

Heartbeat

How Should We Apologize?

By Pastor Scott Roberts

Last month we explored how to forgive when issues just seem to keep popping up. A related topic is how to apologize. Many people think they know how to apologize, but they do not in fact recognize that merely stating the words, “I apologize,” or “I am sorry,” is an incomplete apology. These words begin to recognize that our words or actions may have hurt someone, but they don’t go far enough in seeking to repair a broken relationship; they leave the other person in the ambiguous position of not knowing what they are being asked to forgive.

So, what are the steps to forming and making a good apology? The first step is self-reflection upon what act or words we think were offensive or damaging to the relationship. This might sound like, “I am sorry for hitting you,” or “I am sorry for saying, “You are fat.” But the next step in making an effective apology is determining why we did it; what we were hoping to gain by our action. For example, I may have hit someone because I wanted to intimidate them into doing what I wanted. Or I may have called someone a name or commented upon their physique because I was trying to make myself feel better and cover over my insecurity at another’s expense. The third step is trying to determine how our words or actions affected the person or people involved. We must begin to put ourselves in their shoes and understand the pain that has been caused. Going back to our examples, maybe we think that the person we hit was physically hurt and the one we spoke poorly to was demeaned. So, when we go to apologize, our words should sound something like, “I am sorry for hitting you. I did it because I was hoping to intimidate you into doing what I wanted and I bet my actions caused you physical pain. Would you forgive me for these things?” Or maybe it would be, “I am sorry for calling you fat. I was trying to cover over my insecurity at your expense. And I bet it felt very de-



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meaning. Would you forgive me for these things?” Such an apology goes much deeper and gives more specificity to the recipient as well as forcing the person in wrong to move deeper into their own growth and transformation.

Now you might think that is enough and that is a great apology. You might even just want someone who has recently hurt you to get that far and you would be thrilled. But there is one more step in making a good apology. The final step in making an apology that is efficacious and restorative is to ask the person you hurt, “Are there other things I need to apologize for or other ways that my actions or words hurt you?” When we ask this question, we are recognizing that there may be greater pain caused than we imagine, and we are giving the other person an opportunity to share their pain so that we can deal with that too. Unfortunately, too many people don’t ask this final question, or if they do, they simply say, “Would you forgive me for this too?” But this is to short-circuit the apology process. When we learn how our actions have hurt another, we need to take the time to reflect upon our actions and the reasons why these actions or results didn’t come to our thoughts already. We need to search our own hearts and minds and then when we are truly remorseful for these additional actions or effects, then we need to return and apologize more fully.

As I have learned to practice this fuller, deeper kind of apology, I can attest to its ability to humble and soften the heart. God has used it to restore relationships, deepen my self-awareness for how I have hurt others and more specifically, He has opened my eyes to ways that my words and actions have hurt others when I didn’t even realize it. These 4 steps will change your relationships and transform you as you practice them. In summary, a good apology:

- 1) Names the words/actions you did,
- 2) Determines why you did it,
- 3) Reflects upon how your words/actions likely affected the other person, and
- 4) Asks if there are more words/actions or effects for which you need to apologize.

November is Pastor Appreciation Month at HCC

From the Deacons: Pastor Appreciation Month is traditionally held in October, but the deacons have decided that it will be in November this year. We encourage you to consider ways that you could individually show your appreciation to Pastor Scott and his family during November. Thank you for joining us in celebrating our pastor and his family!

Servants for November

<u>E-Street Rides</u>	<u>Greeters</u>	<u>Prayer Room</u>
7 Len & Terry	Lou & Ev	Alice
14 Doug & Jan	Clair & Hildred	Lou
21 Alice	Gina, Joe P.	Terry
25 Don & Elaine	Jerry & Faye	David R.
28 David & Ida	Lanny & Christine	Lanny

Communion Prep for Nov 7: Diane B., Katie & Sarah M.

Thank you to the Recker Cleaning Crew, Ida, Ev, Jerry, Michael and all the other behind-the-scenes servants who worked to get Ethan's office and home ready for his arrival. Your quiet work is very much appreciated and noticed.

Giving in September 2021

	<u>Sep</u>	<u>Year-to-Date</u>
Designated Fund Offerings:	\$ 1,630	\$ 30,686
General Fund Offerings	\$ 25,635	\$227,271
Rent / Utilities Income	3,953	23,954
PPP Loan Forgiveness	-	26,700
Interest Income - Undesignated	15	171
Total Undesignated Income	29,603	278,096
General Fund Expenses	(19,784)	(190,984)
Income Over(Under) Expenses	<u>\$ 9,819</u>	<u>\$ 87,112</u>

Total 2021 budget, including ministry quotas	\$281,796
Year-to-Date Budget for 10 months	\$234,830
Total Undesignated Income	<u>278,096</u>
Income Over (Under) Budget	<u>\$ 43,266</u>

Loan Balances:
Classis: \$ 7,500



November 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 GEMS	2 12:15 Zoom Prayer Meeting	3 HCC Day2Pray 11:45 a.m. Elders Meeting	4 6:30 a.m. Men's Group 7 p.m. Deacons	5	6
7 9:30 Worship, Communion 11:00 Sunday School	8 7:00 p.m. Friendship	9 12:15 Zoom Prayer Meeting	10	11 6:30 a.m. Men's Group 7 p.m. Council	12	13
14 9:30 a.m. Worship 11:00 Sunday School 4:30 p.m. Jesus Gathering 7:00 p.m. Kaemingk Group	15 GEMS	16 12:15 Zoom Prayer Meeting	17	18 6:30 a.m. Men's Group	19	20
21 9:30 Worship 11:00 Sunday School Congregational Meeting	22 7:00 p.m. Friendship	23 12:15 Zoom Prayer Meeting	24 7:00 p.m. Worship Planning Team	25 9:30 a.m. Thanksgiving Service	26	27 2 pm. Ali Laninga Celebration of Life
28 9:30 a.m. Worship 11:00 Sunday School 7:00 p.m. Kaemingk Group	29	30 12:15 Zoom Prayer Meeting				

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



Family Promise Update



Family Promise of Whatcom County is currently serving 6 families at scattered sites in Ferndale and Bellingham. The week of October 24, Hope in Christ provided 6 meal kits to 3 families. (First Christian Church and Congregation Beth Israel served an additional 3 families.) The families picked meals from the Family Promise cookbook; our volunteers bought and assembled the ingredients and delivered the kits. The families are able to cook them later.

Thank you to each of you who have contributed ingredients and delivered the kits. It seems like such a small thing to do for these families who have been struggling with homelessness, yet it is important for them, and they are grateful.

We will be adding Family Promise families to our Christmas Giving Tree. You can help by taking a family tag from the tree and purchasing a gift card at Walmart, Target or Fred Meyers. The families will be able to use the cards for gifts for the family or necessities.

Our next opportunity to bless the families will be in January 2022.

Please call Lorraine or Terry if you have any questions about Family Promise.

Community News

LOVE INC DESSERT FUNDRAISER: Whatcom Love INC (In the Name of Christ) is having its dessert fundraiser on Nov. 12 at 7 p.m. at Bellingham Covenant Church. Learn how God is mobilizing the Church in Whatcom County into local mission and how you can participate through financial gifts. For free registration, visit the website whatcomloveinc.org/fundraiser. For more information about the event or Whatcom Love INC, contact Oskar at oskar@whatcomloveinc.org or (360) 306-5627.

HELP LOCAL SEAFARER'S MINISTRY: Please remember the crews on ships that dock at Cherry Point. The Seafarer's Ministry is looking for volunteers to be friends, pray and share their faith. They also can use socks and personal hygiene items as well as Bibles, devotionals, books, magazines, puzzles, and candy bars. You can drop items off at 205 So. BC Ave., Lynden. To volunteer or for more information, call (360) 354-4700 or contact the chaplain, Pastor John, at pastorvanhemert@gmail.com.

HOUSING NEEDED FOR WOMEN: Engedi Refuge is looking for housing options for clients who have moved through the program and are working to reintegrate into the community. Engedi Refuge is a local ministry providing a restorative residential program for women who have survived sexual exploitation and trafficking. The housing needs vary from apartment rentals to renting a room or basement suite in a safe and loving home environment. If you or someone you know owns rentals or is willing to rent a room, please contact Engedi Refuge at (360) 922-7600 or engedi.refuge@gmail.com

HCC Council Update

Let's begin with a few praises:

- Many hands have completed many property projects this summer. The yards have been maintained and the bark upgraded, and shrubs trimmed.
- The Admin. building has been painted on the outside and all the lights restored to a functioning condition.
- The water control ponds were restored to original function (ready for the 100-year rains).
- The ministry house has been prepped for use as a residence for our new youth minister.
- Yes, Ethan Rogers has agreed to walk in fellowship and ministry and has arrived safely (after his cross-nation drive).
- Sunday school for all ages is back at work (seeing lots of smiles and good discussion).
- Friendship ministries is back in session.
- Girls' GEMS classes are growing and sharing.
- The Senti family transition between homes is almost completed.
- Tuesday lunch prayers over shared scripture are powerful reminders of God's presence.
- The new church budget plan is published and under review by all for the November 21st congregational meeting.
- Several members have benefitted from the meal train ministry.
- The council completed the significant denominational study by the CRCNA -Human Sexuality, and Elders are completing a study related to progressive Christianity.

One valuable part of Elder, Deacon, and combined Council meetings is to spend meaningful time in prayer for all our members. We pray for each other's life needs, hopes, growth, and confidence in belonging to our faithful Lord Jesus. We thank God for the unity and fellowship we share here. Probably one of the most difficult paths followed this year has been that of Ali Laninga, Herm, and their family. We praise God for their testimony and seek to uphold each one in this time of transformation. Of the Lord, we can join together in saying that His mercies are new every morning and His grace is sufficient.

Blessings,

Clair Abee, Council Clerk