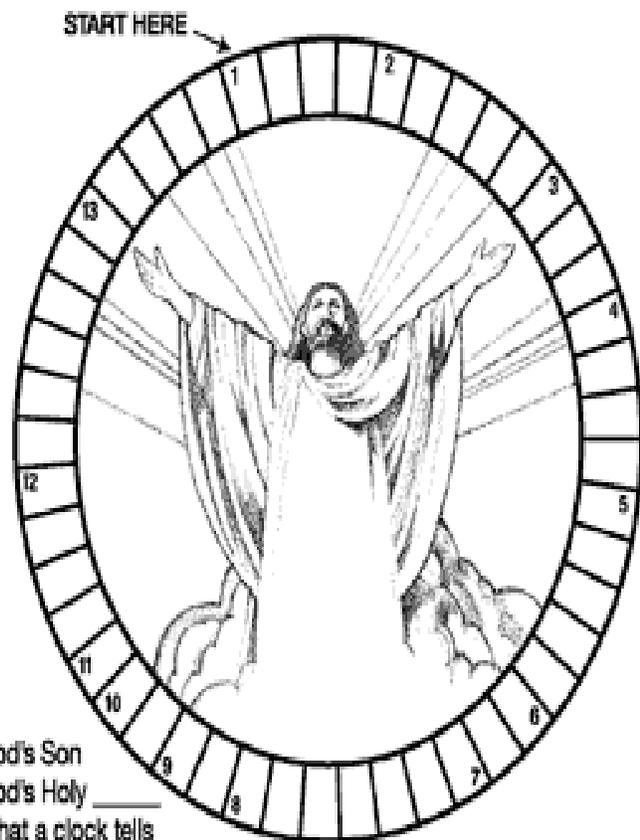


Just for KIDS

Ascension of the Lord

On the day Jesus left his disciples and went up in a cloud to heaven, he said to them, "I will not leave you comfortless: I will come to you." (John 14:18, KJV).

Read the clues below. The last letter of each word is the beginning of the next word.



1. God's Son
2. God's Holy _____
3. What a clock tells
4. Our planet
5. Where Jesus is now
6. Opposite of Old Testament
7. An onlooker
8. Place to see clouds
9. Modern word for thee
10. Opposite of down
11. Authority or strength
12. Comes back
13. Searches for

Answers: 1) Jesus; 2) Spirit; 3) time; 4) Earth; 5) heaven; 6) new; 7) witness; 8) sky; 9) you; 10) up; 11) power; 12) returns; 13) seeks

Answers:

Preaching Series:

- 5/7 1Th. 3:10-13 Praying in Love (GEMS Sunday)
5/14 1King 17:1-7 Challenging Idolatry
5/21 1King 17-7-16 Testing Our Faith
5/28 1Kings 17:17-24 Raising The Dead (Memorial Weekend)

Greeters Schedule

Outside Doors

- 5/7 GEMS
5/14 Karen Smith and Chris Pike
5/21 Herm and Ali Laninga
5/28 Deloris Perry and Helen Bowman

Serving Assistants

- 5/7 Micah, Clara
5/14 Kylie, Michal, Faith
5/21 Mattea, Grace, Caleb
5/28 Zeke, Chantel, Amber

Coffee/Snack Schedule

- 5/7 Ida Richards, Jen Roberts
5/14 Rockelle Ruiters, Jan Scholten
5/21 Joanne Schultz, Jolene Skovron
5/28 Karen Smith, Elaine Snapper

Prayer Room

- 5/7 Don Vanderpol
5/14 Denise Doezema
5/21 Ida Richards
5/28 Del Bosman

Offering Schedule

- 5/7 General Fund/GEMS
5/14 General Fund
5/21 Outreach Fund
5/28 General Fund

Ushering Schedule

- 5/7 GEMS
5/14 Len Vander Woude and Helen Bowman
5/21 Bud Brouwer and Ken Wick
5/28 Joe Pruitt and Don Knutson

Sunday School Schedule

- 5/7 Diane Button and Darlys Recker
5/14 Diane Button and Brian Koning
5/21 Diane Button and Brian Koning
5/28 Diane Button and Brian Koning

Children & Worship Schedule

- 5/7 Bekah Roberts and Ali Laninga
5/14 Dan Obbink and Kylie Thramer
5/21 Jen Roberts and Mairi Bravener
5/28 Bekah Roberts and Ali Laninga

Sunday School Observer

- 5/7 Mike Boer
5/14 Lisa DeSalvo
5/21 Joe Pruitt
5/28 Dan Obbink

May 2017

Sun

Mon

Tue

Wed

Thu

Fri

Sat

	1	2	3	4	5	6
	6:30pm GEMS Meets		9:45 Women's SG meets 10am Men's social grp 7pm Elders and Deacons	6:30am Men's SG Meets 7pm Men's SG meets 7pm Praise Team		
7 9:30 Worship and GEMS Sunday 11:00 SS 6:00pm TAG	8 6pm Friendship Dinner and last meeting until Fall	9 6:30pm Boers Grp Meets 7pm Women's SG Meets	10 9:45 Women's SG meets 10am Men's social grp 7pm Council meets	11 6:30am Men's SG Meets 7pm Men's SG meets 7pm Praise Team	12	13 8-9 am Breakfast 9-noon Campus cleanup
14 9:30 Worship 11:00 SS 4:30pm Envision Mission 4:30pm Roberts Grp meets	15 6:30pm GEMS Meets	16	17 9:45 Women's SG meets 10am Men's social grp	18 6:30am Men's SG Meets 7pm Men's SG meets 7pm Praise Team	19	20
21 9:30 Worship 11:00 Sunday School 7pm Laninga Grp meets	22	23 6:30pm Boers Grp Meets 7pm Women's SG Meets	24 10am Men's social grp	25 6:30am Men's SG Meets 7pm Men's SG meets 7pm Praise Team	26	27
28 9:30 Worship/Friendship Sunday 11:00 SS 4:30pm Roberts Grp Meets	29  MEMORIAL DAY	30	31 Set up for garage sale	Set up for garage sale	Garage Sale	Garage Sale