



# *The Monthly Heartbeat*

**The Hope in Christ Church Newsletter**

**November 2019 Issue**

## **Depression**

By Pastor Scott

Everyone knows someone who is depressed, or they have suffered with depression themselves. The reality is that depression<sup>1</sup> - the persistent lack of feeling pleasure, the struggle with energy, the sense of worthlessness, the weight changes and diminished ability to think –has become as commonplace in society as the air we breathe. The reasons for this are the subject of much scholarly debate. However, each Christian does not need to know *why* depression comes, but rather *how to help* those who are in the midst of the fog that depression brings.

One of the greatest gifts we can give those living with depression is to listen and understand the suffering that accompanies those living in the depths. In order to understand, we must ask questions about the history of their experience. What events led to the present experience of depression? What is the family history of the person with depression? This isn't to equate family history with genetics, but rather to ask the question as a listener, "Could this be a learned behavior?" Ask how the person has responded to challenges in life and the place of God in the dark times. As we listen, we need to allow people living with depression to express their frustrations, fears, worries and disappointments with life, with others, and even with God.

A simple look at the Psalms shows 13 different songs crying out, "How long, O Lord?" During the questioning and discussion time, the listener/counselor may be tempted to want to move on to cheerier subjects or to put a godly spin upon the situation. Avoid the temptation, for it will seem that you are ignoring

the pain and difficulty of the suffering person. Simply listen and intercede in your heart for God to come and be present with each of you. After sufficient listening, the counselee needs the truth of Scripture. Some passages of worth might be 1Cor 10:13, Phil 4:13, Rom 8:31-35. These passages help to point the person back to the strength that God provides in the midst of hardship.

One of the trickier things to show those with depression is that depression is a symptom of the interpretation we give to the events we have experienced in life. As things outside our control occur, our mind and heart interpret those events and assign a meaning to them. For example, someone may walk past us in the hallway and fail to say hello. If we are in a depressed state, we interpret that to mean that they ignored us because we aren't valuable.

This leads us to believe the interpretation, and then fall into depression which leads us to interpret other events in a continued downward spiral. This isn't the sum total cause of depression, but it is major contributing factor to the downward spirals in which many people find themselves trapped. Therefore, one of the goals in helping the depressed person is to help them change the internal interpretations that are assigned to external events. These new interpretations will lead to new experiences that can help to lift people out of the mire.

Therefore, we want to encourage people to think rightly about God, sin and self (Rom 6:11, 1 Cor 6:9-11, Phil 4:8). We want to help them foster a thankful heart by listing all that God is doing and has done for them (Eph 5:18-21). They need to set small task goals and accomplish them day by day or hour by hour in

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order to grow a sense of accomplishment that is often elusive to those with depression. These are three ways that will help those struggling with depression to get back into the joy of living.

1 For a list of the DSM-5 Criteria for diagnosing depression, see <https://www.psych.com/depression-definition-dsm-5-diagnostic-criteria/>

## Family Promise

By Ali Laninga

A big thank you to all who volunteered during our last Family Promise Week in September. A total of 20 volunteers served in the following areas: making and serving meals, evening hosts, overnight hosts, baking cookies and doing the laundry. What a blessing it was to work alongside folks from First Christian Church and Congregation Beth Israel.

We had the opportunity to serve three families for a total of 3 adults and 6 children. Two of these families have already moved into transitional or permanent housing.

As usual, we had a few unexpected interruptions during the week such as a bat flying around in the fellowship hall. That caused quite a bit of excitement. Be sure to ask Bud and Lorraine about the events they experienced during their overnight.

Family Promise offers Volunteer Training on a regular basis so if there is anyone who is interested in being part of Family Promise or has any questions, contact Ali Laninga, Lorraine Brouwer, or Herm Laninga.

***Our next Family Promise week is***

***December 8-15.***



## Holiday Craft & Vendor Fair

Mark your calendar for Hope in Christ's 15th Annual Craft and Vendor Fair on Saturday, November 2 from 9 a.m. to 4 p.m. Make a dent in your Christmas shopping with beautiful handmade goods of all sorts and great products from a variety of vendors.

If you are able to donate items for the bake sale and/or are willing to work at the sale for a few hours, please contact Terry Vander Woude. Tables are still available if you have items you would like to sell.

## Whatcom Community News

### SURVIVING GRIEF DURING HOLIDAYS

A meeting to help those grieving the loss of a loved one will be held Nov. 14 from 6 to 8 p.m. at Cornwall Church, 4518 Northwest Drive, Bellingham. GriefShare's Surviving the Holidays will offer practical tips, words of strength and encouragement, and skills to help you face and survive the unique stresses of the holiday season. No pre-registration is required; just show up. The cost is \$5. Park behind the church, and meet upstairs in room 205. For more information, call (360) 733-2150 or e-mail [colleeni@cornwallchurch.com](mailto:colleeni@cornwallchurch.com).

### 'DRIVE FOR JOY' TO HELP HOMELESS

You can help those who are homeless by collecting items as part of the Lighthouse Mission's "Drive For Joy." Items such as hats, gloves, deodorant, razors, lip balm and puzzle books can be dropped off (unwrapped) on Dec. 20 from noon to 6 p.m. at the New Life Center, 923 W. Holly St., Bellingham.

For more information, contact Rachel Kunzel-Patterson at (360) 733-5120, ext. 104, or [rachelt@thelighthousemission.org](mailto:rachelt@thelighthousemission.org).

## Giving in September 2019

<u>Date</u>	<u>Sep</u>	<u>Year-to-</u>
Designated Fund Offerings:	\$ 2,473	\$ 39,371
General Fund Offerings	\$20,497	\$205,444
Rent / Utilities Income	3,902	25,471
Interest Income - Undesignated	<u>59</u>	<u>430</u>
Total Undesignated Income	24,458	231,345
General Fund Expenses	<u>(26,660)</u>	<u>(206,526)</u>
Income Over(Under) Expenses	<u>\$ (2,202)</u>	<u>\$ 24,819</u>
Total 2019 budget, including ministry quotas		\$ 234,133
Year-to-Date Budget for 12 months		\$ 195,111
Total Undesignated Income		<u>231,345</u>
Income Over (Under) Budget		<u>\$ 36,234</u>

### Loan Balances:

Classis: \$ 12,500

## Deacons Digest

By Elaine Snapper

The Deacons approved continued support for the Project 92 missionary, Susma Gajmar, from Kathmandu, Nepal. This is in southern Nepal where she, along with her mother, have started a new house church. They are attempting to advance the gospel in Nepal.

Love INC is having its fall fundraiser on October 18 at the Bellingham Covenant Church on the Bakerview Road. This year there will be no charge for attending, but a free-will offering will be taken, and they will have the dessert dash as they usually do to raise money. Hopefully some people from our church will sign-up to attend this.

Dan Obbink assisted the deacons in preparing the 2020 church budget. The new budget format is to include the Knowing, Living, and Proclaiming mission statement and discontinue the 5 E's. The pre-budget meeting will be Sunday, October 27, and the congregational meeting will be on Sunday, Nov. 17.



## Items of Interest from October's Council Meeting

By Herman Laninga, Secretary

1. Father Nathaniel Kidd, new executive director of Love INC, visited and gave us an update on the work in our community. He shared that Love INC is restructuring the ministry to insure sustainability and to better coordinate their ministry with that of their supporting churches. He asked for our prayers as they develop their staff and volunteers.
2. The Admin. Team headed by Michael Boer reported that they have accepted a bid to replace the roof on the Light of The World/Legacy Church building. Again, they remind us that since this was not in our regular budget it will come out of our Building Fund and ask the congregation to also consider donating toward the cost of this project.
3. We welcome Darius as a new member of the Worship Team sound board crew. Thank you for your willingness to serve! And many thanks to out-going sound board operator of many years, Keith Sentowski!
4. A new Vitality Team has been formed. Members are Philip Bergman, Lisa DeSalvo, Connie Koepp, Don Recker, Jen Roberts and Ken Wick. Thank you for your willingness to serve!
5. Congregational Meeting Nov. 17: Council is sharing a vision to potentially move to multi-staffing by adding an Associate Pastor for Youth and an Associate Pastor for Outreach, both on a part-time basis. Please review the pre-budget document handed out on Sunday, Oct 13 which includes the proposed budget and job descriptions (more available at the exit doors near the sound board). We will discuss this document during the October 27 Sunday School hour. All are welcome to attend. Final approval of the budget will be at the Nov. 17 Congregational meeting held during the Sunday School hour.

# The Yes (to Technology) in Our No (to Social Media)

By Kutter Callaway

I'm no Barthian, but as a fellow contrarian and over-corrector, I've always found Karl Barth's notion of "the yes in our no and the no in our yes" to be a helpful way of reflecting theologically on a variety of topics.<sup>1</sup> For instance, in my early exuberance for the deliverances of modern technologies, I was willing to say "yes!" when others might have been a bit more cautious. In my mind, blanket condemnations of emerging technologies and new media were not only reactionary and unhelpful, but they also seemed to gloss over the ways in which God was present and active in a variety of digitally mediated spaces.

But that same kind of optimism ran the risk of preventing me from making critical distinctions between and among the variety of tools, media, systems, and social practices that are often lumped into a single category called "technology." There are important differences, for example, between the technological devices we use (e.g., the iPhone), the multinational corporate entities profiting from the active manipulation of our online behavior (e.g., Apple, Google, Amazon), the various platforms organizing our social networks (e.g., Facebook, Instagram, Twitter), and the basic architecture—the superstructure—of the increasingly participatory, user-generated digital world we inhabit on a day-to-day basis. These differences matter, not only for people of faith attempting to be wise and discerning consumers, users, and developers of technology, but also for a broader society moving into an unknown (and in a very real sense, unknowable) future.

To put this all a bit differently, I was initially hesitant to say no to anything technological out of concern that it would, for all intents and purposes, be a no to everything technological—a complete and total negation of the yes embedded in every critique. But this is exactly why the practice of critical reflection (theological or otherwise) is so necessary at such a time as this, for it provides us with tools that help us break down this complex and convoluted thing we call "technology" so that neither our yes nor our no run roughshod over the other.

The need for more nuanced categories to engage technology theologically became painfully clear when I read Jaron Lanier's recent book, *Ten Arguments for Deleting*

*Your Social Media Accounts Right Now.*<sup>2</sup> Lanier is not only one of the architects of the internet and Web 2.0, but he also happens to be one of my techno-heroes. Lanier isn't anti-technology nor is he suggesting we should all return to the age of analog. Quite the opposite. He is far more concerned with the damaging effects of social media as a particular (but nonessential) manifestation of our technological society. In fact, he's quite optimistic about our techno-future—if we can all muster enough courage to choose a more constructive and life-giving technological substrate upon which to operate.

Lanier doesn't just talk the talk. He walks the walk. Even though he maintains a robust digital presence and continues to be one of the key figures for developing our future technologies, there is no Jaron Lanier profile on any social media platform whatsoever (see what I mean about being heroic?). In his book, he offers 10 compelling arguments (including "social media hates your soul") that underscore not only why he has made this choice, but also why we should all pause and consider doing the same. Three arguments stand out as particularly helpful ways to think theologically about the relationship people of faith have with their technology: (1) social media is destroying your capacity for empathy; (2) social media is undermining truth; (3) social media doesn't want you to have economic dignity.

1. K. Barth, *The Epistle to the Romans*, 6th ed., trans. E. C. Hoskyns (New York: Oxford University Press, 1968).
2. J. Lanier, *Ten Arguments for Deleting Your Social Media Accounts Right Now* (New York: Henry Holt and Co., 2018).

*Kutter Callaway is associate professor of theology and culture and co-director of Reel Spirituality. He is actively engaged in writing and speaking on the interaction between theology and culture—particularly film, television, and online media—in both academic and popular forums. Dr. Callaway's most recent books are The Aesthetics of Atheism: Theology and Imagination in Contemporary Culture (Fortress Press, 2019) and Deep Focus: Film and Theology in Dialogue (Baker Academic, 2019).*

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The *December Heartbeat* will have the continuation of this article, which describes the three arguments/ways to think theologically about the relationship between Christians and their technology.

# Getting to Know Our Church Family

By Elaine Snapper

This month I am featuring Connie Koepp and her husband Mike, and their daughter, Heidi. Connie was born in Edmonds, Washington, and has one brother and one sister. She attended grade school in Rome and also Johannesburg. Her father was an engineer and salesman for Boeing so they traveled abroad a lot. She attended high school in Stanwood and graduated from Western.

Mike was born in Ohio and also lived in upstate New York and Denver, Colorado. He has one brother and two sisters, and his father who lives in Texas. He graduated from Colorado State University. He received his Masters degree, MBA, from Western, and that is where he and Connie met.

Connie and Mike were married in the summer of 1995. They did some traveling to Ireland and Germany. Connie worked as a receptionist/bookkeeper in a physical therapy office, and then she gave birth to Heidi and stayed home and just had fun. They did a lot of field trips and she volunteered at school. She home-schooled Heidi from second grade on, and she currently is still doing that. One of her best memories was a beach vacation at Cannon Beach.

Mike has worked at Alpha Tech and Paccar. He is a contractor for software and he also builds homes. He does some teaching at Everett Community College, and he previously taught at Whatcom Community College.

Connie was raised as a Protestant, but when in Rome there was no real option, so she attended a Catholic school. In Johannesburg, South Africa, she attended an Anglican school. This gave her the opportunity to learn about different religions. She says she likes our church the best because it is more her style. Mike attended a public school, which took him by bus to catechism classes at a Catholic church.

They started coming to our church through the invitation of Zeke Roberts. He knew they were looking for a different church. He had met Heidi at a home school dance at Glen Echo, and he invited her to come to our church. Upon their first visit, they really appreciated the message that Pastor Scott gave and as a bonus they appreciated the friendliness of our church. Pastor Scott and Jen have been very helpful to them in talking about spiritual matters.

Their daughter, Heidi, really loves our church. She enjoys the sermons and the people. She really loves

kids, and she enjoys the youth group, singing, and being on the praise team. She is so glad she found a church that fits her heart. She is being home-schooled and is a junior this year. She really likes languages.

For hobbies Connie enjoys cooking, outdoor activities, gardening, homemaking and animals. Michael enjoys all sports, including golfing and hiking. Heidi enjoys cooking and sewing, studying, outdoor activities, dancing and animals. We're so glad that this family has come to our church to be a blessing to us.



## November

- 2 Nathan B
- 3 Evelyn K
- 5 Marilyn K
- 8 Dave D
- 11 Christine S
- 11 Zeke R
- 13 Lou K
- 14 Mitch S
- 16 Grace R
- 17 Karen S
- 18 Clara S
- 20 Deloris P
- 21 Mike Button
- 21 Amber O
- 28 Elisha S



(PART 1)

By Jerry Hop

*Some of the worship team recently attended a workshop and concert by Keith & Kristyn Getty. We use a lot of their music in our worship services, esp. modern hymns like "In Christ Alone," so I thought it would be helpful to share some excerpts from that workshop: "Sing!" -How Worship Transforms Your Life, Family and Church.*

Come, let us sing for joy to the Lord; let us shout aloud to the Rock of our salvation. Let us come before him with thanksgiving and extol him with music and song. (Psalm 95:1-2)

We need to talk about singing, not about up-front singing, but whole-church singing - congregational singing. There may be many reasons why you may not want to talk about it, yet whatever you think about singing, the truth is that we are all invited into the same musical home. For the Church has been, is and always should be and can be a joyfully singing Church. In a sense, singing is part of what we exist to do.

Peter wrote the churches that each one of them was "a chosen people...that you may declare the excellencies of One who called you out of darkness into his wonderful light." (1 Peter 2:9) and to be "speaking to one another with psalms, hymns, and Spiritual songs." He wanted them to "sing and make music from your heart to the Lord..." (Eph.5:19-20)

Though maybe misunderstood, regularly a bone of contention and often under-practiced, congregational singing is one of the greatest and most beautiful tools we have been given to declare God's "excellencies," strengthening His Church, and sharing His glory with the world.

It's been said that Christians are a singing people—but often, many of us are more of a mouthing-along-with-the-words kind of people.

Five-hundred years ago, in the autumn of 1517, a German monk named Martin Luther began what became known as the "reformation" of the church through preaching and the singing of the Word. You

might think Luther primarily as a theologian, or preacher, but he was also a prolific hymn-writer who re-invigorated singing in what became known as the Protestant church. He believed that a truly biblical church would be one where every believer was actively participating in every part of the service, including the singing, celebrating this incredible gospel together. He said: "Let God speak directly to His people through the Scriptures, and let his people respond with grateful songs of praise."

Luther was passionate about music and congregational singing—a passion that today in many churches has lost its focus.

The theologian, Ligon Duncan has said, "There is no part of the worship life more in need of reformation today than congregational singing." But this reformation will not come by simply telling people to sing, any more than telling a child to eat something they don't like makes much difference for very long. We need not only to know that we ought to sing as Christians, but to learn to love to sing as Christians.

(Next Month: Part 2, Created, Commanded, Compelled to sing)

## Community Performances of Handel's *Messiah*

### Whatcom Choral

Choir, orchestra, and guest soloists  
Saturday, December 7 at 7:00 p.m.  
Mount Baker Theatre, Bellingham  
Tickets: [www.mountbakertheatre.com](http://www.mountbakertheatre.com)  
[www.whatcomchorale.org](http://www.whatcomchorale.org)

### Lynden Choral Society

Accompanied by the Starry Night Orchestra  
Dec. 6 at 7 p.m. and Dec. 7 at 2 p.m.  
Third CRC  
For more information, call (360) 354-2672  
or e-mail [LyndenChoral@gmail.com](mailto:LyndenChoral@gmail.com).

## Preaching Series

- 11/03 *Keeping Our Trust in Dark Times*, Isaiah 50:10  
Pastor Don Recker
- 11/10 *Gentleness is...* 1 Kings 12: 1-4  
Pastor Scott
- 11/17 *Humility in Christian Life*, Luke 14:7-11, 18: 9-12  
Pastor Scott
- 11/24 *Conscience*, Romans 14  
Pastor Scott
- 11/28 Thanksgiving Message - Pastor Scott

## Greeters Schedule

- 11/03 Ruth S, Deloris P
- 11/10 Joe & Barb Z
- 11/17 Helen B, Denise D
- 11/24 Herm & Ali L



## Cookie Schedule

- 11/03 None needed
- 11/10 Donna VB, Terry VW
- 11/17 Tena V, Barb Z
- 11/24 Jennifer B, Helen B

## Serving Assistants

- 11/03 Clara, Zeke, Chantel
- 11/10 Kylie, Caleb, Amber
- 11/17 Brenna, Amariah, Faith
- 11/24 Abee, Michal, Grace

## Ushering Schedule, \*Foyer Monitor

- 11/03 Ken W, \*Lou K
- 11/10 Elaine S, \*Bud B
- 11/17 Joe P, \*Len VW
- 11/24 Clair & Hildred A

## Offering Schedule

- 11/03 Kingdom Advancement Fund
- 11/10 Kingdom Advancement Fund
- 11/17 Outreach Fund
- 11/24 Kingdom Advancement Fund

## Prayer Room

- 11/03 Chuck D
- 11/10 Lorraine B
- 11/17 Ken W
- 11/24 Christine S

## Children & Worship

- 11/03 Jen R, Amber
- 11/10 Diane B, Abee
- 11/17 Marjie H, Zeke
- 11/24 Dan O, Grace

## Sunday School Schedule

- 11/03 Darlys R, Bekah R
- 11/10 Darlys R, Bekah R
- 11/17 Darlys R, Bekah R
- 11/24 Darlys R, Bekah R

## Council Observer

- 11/03 Ruth S
- 11/10 Jennifer B
- 11/17 Elaine S
- 11/24 Tena V



**Not Able to Serve When Scheduled?**

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

# November 2019

Sun	Mon	Tues	Wed	Thu	Fri	Sat
					1 Set-up Craft Fair 2 - 4 p.m.  ActsNow Conference, OR	2 Annual Craft & Vendor Fair 9a.m.-4p.m.  Time change tonight.
3 9:30 Worship/ Communion  11:00 Sunday School	4 6:00 p.m. GEMS Meeting	5 9:00 a.m. Elders Meeting 6:00 p.m. Richards Bible Study	6 9:45 a.m. Women's Bible Study 7:00 p.m. Deacons Mtg	7 6:30 a.m. Men's Group  7:00 p.m. Men's Group	8	9
10 9:30 Worship 11:00 Sunday School 4:30 Roberts Group 4:30 Jesus Gathering 7:00 p.m. Laninga Group	11 <b>Veteran's Day</b>  7:00 p.m. Friendship Class	12 6:30 p.m. Boer's Group	13 9:45 a.m. Women's Bible Study  7:00 p.m. Council Meeting	14 6:30 a.m. Men's Group  7:00 p.m. Men's Group	15 6:00 p.m. Envision Family Game Night	16
17 9:30 Worship 11:00 Congregational Meeting	18 6:00 p.m. GEMS Meeting	19 6:00 p.m. Richards Bible Study	20 9:45 a.m. Women's Bible Study	21 6:30 a.m. Men's Group 7:00 p.m. Men's Group	22	23
24 9:30 Worship 11:00 Sunday School 4:30 Roberts Group 7:00 p.m. Laninga Group	25 7:00 p.m. Friendship Class	26 6:30 p.m. Boer's Group	27 9:45 a.m. Women's Bible Study	28 <b>Thanksgiving Service</b>	29	30

