

# ***The Monthly Heartbeat***

## **The Hope in Christ Church Newsletter**

**May 2019 Issue**

### **Counseling Those With Medical Illness**

**By Pastor Scott**

Your friend was just diagnosed with cancer Your spouse has taken ill and will not be well again for some time Your child was admitted to the hospital for appendicitis. What does counseling look like in these situations?

The truth is that all of us will undergo physical pain and suffering at some time in our lives and depending on the extent of the illness or its timing, we may need to seek counseling to work through the issues that medical illness presents. In a like manner, we may find that people seek us out to help them work through their issues. When that happens, our goal must be to extend compassion, comfort, encouragement and a plan to help those in need to face their trial in a way that honors God.

We should seek to understand the extent of the hardship that those facing medical illness are experiencing. Sometimes it will be the struggle of living with short or long-term pain. At other times the illness may create financial strain, relational struggles, and/or emotional distress. All of these are real and it is important that we do not minimize the struggles that a person or family are sensing. We need to seek to understand their pain and to love them through it. Furthermore, they need to know that God has a plan and He is still in control in the midst of their struggle.

Practically this means allowing a person to talk and learning to listen patiently and insightfully. One may need to ask probing questions, like ‘How is this affecting your financial situation?’ or ‘Is your employer un-

derstanding?’ or ‘How is this affecting your lifestyle?’ or ‘Are there side effects to the treatment? How are you doing with them?’

As we listen, one temptation is to offer our own insight into the medical diagnosis. We must resist the temptation to give medical advice or diagnosis and instead accept the medical prognosis while helping the person to see how God is working in and through the situation. Maybe a question like “God could have prevented your illness. Why do you think he didn’t?” will help the individual to refocus upon God to receive whatever he wishes to impart through this trial.

As we listen, it will become clear where the person needs hope. We must give it. People need to know that victory exists even when pain and suffering can’t be relieved (2Cor 12:10). They need to be reminded of God’s promises to his children and his good plans (Jn 14:18, Jer 29:11). People also need to use the biblical terminology of their situation. Are they fearful or worried? Don’t let them use words like concerned or apprehensive. By using biblical terminology, we can help people to cast their eyes back upon the Lord. Furthermore, we don’t downplay a tendency that modern people have developed: the minimizing of sin.

We want to encourage people to remain faithful, even in their struggles and pain (2Cor 12:8-10). We want them to find peace (Phil 4:7). We want them to seek to have the glory of God expressed in their lives (1Cor. 10:31). These are a few thoughts on helping you to counsel those undergoing short and long term medical trials.

# VITALITY TEAM NEWS

## READY! SET! GO!

The Vitality Team continues to pursue our goals of providing for Youth Leadership and also exploring ways to continue to embrace Personal Evangelism. There will be an update presented at the May 5th Congregational meeting where we look forward to reaching out to our church family.

## COFFEE STORIES ANYONE?

On May 12th during the service we will be asking for the sharing of stories from handing out the coffee cards. This will be your opportunity to encourage all of us in reaching out for Jesus, and the responses are always interesting and meaningful, as we can learn from any interaction! And remember that what we do for God's glory a success no matter how small.

So, be thinking of what you would like to share with us- it will be a blessing! Thanks!

## ROCKING FOR JESUS



Be on the lookout for some fantastic painted rocks and be thinking about how you can join in this fun way of leaving a message of blessing for someone!

## GATHER AROUND THE TABLE

On Sunday, June 9th the Vitality Team will be hosting a round table discussion after the service to talk with you about 2 things:

- 1) Is it hard for you to talk about Jesus and your faith outside of church? Why?
- 2) If it is not hard for you, - why not? And how have you overcome hesitancy?

Please plan to join us to share your thoughts as we would truly like to hear from you.



## GEMS SUNDAY IS MAY 5

The GEMS girls club will share with us their theme "Be a Blessing." A second love offering will be taken to support GEMs girls club international.

## BE A BLESSING FAMILY CELEBRATION ON MAY 6 AT 6PM

GEMs and their families are invited to the Be a Blessing Family Celebration on May 6 at 6 p.m.

It will be a fun, theme focused, year-end event for the entire family to celebrate the girls and what they learned during GEMS this season. Pizza, salad and dessert will be served.

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## Family Promise Update

### By Ali Laninga

As mentioned in the last *Heartbeat*, our congregation is scheduled to serve in a supporting role for Family Promise the week of May 26 at First Christian Church.

Please be praying about how you might be involved as a volunteer in this ministry to homeless families in Bellingham. Here are the various tasks/roles for each day:

Dinner Hosts/Preparers (2-3 persons) 5:00-7:00pm

Evening Hosts (2-3 persons) – 7:00 – 8:30pm

Overnight Hosts (2 persons) 8:30pm to 7am

Sunday Take-down (2 persons) 7am

Laundry (4-5 persons)

**There will be a short meeting held on Sunday, May 12, immediately following the service with sign up opportunities.**

If you are unable to be at the May 12 meeting, but would like to be involved, please let Ali or Lorraine know and we can get you signed up.

# Deacon's Digest

By Elaine Snapper

The animated movie, "Pilgrim's Progress" seemed to be a big hit at our church. There were many guests, and everyone seemed to enjoy the movie and the snacks. An offering was taken, and we received more than enough to cover the cost of the movie. We had to pay \$250 for the use of the movie, and we collected \$254. We hope to show more movies throughout the year.

The Shower Connect Project started at our church on Thurs., Apr. 18, and we will be offering that every Thursday from 1 – 4 p.m. on a trial period for three months. A sign-up sheet is available if you wish to help out with that project. We received a very generous donation of towels from members of our church, so we have plenty of those for the showers. We'll be offering cookies and beverages to those who come for a shower.

Fuel cards were purchased from Safeway, and we will be offering those to those who need them. We also hope to provide laundry gift cards in the near future.

Our church will once again be helping with the family promise week at the end of April at the First Christian Church on Bakerview. Herman and Ali and Lorraine will be heading up that project and signing people up to bring meals.

A spring clean-up may also be scheduled at our church, but no date has been scheduled at this time.

## Giving in March 2019

Designated Fund Offerings:	\$ 1,760	\$ 15,330
General Fund Offerings	\$29,626	\$ 87,593
Rent / Utilities Income	2,283	9,091
Interest Income - Undesignated	47	76
Total Undesignated Income	31,956	96,760
General Fund Expenses	(17,884)	(76,871)
Income Over(Under) Expenses	<u>\$ 14,072</u>	<u>\$ 19,889</u>
Total 2018 budget, including ministry quotas		\$ 234,133
Year-to-Date Budget for 12 months		\$ 78,044
Total Undesignated Income		96,760
Income Over (Under) Budget		<u>\$ 18,716</u>

### Loan Balances:

Classis: \$ 15,000

# Items of Interest from April's Council Meeting

By Joe Pruitt

1. Building and Maintenance: Project for applying siding to the Ministry House, seeking volunteers for Saturday, May 11.

Planning to work on the porch (roof and post) of the former worship center. Michael Boer is looking for volunteers; will be a summer project.

2. Redemptive Compassion Seminar: Saturday, May 4 from 9 a.m.—1 p.m. Offering coffee and tea upon arrival, snacks midway through. There will be childcare. Tables will be set up that morning.

3. Shower Connect: Starting April 18, 1-4 p.m. every week for 12 weeks. Set up at noon, west side of lobby parking area. Will have a picnic shelter cover, table with a few chairs for registration. Will offer hot coffee, connection to power strips for mobile device charging. We have plenty of towels, will need large container/totes for clean and dirty towels.

4. Intern Joshua: Waiting on the dates he'll be with us. Planning to provide a car he can borrow. Thoughts of connecting Joshua to various people in leadership roles and having him participate. Invite him into our homes for dinner or other activities. Maybe connect him to Mitch, Camp Calvin. Pastor Scott will create a list of activities for Joshua once he receives the dates he'll be here.

5. Hosting Classis Meeting: One day event October 10. We agreed to host. We provide morning snack, lunch, with a quick option for dinner if needed. Plan for about 75-80 or more. Ev will plan it. Classis will provide a stipend of around \$300.

6. A new Hope in Christ Resource Report concept: Pastor Scott shared an idea of having the Resource Report reflect our vision statement. We discussed thoughts and opinions. Pastor Scott would like more feedback from Council.

7. Senti's Concert Friday April 26, 8 p.m.  
Family Promise May 26– June 2nd.



## INTERFAITH COALITION

Partners in faith. Changing lives.

## Garage Sale May 17 & 18

Hope in Christ Church will be hosting a garage sale May 17-18 to benefit the Reed's adoption. They have run into a snag that is going to require Terri to live in Sierra Leone for a period of time. We will be hosting this sale to help with the living expenses that are incurred there. We would love for some folks to come alongside and help with the sale. As you all know these events take a lot of work. We will be setting up on Wed May 15, finishing set up and pricing on May 16, and hosting the sale from 8a-2p Fri and Sat May 17 and 18. Finally, there will be clean up and reset Sat from 2- finished. If you have items to donate you can drop them in the youth portable or bring them to church May 15-16. Thanks for all your support. For questions, or to volunteer to help, please contact Jen Roberts.

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## Work Project at Church

Buildings and Grounds have a work project scheduled for May 10, 11 and 18th to replace some sidings and windows on the Ministry House and also need time for painting after the project is complete. Doug Bosscher is leading the project and requests volunteers to help lower the cost of the project. We'll have more information available as we get closer to the date.

## Coffee and Sandwiches (CAST)

Four nights a week, people living on the street come to Interfaith Coalition's CAST (Coffee and Sandwiches Together) table for a simple meal, cup of coffee, and the friendliness of the volunteers.

We also try to have small hotel-sized toiletries, razors, combs, hats, toothbrushes, and new socks. We rely on the generosity of our community to provide these items, and we are currently out of most of the toiletries.

CAST also needs more volunteers to help transport and serve the meals. Transporters work an evening once-a-month to transport and help serve food. Some lifting is involved, but a key need is a vehicle that has the room for the supplies.

If you can help, please call us for more info about the volunteer shifts (360-734-3983) or drop off items or donations at our office, 910 14th Street, Bellingham. Thank you!

## Project Warm Up (PWU)

Not only do we distribute warm hats year-round at CAST, it often takes a spring and summer of busy knitters to build up the stock of hats we'll need for the October winter warmth distributions, and have some left for the rest of the winter. Please share this need, and let people know that we also give – and accept – yarn donations to knitters who need the yarn to make hats for us.

## Kids Need Books (KNB)

In just over 3 years, KNB has handed out over 65,000 books! From migrant worker camps to county food banks, literacy fairs, and neighborhood gatherings, donated children's books to KNB are being provided to Whatcom County low-income families. Books are distributed weekly in various places in the county. We always need donations of kids books, and can also use volunteers to help at the distributions.

## CALLING FOR BOOKS!



The *Hope in Christ Little Library* is in the finishing stages and it will be located next to the driveway entrance off James Street. Consequently, we need YOU to help supply all kinds of good used books (novels, bio's), including DVD's, CD's, children's books, devotionals, etc. to stock our library.

Be sure to stop by and take a look-take a book-add a book!

This is an outreach-to-the-community opportunity so let's fill it with great reading material.

Thanks, from the Vitality Team

## Getting to Know our Church Family

By Elaine Snapper

Troy has been attending Hope in Christ Church for a few years. He grew up in Bellingham where he attended different schools such as Redwood, Whatcom Middle School, and then he graduated from Bellingham High School. He took some education classes at the Whatcom Community College. He has a couple brothers, one of whom lives in Seattle, and another lives in Arizona. He has no sisters.

Some of his jobs included working for a company where he made pretzels. He helped make the dough. This was at a place in the Bellingham Mall. He also was a dishwasher at a retirement home. He also volunteered at the Sean Humphrey House.

Some of his hobbies include collecting baseball cards, and watching ball games, especially the Bellingham Bells. He likes to hang out at the Max Higbee Center on B Street with his friends. He also considers going to church one of his hobbies. He loves to come to church. He said he has always gone to church from the time when he was quite young. He started attending the church where his grandmother attended in Clear Lake. He was baptized there.

Troy finds our church to be friendly, and he loves to sing, and he enjoys Pastor Scott's messages. He likes to attend the Bible studies. He attends the Friendship class at our church, which he really enjoys. Troy lived in Lynden for a time, but he currently lives in a group home on Lakeway Drive near the Firs. There are two other guys there plus their caretakers. He does some chores there, such as recycling and cleaning.

As far as travel goes, he has been to Europe twice. He went to Italy and Morocco with his mother and his friend Penny a few years ago.

Troy often sits in one of the front rows of church. If you have never met him, say "hello" to this mild-mannered gentleman. We're glad that he is a part of our church family.

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## **"Fan the Flame" Missions Conference**

Please reserve June 21, 6:30-8:45 p.m. for a "Fan the Flame" missions conference sponsored by First CRC and Faith Community Fellowship at Faith Community Fellowship. Wycliff translator Marcia Bleeker and InFocus Ministries Executive Director Jacqueline Hendrickson and a missionary who can not be named for security reasons will be the featured speakers. Call 360-708-0113 to reserve a spot. Come and hear about what God is doing out on the mission field.

## **Happy Birthday !**

- 1 David R
- 6 Junior J
- 9 Elaine S
- 14 Cathy A
- 18 Peter S
- 19 Lanny S
- 24 Megan S
- 31 Elaine B

## **Northwest Hispanic Ministry**

Save the date! You are invited to attend  
Northwest Hispanic Ministry's  
Biannual Banquet on Friday, May 17th, 6:00 p.m.  
at First CRC, 701 W Blackburn Rd, Mount Vernon

*OR*

Saturday, May 18th at 5:30 pm  
at Third Christian Reformed Church  
514 Liberty St. Lynden, WA.

Come and enjoy an evening of food and fellowship  
as we listen to Pastor Joe Strong as he informs us  
about how God is changing lives and building  
His kingdom here in NW Washington.

## **Cascade Family Bible Camp**

Cascade Family Bible Camp is planned for July 4-8 this summer at Warm Beach Camp. There are exciting outdoor and inspirational events planned for the entire family. It is a weekend you will never forget. This year only: the camp is offering a 50% discount to first-time campers. There has never been a better time to invest in your family.

Information and registration is at  
[www.cascadefamilybiblecamp.org](http://www.cascadefamilybiblecamp.org)

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# May 2019

## Greeters Schedule

- 5 Jay & Avis K
- 12 Darryl & Gloria G
- 19 Lisa O, Deloris P
- 26 Lanny & Christine S

## Cookie Schedule

- 5 Ali Laninga, Tanya O
- 12 Ev K, Faye H
- 19 Mona R, Ida R
- 26 Rockelle R, Jan S

## Serving Assistants

- 5 Grace, Zeke, Mattea
- 12 Clara, Abee, Amber
- 19 Brenna, Chantel, Caleb
- 26 Micah, Faith, Amariah

## Prayer Room

- 5 Christine S
- 12 Len V
- 19 Ev K
- 26 Herm L

## Sermon Topics

- 5 Biblical Community, *Believe* Ch. 16
- 12 Spiritual Gifts, *Believe* Ch. 17
- 19 Redeeming Time, *Believe* Ch. 18
- 26 The Grace of Giving, *Believe* Ch. 19

## Offering Schedule

- 5 Kingdom Advancement Fund
- 12 Kingdom Advancement Fund
- 19 Outreach Fund
- 26 Kingdom Advancement Fund

## Ushering Schedule/\*Foyer

- 5 Barb & \*Joe Z
- 12 Helen B, \*Lou K
- 19 Don K, \*Bud B
- 26 Elaine S, \*Joe P

## Children & Worship

- 5 Jen R, Kylie
- 12 Dan O, Mattea
- 19 Marjie H, Amber
- 26 Diane B, Ali L

## Sunday School Schedule

- 5 Aaron S., Diane B., Melissa K., Ev K. (observer)
- 12 Aaron S., Diane B., Melissa K., Joe P. (observer)
- 19 Aaron S., Jolene S., Michael B., Ida R. (observer)
- 26 Aaron S., Jolene S., Michael B., Lisa D. (observer)

### Not Able to Serve When Scheduled?

*Please call someone on the list  
and make a plan to trade dates.  
Thank you for your help!*

# May 2019

**Sun**

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

**Sat**

			<b>1</b> 7:00 p.m. Elders & Deacons	<b>2</b> 6:30 a.m. Men's Group 7:00 p.m. Men's Bible Study 1:00 Shower Connect 7:00 p.m. Praise Team	<b>3</b>	<b>4</b> 9:00 a.m. Redemptive Compassion Seminar
<b>5</b> GEMS Sunday 9:30 a.m. Worship/Communion 11:00 a.m. Sunday School	<b>6</b> 6:00 p.m. GEMS Family Celebration	<b>7</b>	<b>8</b> 7:00 p.m. Council	<b>9</b> 6:30 a.m. Men's Group 7:00 p.m. Men's Bible Study 1:00 Shower Connect 7:00 p.m. LOWP Fundraiser	<b>10</b> Work Day	<b>11</b> Work Day
<b>12</b> 9:30 a.m. Worship 11:00 a.m. Sunday School 4:30 p.m. Roberts' Small Group 4:30 p.m. Jesus Gathering 7:00 p.m. Laninga Small Group	<b>13</b> 6:00 p.m. Friendship End of the Year Celebration	<b>14</b> 6:00 p.m. Richards' Bible Study 6:30 p.m. Boer's Bible Study	<b>15</b> Garage Sale Setup	<b>16</b> Garage Sale Setup 6:30 a.m. Men's Group 1:00 p.m. Shower Connect 7:00 p.m. Men's Bible Study 7:00 p.m. Praise Team	<b>17</b> 8:00 a.m.– 2:00 p.m. Garage Sale	<b>18</b> 8:00 a.m.– 2:00 p.m. Garage Sale
<b>19</b> 9:30 a.m. Worship 11:00 a.m. Sunday School	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b> 6:30 a.m. Men's Group 1p.m Shower Connect 7:00 p.m. Men's Bible Study 7:00 p.m. Praise Team	<b>24</b>	<b>25</b>
<b>26</b> 9:30 a.m. Worship 11:00 a.m. Sunday School 4:30 p.m. Roberts' Small Group 7:00 p.m. Laninga Grp	<b>27</b> 6:00 p.m. GEMS	<b>28</b> 6:00 p.m. Richards' Bible Study 6:30 p.m. Boer's Bible Study	<b>29</b>	<b>30</b> 6:30 a.m. Men's Group 1p.m Shower Connect 7:00 p.m. Men's Bible Study 7:00 p.m. Praise Team	<b>31</b>	

**FAMILY PROMISE WEEK** May 26– June 2

