

Bear Fax

August, 2007

A monthly publication of Bear Creek United Methodist Church

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Life Line Screening will be held here on August 29

These tests could save your life

For members of our church and community, a preventive healthcare ultrasound screening will be held at here at the church on Wednesday, August 29. On that day, Life Line Screening will scan the carotid artery in the neck for plaque build up, which can lead to stroke (75% of all strokes are linked to carotid artery blockage) and the arteries in the legs for Peripheral Arterial Disease, which is linked to heart disease.

Life Line Screening also offers a third test for aneurysms in the aortic vessel in the abdomen, as well as a bone density screening for women and men to test for risk of osteoporosis.

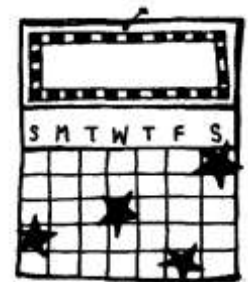
This is a prevention program, and with early detection, these problems can be treated. These tests are non-invasive and completely painless and take about ten minutes or less each. The vascular tests are offered for \$45 each or at a package price of \$119. The Osteoporosis screening is \$35. The cost for the Complete Wellness Package (all 4 tests) is \$129.

Screenings recommended for ages 40+

Pre-registration is a must.

Space is limited!

Call 800.324.1851
for your appointment.



DATES TO REMEMBER

Wednesday, August 1
CE Training

Wednesday, August 29
Lifeline Screening

PASTOR'S MUMBLINGS

Editor's note: This is Pastor Dave's message that was supposed to be in the July newsletter. Apologies again for transposing July's and August's messages.

Dear Bearcreekians,

July 1 began my third year with you. It doesn't seem like we have been here this long. A lot of things have happened in our personal lives, from Vickie's cancer to our first grandchild. And a lot of things have happened in the life of our church, with dramatic growth in adult education and mission projects and volunteers.

As I look back, I take comfort in how God has been with us in making disciples for Jesus. And, as I look forward, I trust God will continue to be with us as we meet the challenges of bringing others to Christ and our fall capital campaign to free the money we pay in debt service to be an enormous resource for our children and our community.

I am grateful to be appointed for yet another year to serve Bear Creek UMC. And Vickie joins with me in thanking you for your hospitality and your dedication to being the children of God.

Shalom,
Dave O



Please keep the following people and their families in your prayers:

Lorena Oblander, whose mother passed away in July.

Mary K Orendorff, who had successful surgery to removed a malignant kidney.

Caitlin Stewart, Merideth Stroh, Talia Cowan and other youth who are traveling this summer without their parents.

WORSHIP CORNER

August 5 Guest Speaker

August 12

"Prayers for Children"

One of Jesus' most frequent commands to his followers is "fear not." It is very difficult to not be afraid in a frightening world.

Luke 12: 32-34

August 19

"Jesus the Home Wrecker"

We usually think of Jesus as someone who, in his life and ministry, was supportive of families, encouraged their unity and peace. So what are we supposed to do with this scripture?

Luke 12: 49-53

August 26

"It Is About Change"

Being Christian is wanting God to change us for the better, forever.

Luke 13: 10-17



MISSIONS

UMCOR Health Kits Your help is needed on August 26

During fellowship time on August 26, your hands are needed to help assemble health kits for UMCOR.

Health Kits provide basic necessities to people who have been forced to leave their homes because of human conflict or natural disaster. Health kits are also used as learning tools in personal hygiene, literacy, nutrition and cooking classes. When people gain the knowledge and materials to maintain personal hygiene, their overall health improves.

Your Missions Committee will supply the contents, but donations to help cover the cost of \$12 for each kit are more than welcome.

Mission scholarships for last quarter available

The Missions Scholarship Committee is accepting Mission Scholarship Applications. Scholarship opportunities are available to Bear Creek UMC members or family members who are currently involved in or planning external mission projects supporting communities outside of BCUMC. Funds may assist with mission travel, mission equipment or supplies, donations or other missions-related expenses.

Applications are accepted and reviewed quarterly. The next application deadline is September 1 for mission work taking place during October, November or December, 2007.

Scholarship applications are available at the Missions Table in the church narthex or in the church office. Please return completed requests to the office to the attention of the Missions Committee.

The Sacred Prayers for Peace

On October 27, 1986, spiritual leaders from each of the world's 12 major religions came together, for the first time in history, to share their most sacred prayers for the "Day of World Peace," celebrated in Assisi, Italy, in commemoration of the United Nations International Year of Peace.

In honor of the 20th anniversary of that meeting, we are printing one prayer each month in the Bear Fax. This is the 11th in the series.

Shinto Prayer for Peace

Although the people living across the ocean
surrounding us, I believe
are all our brothers and sisters,
why are there constant troubles in this world?
Why do winds and waves rise in the
oceans surrounding us?
I only earnestly wish that the wind will
soon puff away all the clouds which are
hanging over the tops of the mountains.

Torch Outside brings new light to troubled youth

Research shows that 70 percent of children of incarcerated parents will themselves at some point be incarcerated unless they have positive adult intervention. That is why mentoring children of prisoners is a key component of Torch Outside, a program of the Kairos Prison Ministry; its goal is to reach more kids, especially those who may face significant risk factors.

Kairos has been intervening in the lives of incarcerated parents since 1979. The current effort is being undertaken by a number of local citizens in Tacoma and Western Washington. Kairos is known as the "Cookie Ministry" to the residents of 270 prisons in 33 states, England, Australia, South Africa, Costa Rica, and Canada. The Youth Program is operational in 10 locations. More than 170,000 incarcerated men and women have been introduced to Kairos, since its inception. The current number of volunteers exceeds 25,000 per year.

Kairos Prison Ministry affects the lives of prisoners in countless positive ways. Lives have been changed, and former inmates re-enter society as better spouses, parents and employees. Many released prisoners become volunteers and give back to society. Some start their own minis-

tries or pastor churches, while others run re-entry programs and become mentors.



Essentials of Kairos Torch Outside:

Kairos Torch Outside is a three-day Christ-centered learning experience. The program is designed for children of incarcerated adults. The program is ecumenical in nature, striving for denominational balance among the team.

The Torch Outside program raises funds locally to support the team presenting the ministry. Team members are recruited from among those who have a heart for working with the youth and a commitment to mentor them over

a significant span of time. The team members selected will come from church communities, and their well-balanced lives will reflect their Christian values.

Every team will include clergy. As throughout Kairos, the Torch Outside ministry shall practice only those things that the denominations have in common but respect those things that are different. Thus, Eucharist/ Communion, alter calls, baptisms, tongues, etc., will not be part of any Outside activities.

The Kairos Torch Outside Weekend is designed for Christian and non-Christian participants. Most of the participants are dealing with very real issues of isolation, rejection and loneliness. These needs mandate that the Kairos Torch Outside course adapt some of the Kairos dynamics to be more relevant to the thoughts, concerns and feelings of children of incarcerated parents. Volunteers are needed to advance this program.

The Team Leader can be reached at: torchoutside@mail.com, and additional information about the Kairos Prison Ministry can be found at: kairosprisonministry.org.

Submitted by Terri Stewart

Bear Hugs!

Many thanks to Louise Aakre, Terri Stewart and Shelly Torset for all the work they put into making this year's Vacation Bible School a success! We had 25 wonderful children from the church and community participate. The kids had a great time thanks to all the time and energy put into helping them "soar to new heights!" Thanks also to all the hardworking volunteers. Your efforts are greatly appreciated!

- | | | | |
|-----------------|---------------|----------------|-------------------|
| Tracie Rakus | Joan Pierce | Jan Becker | Benjamin Heimfeld |
| Debbie Heimfeld | Melissa Boyer | Aubrie Rakus | Jeremy Heimfeld |
| Cindy Powell | Tanner Powell | Katie Powell | McKenna Powell |
| Kela Broome | Pam Pearce | Jeanette Blair | Chris Aakre |
| Andy Pierce | Peter Wilson | | |



Words of wisdom to remember

by George Carlin, post 9-11-01

The paradox of our time in history is that we have taller buildings but shorter tempers; wider freeways but narrower viewpoints. We spend more, but we have less. We buy more, but we enjoy less. We have bigger houses and smaller families; more conveniences, but less time.

We have more degrees, but less sense; more knowledge, but less judgment; more experts, yet more problems; more medicine, but less wellness.

We drink too much, smoke too much, spend too recklessly, laugh too little, drive too fast, get too angry, stay up too late, get up too tired, read too little, watch TV too much, and pray too seldom.

We have multiplied our possessions, but reduced our values. We talk too much, love too seldom, and hate too often. We've learned how to make a living, but not a life. We've added years to life, not life to years.

We've been all the way to the moon and back, but have trouble crossing the street to meet a new neighbor. We conquered outer

space, but not inner space. We've done larger things, but not better things. We've cleaned up the air, but polluted the soul.

We've conquered the atom, but not our prejudice. We write more, but learn less. We plan more, but accomplish less. We've learned to rush, but not to wait. We build more computers to hold more information, to produce more copies than ever, but we communicate less and less.

These are the times of fast foods and slow digestion; big men and small character; steep profits and shallow relationships. These are the days of two incomes, but more divorce; fancier houses, but broken homes.

These are the days of quick trips, disposable diapers, throw-away morality, one-night stands, overweight bodies, and pills that do everything from cheer, to quiet, to kill.

It is a time when there is much in the showroom window and nothing in the stockroom. A time when technology can bring letters to you by e-mail and a time

when you can choose either to share this insight or just hit delete.

Remember to spend some time with your loved ones, because they are not going to be around forever.

Remember to say a kind word to someone who looks up to you in awe, because that little person soon will grow up and leave your side.

Remember to give a warm hug to the one next to you, because that is the only treasure you can give with your heart, and it doesn't cost a cent.

Remember to say, "I love you," to your partner and your loved ones, but most of all, mean it.

A kiss and an embrace will mend hurt when it comes from deep inside of you. Remember to hold hands and cherish the moment, for someday that person will not be here again. Give time to love, give time to speak, and give time to share the precious thoughts in your mind.

\$ FINANCE \$ REPORT

Amount budgeted for 2007

\$332,260

Year to-date offerings
through July 22

\$161,380 87.1%

Year-to-date Ahead/(Behind)

(\$23,919) -12.9%



Tuesdays 6:00 a.m.

Shari's Restaurant
in Kirkland

All are welcome!

Thank God I'm a Methodist

We make fun of Methodists for their blandness, their excessive calm, their fear of giving offense, their lack of speed and also for their secret fondness for macaroni and cheese. But nobody sings like them.

If you are to ask an audience in New York City, a relatively Methodist-less place, to sing along on the chorus of "Michael Row the Boat Ashore," they will look daggers at you as if you had asked them to strip to their underwear. But if you do this among Methodists, they'd smile and row that boat ashore and up on the beach! And down the road!

Many Methodists are bred from childhood to sing in four-part harmony, a talent that comes from sitting on the lap of someone singing alto or tenor or bass and hearing the harmonic intervals by putting your little head against that person's rib cage. It's natural for Methodists to sing in harmony. We are too modest to be soloists, too worldly to sing in unison. When you're singing in the key of C and you slide into the A7th and D7th chords, all two hundred of you, it's an emotionally fulfilling moment. By our joining in harmony, we somehow promise that we will not forsake each other.

I do believe this: People, these Methodists, who love to sing in four-part harmony, are the sort of people you could call on when you're in deep distress. If you are dying, they will comfort you. If you are lonely, they'll talk to you. And if you are hungry, they'll give you a tuna salad!

Other "Methodisms:"

Methodists believe in prayer, but would practically die if asked to pray out loud.

Methodists like to sing, except when confronted with a new hymn or a hymn with more than four stanzas.

Methodists believe their pastors will visit them in the hospital, even if they don't bother to notify them that they are there.

Methodists usually follow the official liturgy and will feel it is their way of suffering for their sins.

Methodists believe in miracles and even expect miracles, especially during their stewardship visitation programs or when passing the plate.

Methodists think that the Bible forbids them from crossing the aisle while passing the peace.

Methodists drink coffee as if it were the Third Sacrament.

Methodists feel guilty for not staying to clean up after their own wedding reception in the fellowship hall.

Methodists are willing to pay up to one dollar for a meal at church.

Methodists still serve Jell-O in the proper liturgical color of the season and think that peas in a tuna noodle casserole add too much color.

Methodists believe that it is okay to poke fun at themselves and never take themselves too seriously.

And finally, you know you are a Methodist when:

- ▶ It's 100 degrees with 90% humidity, and you still have coffee after the service.
- ▶ You hear something really funny during the sermon and you smile as loudly as you can.
- ▶ Donuts are a line item in the church budget, just like coffee.
- ▶ When you watch a Star Wars movie and they say, "May the Force be with you," and you respond, "And also with you."
- ▶ And lastly, it takes ten minutes to say goodbye!

Sing along if you know the tune!

Well, the Methodist Church is kinda laid back.

There isn't an opinion that Methodists lack.

It's kinda like champagne with your Big Mac.

Thank God I'm a Methodist.

Thank you, John Wesley, I owe it all to you

For starting up my church (though you didn't mean to).

What else could an Anglican Evangelist do?

Thank God I'm a Methodist.

Well, you just might say our beliefs run the gamut,

And you might say "darn" but you don't say _____ it!

If you're wondering what a Methodist is, I am it.

Thank God I'm a Methodist!

Now, if you want to eat just come 'round here—

Thirty-seven potlucks already this year.

Just the thought of tuna casserole makes me shed a tear.

Thank God I'm a Methodist!

Oh, the Methodist Church is the happiest place in town;

Yep, everything is great (though the membership is down).

That's why the sign-up sheet's goin' 'round.

Thank God I'm a Methodist.

Well, Lutherans and Presbyterians are fine.

We've got our differences, but I don't mind.

Like we use grape juice and they use wine.

Too bad I'm a Methodist!

by Garrison Keillor

lyrics by Tom Walker

Bear Creek United Methodist Church

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David Orendorff, Pastor
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*A family place of
belonging*

**We're on the
Web!**
bcumc.org



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On the Horizon



Sunday, September 9
Back-to-School Sunday/
Visitors Sunday

Sunday, September 16
Kick-Off Sunday/Potluck

Wednesday, October 3
Love and Logic class begins

Oct. 28 and Nov. 4
African Team Ministries
Craft Sale

Sunday, November 18
Consecration/Commitment
Sunday

Sunday Worship
9:30 a.m.

Sunday School
11:00 a.m.

Wednesday Worship
8:15 p.m.

All are welcome!

Office hours
9:00-3:00

Monday-Thursday
Closed Fridays

The mission of Bear Creek United Methodist Church is to create a diverse family place of belonging for all people and to reach out and make disciples of Christ.