

# Bear Fax



September, 2008

A monthly publication of Bear Creek United Methodist Church

## INSIDE THIS ISSUE:

## VBS is over but the need for our loving presence doesn't end

Each day during Vacation Bible School I greeted every child as they came running into the narthex, anticipating what new adventure they would be experiencing. Their excitement and enthusiasm were quite contagious. Each day I became more and more aware that God was there with me helping me make the right things happen to nurture these children in their faith.

One of my biggest joys would come during snack time. This is when our adult leader, Louise Aakre, would ask the children if they could remember the message for that particular day. Even the youngest child could answer the question. Sometimes she would ask what they learned, and I would hear the entire Bible story repeated in exact detail.

A very successful Vacation Bible School experience is now behind us, but on-going programs of Children's Ministry is before us. Staffing programs for children has been a big challenge this past year, but I have faith that **Bear Creekians will hear God's call to them.** Consider the following as you ponder if you are a person with gifts to help a child's spiritual development:

- ♥ You have expressed a personal faith in Jesus and are committed to your own spiritual growth.
- ♥ You have a heart for children. You sometimes respond with a tear or goose bumps, butterflies and tingly sensation when you hear a precious comment a child made.
- ♥ You see children as individuals and understand that kids aren't made with a cookie cutter or given the same personalities, desires, and preferences.

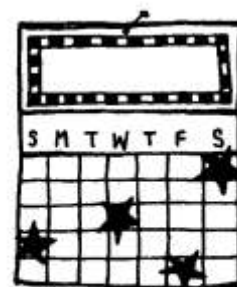


- ♥ You show a willingness to step out of your own comfort zones to learn new things in order to reach a child.
- ♥ You look at children and see possibilities, just like Jesus does.
- ♥ You feel an urgency and express a sense of importance in leading children to a personal relationship with their heavenly Father through Jesus.

If you have these kinds of qualities, we need you! Experience is not necessarily needed—we can provide on-the-job training, guidance and support.

Marge Kuykendall  
Director of Children's Ministries  
425.883.0248  
margentedk@aol.com

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## DATES TO REMEMBER

*Monday, September 1*  
Labor Day—office closed

*Tuesday, September 2*  
Bloodmobile here

*Sunday, September 7*  
Welcome Home  
Sunday/Luncheon

*Wednesday, September 10*  
Midweek at Bear Creek  
resumes

## PASTOR'S MUMBLINGS

Dear Bearcreekians,  
We start a new program year this September of worship, study and service. To kick it off we are having *Welcome Home Sunday* on September 7.

Let's make it look like Easter Sunday and fill the place. To welcome you home there will be a *Ministry Fair* to bring you up to date on what is happening around Bear Creek.

This is followed by a *free lunch* catered by the Fellowship Committee. I hear the BBQ beef is already simmering.

If it is at all possible, please plan on being at Bear Creek on September 7.

Shalom,  
Dave O

## WELCOME HOME SUNDAY

September 7, 2008

Worship - 9:30 a.m.

Ministry Fair and Sunday School - 11:00 a.m.

BBQ Beef Catered Lunch - Noon

(Thank you Fellowship Committee)

**Let's make the neighbors think it is Easter.**

**Ya'll Come!!!!**

## 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.

September 7—17th Sunday after Pentecost  
Welcome Home Sunday/Teacher Dedication

### "The Way Home"

Some of us are coming home from vacation and summertime fun. Some of us are coming home from being kidnapped by life. God guides us home no matter the reason we have been away. And God rejoices when we come home. Have you been lost this summer? We are praying that the whole family comes home on this Sunday and that we fill the place with music, prayer and praise.

*Psalms 137:1-4*

Sunday Vespers *Matthew 8:5-13*  
*Jesus Heals a Centurion's Servant*

September 14—18th Sunday after Pentecost

### "Tenacious Love"

Jesus gives to us a method of reconciliation when there are problems in a Christian relationship. It is good advice for any relationship. Need some advice?

*Matthew 18:15-20*

Sunday Vespers *Matthew 8:14-17*  
*Jesus Heals Many at Peter's House*

September 21—19th Sunday after Pentecost

### "Equal Pay for Unequal Work"

What would the NLR (National Labor Relations Board) say to this parable? It just isn't fair. But there is a fairness of the Kingdom of Heaven which is greater than our sense of justice. So the next time you think, "It isn't fair," try to see it from God's point of view.

*Matthew 20:1-16*

Sunday Vespers

*Mark 10:46-52*  
*Jesus Stills the Storm*

September 28—20th Sunday after Pentecost

### "Water from Flinty Rock"

What is not possible for us, God makes possible. There are dessert times in every life. Now may be such a time for you. Rejoice, for God will teach you to strike the rock and water will pour forth.

*Matthew 16:13-20*

Sunday Vespers

*Matthew 4:23-25*  
*Jesus Heals the Gadarene Demoniacs*

September 10—Hinduism study begins

Interested in exploring another religion? You will learn more about Christianity as we explore Hinduism using the Great Courses curriculum on the Great Religions. When? During Midweek at Bear Creek beginning September 10. Dinner is at 6:00 p.m. and the class at 7:00 p.m.

## Missions

### Meet our Habitat for Humanity family

Please meet the Ly/Pham family in the following biography. Habitat for Humanity East King County has selected six families for the six-unit complex we are building at Patterson Park in Redmond.

Our coalition of churches (Cornerstone for Hope Coalition), which works the second Saturday of each month on the project, in turn has selected the Ly/Pham

family from this pool. The family puts a personal face on the project for us as well as for them.

We will have an opportunity to meet the family and to work side-by-side with them on our work days as they accumulate their 500 "sweat equity" hours and we fulfill our obligation to Habitat. We also hope to have them come to church to meet us all some Sunday this fall or winter. We are on

track to complete the project by April or May, 2009.

Our next build day is Saturday, September 13, from 8:45-4:00 p.m. We have two full-day or four half-day slots open. To sign up, contact Marcia Gordon at 425.301.7037 or [marcia.gordon@gmail.com](mailto:marcia.gordon@gmail.com).

### Meet the Ly/Pham family!

#### Brief Background:

Kiet immigrated to the United States, where his parents had been living for several years, in 1999. Kiet began taking English classes at community colleges in Spokane. In 2006 Kiet went back to Viet Nam to marry Tho Pham and bring her back to the US. The couple settled in Seattle to be close to Kiet's brother and sister and now live with Kiet's mother, Mai, who helps take care of their daughter, Annie.



Mai, Tho, Annie and Kiet

#### Employment information:

Kiet was selected from a pool of 20,000 applicants to begin a four-year work/study program with Boeing. When he completes his program in the coming months, he will become a journeyman machinist. Tho attends school and ESL courses in the evenings and is excited about future opportunities in America.

#### Housing Need:

The family currently lives in a one-bedroom apartment in Bellevue. Mai (Kiet's mother) sleeps in the living room, while Annie shares a room with her parents. While they keep their apartment as neat and clean as possible, the cramped living quarters make studying for Kiet and Tho very difficult.

#### Activities:

The Ly/Pham family loves to cook together and spend time as a family. They also enjoy spending time with Kiet's brother and sister who live in the area.

#### Other Information:

They are VERY excited about becoming homeowners in Redmond!! It will be a much better environment for Annie to grow up in!

## MISSIONS

### Bulletin: Food and volunteers needed for Hopelink

High prices of gas and food have resulted in fewer food donations being made to Hopelink, as well as greater numbers of people needing food donations. Because of this special need, the Missions Committee has set aside the month of September to allow our congregation the opportunity to help.

There will be bins under the Missions table for collection of food donations.



The following items are most needed at this time:

- Juice (100% juice only)
- Canned fruit
- Applesauce
- Rice
- Dry Beans (pinto, red, black)
- Dried split peas
- Canned vegetables
- Pasta (all varieties)

Also, Hopelink is in need of volunteers to drive for pickups in the Redmond and Carnation areas. If you are interested in volunteering on a short-or long-term basis, contact the volunteer coordinator, Sheila Sloan-Evans at 425.869.6066 or [sheilase@hope-link.org](mailto:sheilase@hope-link.org).

## Shawl ministry continues to bless

Our prayer shawl ministry is continuing to wrap those who are hurting with love and prayers. If you would like to help with this wonderful project, **please contact Joan Pierce. She'll help you with patterns, materials and the process.**

To those of you who are giving shawls to loved ones, we would like to keep track of who is giving and receiving them so we can follow up with love and prayers. A clipboard is attached to the prayer shawl basket. Please fill in the desire information. This will also help us avoid doubling up on efforts.

If you would like a shawl delivered to someone or have questions about this ministry, please contact Joan Pierce (360.668.9691 or [jpierce622@aol.com](mailto:jpierce622@aol.com)) or Jeannie Morris ([jmorrismac@aol.com](mailto:jmorrismac@aol.com) or 425.398.3746).

## Activities will benefit Honduras mission trip

In August, 2009, BCUMC will be participating in a mission trip to Honduras. A speaker will be coming in October to talk to those interested in learning more about the trip. **To help us prepare, we'll hold a series of fundraising activities, such as bake sales, a spaghetti dinner and a garage sale. The first bake sale will be September 21. Items for sale will include muffins, cookies, cakes, pies, breads, and quiche. If you would like to bake something and bring it the day of the sale, everything will be gladly accepted and appreciated. If you have any questions, please call Tina Stroh 425.481.5735.**

Other bake sale dates will be October 19, December 7, and March 15.

## TRUSTEES

### Trustees strive to keep a roof over our heads

The Board of Trustees is getting final bids for the roof from various contractors and plan to get the repair done soon. The roof repair is going to stretch our capital reserves and the earnings we have already received from Microsoft.

You might ask why it isn't done already, but we are working with different contractors to fix the problem to keep the problem from happening again. The slope of the roof will be slightly increased to provide runoff.

We also have discovered that the other flat roof on the education wing is soft, so we hope to "bandage" that if possible before major leaks occur. As a result, we are holding off on other large projects like re-striping the parking lot and getting new bumpers and outside painting, but these are still a high priority for us.



Board of Trustees

## Celebration Choir begins practice on September 11

Our adult Celebration Choir will begin its new season on Thursday, September 11. We rehearse on Thursdays from 7:45 -8:45 p.m.

The choir has worked very hard in the past couple of years to become a true "small group" or "choir family." We start each rehearsal with a brief devotional (usually from the Upper Room) and end each rehearsal standing in a circle and sharing our joys and concerns and praying together. And—we have FUN!!

We would love for *you* to come join us! The choir generally sings on the second and fourth Sundays of the month. Come check it out! For further information please contact Debbie Brown at [debbie.jean.brown@gmail.com](mailto:debbie.jean.brown@gmail.com) or Sara Lambert at [saralambert@verizon.net](mailto:saralambert@verizon.net).

## Meet BCUMC's Staff Parish Relations Committee

Staff/Parish Relations Committee (SPRC) is "the local church administrative unit in which lay and clergy spiritual leaders integrate the staff and congregational interests to focus on the mission of the church."

What does this mean? One of the primary SPRC responsibilities is maintaining an effective partnership with the paid staff of our church through prayer, support, and evaluation.

One of our goals this year is to complete a policy manual to give clarity and consistency to our procedures. Another goal is to

spend time supporting each staff member through prayer and intentional dialogue with the committee.

SPRC members include Susan Mahan, Larry Braun, Kay Forrester, Chuck Porter, Connie Gagnon, Jeannie Morris, Eric Shankland, Terri Stewart, Doug Barton, and Gordy Brown.

We look forward to working together this year and worshipping with you on Sundays!

Agape,  
Susan Jackson, Chair  
Staff/Parish  
Relations Committee

## Sign up for a dinner group

There are few things more enjoyable than sharing a good meal with good friends old and new. It's time once again to arrange dinner groups for Bear Creek's "Dinners" groups.

A group of eight people (singles and/or couples) share four meals over a six-month period. The time of day, day of week, and type of meal are set by the group. The meals can be potlucks in the home or meals at restaurants—whatever the group decides. It's a chance to get to know others in the congregation outside of worship or a committee meeting.

Please sign up on your presence slip, in the narthex after service, or by contacting Joan Pierce (360-668-9691 or [jpierce622@aol.com](mailto:jpierce622@aol.com)).



## STEWARDSHIP

### Be a caretaker of God's household

As stewards, or overseers, of God's kingdom here on earth, our job is to ensure we are using all of our gifts wisely. Our calling is to share in the abundance God has given each one of us! Through this, we preserve God's house and give meaning to our own lives.

Our BCUMC household, much like your home, needs to **manage income and expenses in order to stay "out of the red."** All of us are facing more challenging times, and Bear Creek UMC is no different. Giving is down by 17% this year and operational costs, like gas and electric, are up. The Finance Committee has authorized the release of operating reserves to cover the shortfall, but we'll need to replenish this by year's end.

Summer is coming to a close and it's a great time to catch up on your pledges—both to the general operating fund as well as the capital fund. That would set the stage for a great Consecration Sunday on November 2, when we make commitments to our church for 2009.

Our delicious Celebration Luncheon will follow the worship service. Please mark your calendar for this event and prayerfully consider your financial discipleship.

Danielle Walsh  
Stewardship Committee



## Prayers and Praises

Prayers for Mary K Orendorff and the Orendorff family as she lives with terminal kidney cancer.

Don and Ellyn Martin have a new granddaughter. Tippen Adelle was born on July 29.

From Ellen on August 2:

Our new granddaughter was born on Tuesday, July 29, Tippen Adelle, 9 lbs., 10 oz. She had some breathing problems and so was transferred to the Neonatal ICC unit in a hospital in Portland. She is still there but doing very well. All of the tubes came out today and I would expect she will be home soon.

Needless to say it was a hectic week. Our daughter was in the hospital in Hood River, I was in Stevenson with our three- and five-year old grandchildren, and our son-in-law was in Portland with the baby. Wednesday night Brian got us booked at the Ronald

McDonald house and so the three- and five-year-olds and Grandma saw Tippen, and then on Thursday we drove back to Duvall. It is going well but there is a reason 70- year-old people don't have small children. We are very tired every night. I'm hoping to keep them here until next Friday when the baby and parents should be home and settled in.

I just want to say that I was so impressed with the facilities at the Ronald McDonald House. What a wonderful thing for people when they have a child in the hospital. I'm very thankful that all is going well now.



Ellyn Martin

## Save these Dates

Bloodmobile—September 7  
 Welcome Home Sunday/Luncheon—Sept. 7  
 Midweek at Bear Creek starts—September 10  
 Love & Logic (Teens & Tweens)—October 15  
 Wills and Estates—October 15  
 Amazing Grace Seminar—October 18  
 Emergency Preparedness Fair—October 26  
 Ad Council Commitment Dinner—October 26  
 Commitment Sunday/Celebration Luncheon—Nov. 2  
 Health Fair/Flu Shots—November 16  
 Thanksgiving Service—November 23  
 Advent Festival—December 7

## College student? We want your address!

If you will be attending college or secondary school classes this fall and would like to apply for a BCUMC scholarship, please contact the church office with the name of the college, university or technical school you will be attending, along with your school-year e-mail and mailing address so we can contact you about scholarships, Advent Care Packages, etc.

## 2008 FINANCE REPORT

Amount budgeted for 2008  
 \$361,717

Year-to-date offerings  
*through August 24*  
 \$195,988 82.9%

Year-to-date ahead/(behind)  
 (\$40,519) -17.1%

## Medical equipment available for surgery or illness

Wheelchairs

Walkers

Crutches

Portable Commode

Stair Extension  
for 2-story home

Contact Andy or Joan Pierce  
 (360.668.9691 or jpierce622@aol.com) to borrow any of these items.

# A Vegan's Perspective

by Debbie Leyva Brown

A few weeks ago, I sent out a prayer request asking for your support as I made the transition to veganism (I think the prayer request actually said "vegetarian" but I should have written "vegan"). A few of you have asked me about it, so I thought I would try, as briefly and succinctly as possible, to elucidate the reasoning behind my thinking.

I am not writing this as the chair of Church and Society. I'm just writing this as me.

I also *promise* to not become an annoying "missionary" for the cause. I know there's nothing as irritating as a reformed smoker, addict, whatever.... I have chosen this way for *me*. If you are ever interested in knowing more about veganism, feel free to e-mail me and I will give you all the info you need! If you're not interested, that's okay, too.

But since it has become an important part of my life, I thought I would at least briefly explain my rationale to you, my fellow BCUMC-ers.

There are five main reasons I decided to live and eat vegan: 1) my health, 2) cruelty to animals on "factory farms", 3) the environment, 4) the world food shortage, and 5) the spiritual aspect of veganism. I'll write just a very brief line about each.

OK, first, what is veganism? Simply, vegans are people who do not eat or use any product that comes from or is made of animals, as far as is practical.

In our American society, it would be virtually impossible to *never* use anything that comes from an animal. For example, animal fat is used in the making of rubber tires. I am not giving up my car or refusing to eat anything that came on a truck. BUT, TO THE BEST OF MY ABILITY, I will not eat or use animal products. That means beef, chicken, pork, fish, dairy products, eggs, honey, and gelatin are off the menu. It

also means I will not wear or use fur, leather, or silk.

The difference between veganism and vegetarianism: Vegetarians often eat fish and dairy products; vegans do not.

## Reason #1: Health

Dr. T. Colin Campbell of Cornell University, arguably the foremost epidemiologist in the world, states: "Quite simply, the more you substitute plant foods for animal foods, the healthier you are likely to be. I now consider veganism to be the ideal diet. A vegan diet—particularly one that is low in fat—will substantially reduce disease risks, including heart disease and cancer."

## Reason #2: Animal Cruelty

Linda McCartney once said, "If slaughterhouses had glass walls, everyone would be vegetarian." The way factory-farmed animals (almost 100% of the animals we eat are from corporate "factory farms" now) are treated during their short, miserable lives, and the way they are slaughtered is beyond inhumane. I won't go into grisly details here, but if you go to [peta.com](http://peta.com) you can read all about it and even see undercover video. The Dalai Lama said "I find it unacceptable that violence is the basis of some of our food habits."

## Reason #3: The Environment

Global Warming: According to a recent United Nations report, the meat industry causes more global warming (through emissions of carbon dioxide, methane, and nitrous oxide) than all the cars, trucks, SUVs, planes, and ships in the world combined. Researchers at the University of Chicago state that switching to a vegan diet is 50% more effective than switching from a regular car to a hybrid in reducing your impact on global warming! (But feel free to do both!)

Water Resources: Less than 2% of the earth's water is drinkable, fresh water. But more than half of all the water consumed in the US is used to raise animals for food. A totally vegan diet requires 300 gallons of water per day. A meat-based diet requires more than 4,000 gallons of water per day!

Pollution: Okay, this is kinda gross, but farmed animals produce about 130 times as much excrement as the entire human population of the United States! Where does all that poop go? According to the EPA, the run-off from factory farms pollutes our rivers and lakes more than *all* other industrial sources combined!

## Reason #4: World Food Shortage

According to the book "Fast Food Nation," over 70% of the grain we grow in the USA is used to feed farmed animals. This is crazy! If we stopped eating meat and dairy products, we could easily grow enough grain to feed the world. We are literally letting children Starve to Death so we can feed our beef habit.

## Reason #5: Spiritual

Many, if not most, sacred scriptures of the world's religions instruct their followers to avoid senseless killing. "Ahimsa," or the ideal of harmlessness, is common to Buddhism, Jainism, and Hinduism. In seeking to do no harm—to myself, to other people, to other living beings, and to the earth—I, as a Christian, draw from the Spirit and feed my own spirit.

I think Paul McCartney said it best: "If anyone wants to save the planet, all they have to do is just stop eating meat.... It's staggering when you think about it. Vegetarianism takes care of so many things in one shot: ecology, famine, cruelty."

These are my reasons in a nutshell. You can contact me at: [debbie.jean.brown@gmail.com](mailto:debbie.jean.brown@gmail.com).

# Bear Creek United Methodist Church

16530 Avondale Road N.E.  
Woodinville WA 98077-9178

425.788.2953

info@bcumc.org

David Orendorff, Pastor

pastor@bcumc.org

*A family place of  
belonging*

**We're on the  
Web!**

[www.bcumc.org](http://www.bcumc.org)



The Bear Fax is published monthly. The deadline for submitting articles is the 20th of each month.

#### **Important Notice:**

Beginning January, 2009, the Bear Fax will be distributed electronically. If you would like to continue receiving a paper copy, please contact the church office. If we do not have your e-mail address, contact us at [office@bcumc.org](mailto:office@bcumc.org).

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## On the Horizon



*Wednesday, October 1*  
Love & Logic (6 weeks)  
Teens & Tweens)

*Tuesday, October 7*  
Blood Drive (WUUC)

*Wednesday, October 15*  
Wills and Estates

*Saturday, October 18*  
Amazing Grace Seminar

*Sunday, October 26*  
Emergency Preparedness Fair  
Ad Council Commitment Dinner

*Sunday, November 2*  
Commitment Sunday/Celebration  
Luncheon

*Sunday, November 16*  
Health Fair/Flu Shots

*Sunday, November 23*  
Thanksgiving Service

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.*