

Bear Fax

A monthly publication of Bear Creek United Methodist Church



July, 2008

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Make a difference with the three "r"s

Did you know that approximately 50 percent of all land-fill space is occupied by paper? Or that the food you buy travels approximately 1,200 miles to get to your plate? These are just a few of the things that are impacting our environment and will have lasting effects for years to come.

How many of the living choices listed below do you use? Take a minute to read through and check them off. Congratulations! Now, during the next month, try one or two new ideas each week. The good news is that by making a few easy changes to your surroundings or daily routine, you can start to lead a more sustainable lifestyle and help make a difference every day. Do you have Green Tips that **aren't listed here? Please send them to office@bcmc.org** and we will print them in the next newsletter. Thanks!

Your Church and Society
Green Committee

1. Instead of using disposable paper or Styrofoam cups when you go to a coffee shop, bring in a reusable ceramic mug. Doing so will help reduce the millions of paper and Styrofoam cups that are sent to landfills every year, as well as help you experience the great flavor of your coffee or tea even more.

2. Purchase Rainforest Alliance Certified or Fair Trade Certified sustainably grown foods and coffee. By choosing products with these seals of approval, such as Yuban coffee and select varieties of chocolates, you help ensure that our rainforest is protected and workers receive just wages, access to healthcare, education and dignified housing. For more information, visit www.rainforest-alliance.org

3. Switch to an electric razor instead of using disposables. This will help reduce the approximately two billion disposable razors and blades discarded every year.

4. Replace incandescent light bulbs with compact fluorescent lights. Compact fluorescent lights are four times more energy efficient and last up to 10 times longer than incandescent light bulbs.

5. Install a low-flow showerhead. This will reduce water flow by as much as 50 percent, thereby conserving water.

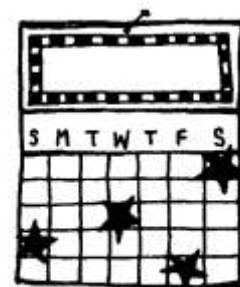
6. Save energy—and reduce your heating bills!—by making your home draft-proof: cushion the bottoms of drafty doors, seal windows in winter and caulk cracks to help prevent heat from escaping.

7. The microwave uses up to half as much energy as the stove. Use wet paper towels instead of plastic wrap to cover food in the microwave; it is better for your health and used paper towels are compostable.

8. When using your stovetop, use the burner that best fits the pot or pan size. Using a burner that is too big wastes valuable energy.

9. Shop for produce from local farms or farm stands, or plant your own vegetable garden or small indoor herb garden. This can help reduce the growing amount of greenhouse gas emissions associated with food transport.

10. Choose your seafood carefully. Sea life worldwide is at risk from a variety of threats, including overfishing and pollution. Consult the sustainable seafood guide (available at www.eartheasy.com) or the **Audubon Society's Seafood Lover's Guide** (available at www.audubon.org) to find out what



DATES TO REMEMBER

July 14-18
Vacation Bible School

July 27-August 2
White Swan Mission Trip

(Continued on page 7)

PASTOR'S MUMBLINGS

Dear Bearcreekians,
There are many folks in our communities that reject being Christian based upon an understanding that I also reject. What does it mean "to be Christian?" I have in other places and times talked about being "a Christian, but...."

It feels as if there are really two very different kinds of Christianity in the US. There are Christians (I am trying to say this without being judgmental) who believe in the virtual inerrancy of the Bible; who believe that abortion and homosexuality are always wrong and keep the practitioners eternally separate from God; who make creed more important than servant love; who

see the after life as an exclusionary "one way" gathering.

I am a Christian, "but" I am not that kind of Christian. Ultimately, I don't know if I am right or wrong in my differences. I believe that, even though the Bible is filled with the errors of human understanding, writing and editing, it "holds" the Word of God in wisdom and authority for my life.

I believe that abortion is a sad choice but sometimes a necessary choice and that only the woman, her partner (should there be one), and her physician(s), with spiritual guidance, can make the choice.

I believe that homosexuality is most often an unchosen sexual

orientation just as heterosexuality is unchosen but experienced, and that no one should be judged by sexual preference or by their sexual conduct (or misconduct).

I believe that how we live our faith in servant love to God, our neighbor and our self is the bottom line of being Christian and not what we say we believe with our mouths.

I suppose to some folks I am a heretic. And maybe I am. I trust my whole life to God, and it is God that I ask privately and publicly to make me more Christian, more Christ-like, every day and in every way.

Shalom,
Dave O

WORSHIP

Join us Sundays 9:30 a.m. and 8:00 p.m.

Make worship a regular part of your life of discipleship. Whether the music is loud or soft, the sermon good or bad, our worship of God and with our brother and sister disciples of Jesus will be just right.

July 6—8th Sunday after Pentecost

"In Hospitality"

In Greek the word we translate as "hospitality" is a compound word composed of φιλος (friendship, such as in Philadelphia) and ξενος (stranger, as in xenophobia), and literally means love or lover of strangers. We are invited to join in a friendship with strangers.

Matthew 11:28-39

Sunday Vespers *Mark 6:32-52*

July 13—5th Sunday after Pentecost

"Where Did I Go?"

Paul is convinced...that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation will be able to separate us from the love of God in Christ Jesus our Lord. But some days and even years, Paul's convictions seem a vague and lost promise

Romans 8:31-39

Sunday Vespers *Mark 7:24-29*

July 20—10th Sunday after Pentecost

Guest Preacher. The lectionary texts are Genesis 28:10-19a; Romans 8:12-25; Matthew 13:24-30.

Sunday Vespers *Mark 7:24-29*

July 27—11th Sunday after Pentecost

Guest Preacher. The lectionary texts are Genesis 29:15-28; Romans 8:26-39; Matthew 13:31-33, 44-52

Sunday Vespers *Mark 8:1-10*



Children and Youth Ministries

Do you hear the call to teach?

Let's go back to our childhood for a few moments and think of ourselves as little children in our Sunday School class. Do you remember the stories? What story or Bible verse do you remember as your favorite as a child? Can you also see your favorite teacher? What made her or him so very special?

Chances are the teacher's face popped into your head before the stories or the verses! Perhaps a smile played on your lips as you remembered.

Looking for teachers for education and formation ministries is not a simple matter of "filling the slots." It is a call to ministry on behalf of our congregation. We all

have gifts and talents given to us by God.

Ephesians 4:11-13 **"It was he who gave some to be apostles, some to be prophets,**

some to be evangelists and some to be pastors and teachers, to prepare God's

people for works of service, so that the body of Christ may be built up until we all

reach unity in the faiths and in the knowledge of the Son of God and become

mature, attaining to the whole measure of the fullness of Christ."

These gifts and talents are meant to be used in serving our God.

Are you called to share your talents with our children and youth? Can you witness your faith with our children and youth? Can you enjoy learning and sharing mutual learning in a classroom, as exciting and rewarding?

May we all be in thought and prayer and encourage one another to consider the call to be a part of the teaching team of our youth and children.

Marge Kuykendall
Director of Youth Ministries
Coordinator of Children's
Ministries

Remember your pledge this summer

Here's a reminder for the summer: as you are packing your bags for your summer vacations, please remember to stuff an envelope in the mail with your pledged donations. Unfortunately, our bills don't take a vacation, and it would be a tremendous help to keep the income coming in over the summer.



The mailing address for the church is:

Bear Creek United Methodist Church
Attention: Finance Secretary
16530 Avondale Rd NE
Woodinville, WA 98077

One Liners

If the church wants a better pastor, it only needs to pray for the one it has.

Some minds are like concrete: thoroughly mixed up and permanently set.

Peace starts with a smile.

We were called to be witnesses, not lawyers or judges.

Forbidden fruits create many jams.

Prayer shawl ministry has been a labor of love

Can you knit, crochet, quilt, or do another fabric craft? We'd love to have you join us in our prayer shawl ministry. A prayer shawl will wrap someone in love and prayer as they go through times of stress. Several of the shawls have already been given to people who need the God hugs. Joan Pierce will help with patterns, materials and the process. Please contact Joan if you have questions. (jpierce622@aol.com or 360.668.9691) Just remember, yours are the only hands Christ has now.



Prayer Shawl Ministry

To those of you who are giving the shawls to loved ones, we would like to keep track of who is taking them and to whom they are being given so we can follow up on these folks and let them know they are still cared for and

prayed for. A clipboard is attached to the prayer shawl basket so that folks can fill in the desired information. This will also help us avoid doubling up on efforts and will let us know who has shawls.

If you already given away one or more shawls, please put the information on the form so we can be up to date.

If you would like a shawl delivered to someone or have questions about this ministry, please call either Joan or Jeannie Morris (425.398.3746). Please see the letter below.

Dear BCUMC Family,

In June, I sent a prayer shawl to an old friend of mine who lost her husband to brain cancer two summers ago. She is not Christian. I really don't know what, if any, spiritual beliefs she holds. Yet I felt very moved to send her a shawl. When I did, I included a note explaining the meaning and purpose of our new ministry. I want to share her note back to me with you with gratefulness in my heart that even one living distantly from God can be personally touched by His love. Thank you to Him and to those of you who made it possible!

With Love,
Tresje Seeley

Tresje,

You dear, sweet friend! What a wonderful surprise to receive the Prayer Shawl. You can't imagine how great your timing was! Life has been much harder this summer as I relive Randy's last summer alive. I immediately wrapped it around me and felt your hug. I've had nightmares the last several nights and haven't been doing well, but tonight I'll feel wrapped in your life.

I love you,
N



We've got mail

I wish to thank everyone at BCUMC for their caring thoughts and prayers during my past as well as my recent health issues. It is extremely comforting to know that there is a support group which is always there for me. While laying in my hospital bed or at home I often gathered more strength as I thought of my

family, church family and friends who were caring and praying for me. I am doing much better now and in a recovery period. After going through the trials and low times, I do feel that I am truly part of Gods plan. Thanks for being there for me.

Gary Linstedt



Annual Conference rewarding for Pastor Dave

Annual Conference for the Pacific Northwest Conference (PNW) was the best it has ever been for me. The worship was meaningful and diverse; the disagreements were polite and informative; it was good to ride bikes with Eric and have a little time with some old friends.

The difficult piece was saying good-bye to Bishop Paup. I have known Ed for more than 30 years, from the time we were both pastors. He is a good man and a very talented man. PNW will grieve his loss. But the General Board of Global Ministry needed his gifts. And with grace he resigned as Bishop (almost unheard of) so he **could better serve the United Methodist Church's** extensive mission work. God will bless him and us for this.

For a full report of Annual Conference go to <http://www.pnwumc.org/>.

Dave O



Vacation Bible School

July 14-18

9:00 - noon

K-6th Grade

\$10 per child

(Scholarships available)

Sign up now!

Missions – Around

A sneak peek at upcoming

The Corner

Mission events

July

- Habitat for Humanity Work Volunteers – Saturday July 12th 8:45 a.m. to 4 p.m.
- White Swan Mission trip – July 27th – August 1st
- Tent City 4 Dinner – Monday July 21st 6 p.m. at B’Nai Torah

August

- Habitat for Humanity Work Volunteers – Saturday August 9th 8:45 a.m. to 4 p.m.
- Tent City 4 Dinner – Monday August 18th 6 p.m. at Mercer Island UMC
- Assemble UMCOR kits during coffee hour – date TBD

September

- Habitat for Humanity Work Volunteers – Saturday September 13th 8:45 a.m. to 4 p.m.



Childcare Provider
Adult (18+)
Responsible
Interactive
Nurturing
Gentle

Paid Permanent Adult Substitute
 for the Nursery
 Please call Jan Becker
 425.485.0665
 Or Marge Kuykendall
 425.883.0248

WE NEED YOU!

Save these Dates

Vacation Bible School—July 14-18
 White Swan Mission Trip—July 27-August 2
 Blood Drive—August 12
 Welcome Home Sunday—September 7
 Kick-Off Sunday—September 14
 Love & Logic (Teens & Tweens)—October 1
 Wills and Estates—October 15
 Amazing Grace Seminar—October 18
 Ad Council Commitment Dinner—October 26
 Commitment Sunday—November 2
 Thanksgiving Service—November 23
 Advent Festival—December 7

Shakespeare Revisited

Forgiveness is a quality
 Like a cool breeze on a hot August day.
 It's a sacred gift, a gift received
 By both the forgiver and the forgiven.
 The more someone is owed,
 The more their forgiveness means.
 Sure, they have the right to exact justice,
 No one would blame them for forcing just payment.
 But forgiveness is a quality of God himself.
 It is a power far beyond that of justice.
 And a person comes closest to the likeness of God
 When forgiveness outweighs fairness.

Debbie Leyva Brown



Prayers and Praises

Praises for **Gary Linstedt's**
 continuing recovery from a
 liver transplant.

Prayers for Kay Hall, Jay
 and Shallon Tagg and their
 families who are mourning
 the death of Erica Singer,
Kay's daughter and Shallon's
 sister.

Make a difference—reduce, reuse, recycle

(Continued from page 1)

types of fish are best to consume, based on factors such as status of the population and fishing methods.

11. Replace your alkaline batteries with rechargeable batteries. Alkaline batteries contain materials that could leak into landfills.

12. Use cloths or rags (which can be made from old t-shirts) for dusting and cleaning instead of paper towels. Doing so can help save the 27 million trees used each year to make paper towels! Resist the disposable wipes that are sold for every imaginable household need with a reusable cloth instead.

13. Use eco-efficient gardening solutions. Choose native plants which thrive without fertilizers. Use organic pest control products, available at many garden stores, and avoid pesticides which kill beneficial insects as well as pests.

14. Introduce potted plants into your home. Since the air inside your home can actually be more harmful than that outside, indoor plants can help reduce or eliminate indoor airborne toxins.

15. To help reduce fuel emissions and pollution, take the first parking space you find at the store or shopping mall and walk the short distance to the entrance. Your heart will thank you, too!

16. One quarter of all car trips are less than one mile long. By walking or biking to these destinations, you can reduce the amount of air pollution from car emissions. Or, consolidate your errands so car trips to the same area can be taken at one time. Keep track of the miles you drive and try to reduce it each week.

17. **If you're in the market for new household appliances, look for those with the Energy Star™ logo.** These products are significantly more energy efficient than the minimum government standards, based on standard testing.

18. Dry your clothes on a clothesline or indoor rack instead of in the dryer. This will not only conserve energy, but also prolong the life of your clothes by reducing wear-and-tear on the fabric.

19. If you do prefer the dryer, dry loads of laundry back-to-back. Drying loads of laundry with long periods of time in between expends valuable energy since the appliance needs time to reach optimal drying temperature.

20. **If you're looking to purchase a new washing machine, consider a front-loading style.** These types of washing machines use less water, have a bigger capacity, and save energy through reduced water heating.

21. Regardless of which type of washing machine you use, launder your garments in cold water instead of hot. This cuts energy use and washing costs in half.

22. Turn computer equipment off when not in use. A computer in "standby" mode is actually using about 30 watts of electricity.

23. Donate your old electronic equipment and gadgets. Computers and cell phones, which contain potentially hazardous materials, can be put to good use by many charitable organizations instead of sitting in landfills.

24. Reduce the amount of chemicals in your home by using "homemade" cleaning solutions. Baking soda, white vinegar and cornstarch are just a few ingredients that can all be used independently or in combination for a wealth of household cleaning applications. For example, 1/4 cup of baking soda can be combined with 1 cup of vinegar to create a toilet bowl cleaner!

25. Shred old newspaper, mail, and computer printouts to use as packing materials. This form of recycling will not only help save a number of trees, but also eliminate the need for plastic and Styrofoam packing materials.

26. Put a stop to your junk mail. If 100,000 people stemmed the time of unwanted mail, up to 150,000 trees could be saved each year. One way to stop the flow of junk mail is to register with the **Direct Marketing Association's Mail Preference Service.** (Mail Preference Service, c/o Direct Marketing Association, PO Box 643, Carmel, NY 10512).

27. **Don't leave your faucets running.** When washing dishes, brushing your teeth or shaving, you can conserve gallons of water per week simply by turning off the faucet when you don't need the stream of water.

28. Enroll in your local Freecycle program. Freecycle is a grassroots recycling effort providing individuals and non-profit organizations with a forum to exchange unwanted goods. Registration is free and enables you to post items you'd like to get rid of, as well as search for items you may need. For more information, or to see if there's a Freecycle group in your area, visit www.freecycle.org

29. For your next gift-giving occasion, consider service items instead of material goods. Service items, such as massages, beauty treatments, or lessons, make no use of natural resources, thereby helping to preserve the environment. Or, if your recipient enjoys unwrapping gifts, give an antique, pre-owned or homemade gift. Not only do antiques have a wonderful sense of history but, because they're re-used, there's no impact on the environment. And passing on a favorite book makes it even more special.

30. When wrapping presents, recycle items you have around the house instead of purchasing gift-wrapping paper. Not only will you help preserve trees, but materials like comic strips and wallpaper allow you to better personalize the gift for the recipient. In addition, fabric is much easier to work than paper when trying to wrap a large or odd-shaped item.

Bear Creek United Methodist Church

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David Orendorff, Pastor

pastor@bcumc.org

*A family place of
belonging*

**We're on the
Web!**

www.bcumc.org



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On the Horizon



August 12
Bloodmobile at BCUMC

Saturday, August 23
Amazing Grace Seminar

Sunday, September 7
Welcome Home Sunday

Sunday, September 14
Kick-Off Sunday

Wednesday, October 1
Love & Logic
(Teens & Tweens)

Wednesday, October 15
Wills and Estates

Saturday, October 18
Amazing Grace Seminar

Sunday Worship
9:30 a.m.

Sunday School
11:00 a.m.

Sunday Vespers
8:00 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.