

Bear Fax

A monthly publication of Bear Creek United Methodist Church



November, 2008

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Habitat family will be in church on November 23

Please take a moment on Sunday, November 23, to greet the Ly/Pham family who will be at church to share their experiences with Habitat for Humanity. The family is our personal connection with the Redmond Habitat for Humanity project and one of six families who will be moving into the townhouses our church has been working on since last spring.

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.



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 Needs:

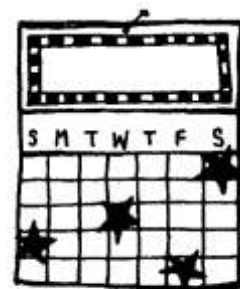
The family currently lives in a one-bedroom apartment in Bellevue. Mai (Kiet's mother) sleeps in the living room, while Annie shares a room with her parents. While they keep their apartment as neat and clean as possible, the cramped living quarters make studying for Kiet and Tho very difficult.

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!



DATES TO REMEMBER

- Sunday, November 2*
Commitment Sunday
Celebration Luncheon
- Tuesday, November 4*
Election Day
- Wednesday, November 5*
Flu shots at MWBC
- Sunday, November 9*
Bible Sunday
African Team Ministries Craft Sale
- Wednesday, November 12*
Stress Eating Workshop
- Sunday, November 16*
Health Fair, Craft Sale
- Wednesday, November 19*
Communication and Boundaries
- Sunday, November 23*
Thanksgiving Service

PASTOR'S MUMBLINGS

Dear Bearcreekians,
Something strange is happening among us. The Administrative Council, Council on Ministries and Executive Committee are listening to God, you and our neighbors before we make plans. This is not business as usual.

Business as usual is to identify a goal and the steps to achieve it. Instead, we have identified four areas of concern for Bear Creek and will spend the next six months listening and praying about them, seeking understanding and divine guidance. You are invited to add your prayer and join in the discussion where you might feel called.

1. *Worship.* Worship attendance at Bear Creek has been on a 2-3% decline for more than a decade. Sara Lambert has gathered a small group to study and to pray to God for guidance.

2. *Children and Family Ministry.*

Though our adult and youth programs are growing, the number of families with elementary and younger children is in decline. Marge Kuykendall has gathered a small group to study this and to pray to God for guidance.

3. *Reaching Out.* Bear Creek only exists because friends and families reached out to gather folks to worship, study and service. The contagious invitations that brought us into being are not as frequently given. Terri Stewart has gathered an E-team to study and pray to God for guidance.

4. *Marketing.* I know this is a business word and one that church folks don't like to use. But still, non-church folks are bombarded with offers of joy and

fulfillment from false gods. We know the real God of healing love. How do we let others know in a way they can hear? John Lambert is gathering a small group to study and pray to God for guidance.

All this makes me a little nervous. All four efforts need to merge **at some point. I don't know where they will merge. At this point I don't know where we are going, only that we're being honest, that we are more and more practicing being disciples, that we are listening to the world around us, and that we are holding before God our desire to serve Cottage Lake and the world.**

How will God answer? Stay tuned and pray.

Shalom,
Dave O

WORSHIP

Join us Sundays at 9:30 a.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.

November 2—25th Sunday after Pentecost
Commitment Sunday
Daylight Savings Times ends

"Walking the Talk"

The Pharisees know the words but they don't live the lives. We aren't like that—are we?

In worship we will offer our giving estimates for 2009. Following worship, the Fellowship Committee and the Stewardship Committee will provide a luncheon for the whole congregation. Jeannie Morris has agreed to provide us with another trivia challenge. There will be no Sunday School so we can all be together as a family.

Matthew 23: 1-12

Vespers 8:00 p.m.

November 9—26nd Sunday after Pentecost
Bible Sunday

"What Is the Bible?"

Fundamentalists are clear that the Bible is the literal and inerrant Word of God. They feel compelled to study the Bible and try to live by its commands. What do you believe? What do I believe? When we give a Bible to our children, what are we giving them?

We will provide third graders and others with their own Bibles.

Psalms 78: 1-7

November 16—27th Sunday after Pentecost
"A Graceful Movement"

God gives us talents in wealth, passion and skills. They are ours to use as we will. The children and all creation need us to use our talents to grow the kingdom of heaven. How are we doing?

This Sunday we will have a health fair. A variety of information

Matthew 25: 14-30

November 23—Last Sunday after Pentecost
Christ the King Sunday

"Will the Real Pastor Please Stand Up?"

When asked who your pastor is, how do you answer? One of the radical principles we live by is the priesthood of all believers. Yet, still we think of only some as "real pastors."

Matthew 25: 31-46

November 30—First Sunday of Advent
United Methodist Student Day
"Joseph, A Forgotten Midwife"

We haul Joseph out of storage once a year as a prop for the birth of Jesus. The rest of the time we hardly give him a thought. I want us, as we prepare for the great birth, to remember Joseph and all the forgotten midwives of God.

Matthew 2: 18-25

MISSIONS

College kids appreciate goodies and personal notes at Christmas

When children are baptized into our congregation, we promise to stand by their side and love them through all the phases of their lives. The college years are typically a time when young adults venture out, and many have expressed appreciation for the comfort of knowing their connection to Bear Creek remains unbroken.

Annually, Bear Creek UMC parents have combined efforts to deliver a variety of goodies to their college-aged youth. Packing boxes during the Advent Festival gives the entire congregation a chance to contribute their personal wishes. In the festive spirit of the Advent Festival, it's also great fun to remember these students, catch up with parents on how they're doing and anticipate the day (soon!) when they'll be back in our midst on holiday break.

Student response has been overwhelming positive. They **enjoy the goodies, but it's the messages from you** that really set this package apart and make it special. Please join the fun! Watch your November bulletins for the growing list of students whose mailing addresses are verified and start writing your notes now. Get the kids involved, too. Their turn will come soon enough! During the Advent Festival, drop your notes in the boxes or fill out a blank card on the spot and consider putting a few dollars in the donation jar to offset postage costs. Any donations exceeding costs go to the BCUMC Scholarship Fund.

*Note to Parents: Advent falls late this year, so packages **won't be mailed until December 8 by Priority Mail. If you don't think it will comfortably arrive before your student leaves campus, provide your home address***

for mailing or arrange to hand-deliver the box to your student at home.

Please email your student's name and campus address to Tracy Daugherty at touchdown.one@comcast.net today. All students qualify, even if they're going to school locally and living at home. If able, bring one or two dozen of any care package goody to the Advent Festival or leave in the church office in advance, marked Advent Care Packages. Smaller sizes are preferable but **weight doesn't matter. Although sugary treats are always welcome, also consider nutritious, energy-rich products to power students healthfully through finals. We always get a great assortment!**

Remember, packages are sent by flat-rate priority mail on December 8. Please contribute what you can to the cost of \$9.30/box.

Need help with holiday shopping? Consider alternative giving.

Here's help for your Christmas shopping and for needy charities serving many people. This year the Mission Committee suggests the following charities:

Water for Life in Sudan: Without water, men, women and children perish. Without water, cattle and goats can't live or give milk. Without water, seeds dry up and can't produce luscious green crops.

Surviving the Food Crisis: Each year, more than 3,000 persons benefit from UMCOR's Sustainable Agriculture and Development Program, either directly as newly-transformed farmers or as people

who have heard of the new methods by word of mouth. Sixty percent of the training recipients teach the new methods to their friends.

(To learn more about these programs, go to www.umcor.org.)

Country Doc. A free medical clinic for homeless youth run by volunteer staff and physicians.

Habitat for Humanity EKC. Works in partnership with low-income families in our area and throughout the world for affordable housing.

Honduras Scholarships. Our Missions Committee is organizing a trip to Honduras with Honduras

Outreach Inc (HOI) next August. The trip is to the mountainous Olancho region of Honduras, which has one of the highest concentrations of infant mortality and poverty in an already poor country. HOI arranges for groups of North American volunteers to visit and work on community projects ranging from home improvement to school and medical clinic establishment. Our specific projects will be determined as the trip date approaches.

"Market tables" will be set up in the church narthex on December 14 and 21. Please look for your shopping list in a church bulletin one Sunday soon, and pick up your card(s) the next Sunday.

STEWARDSHIP

Our Discipleship in Action

Prayerfully consider your 2009 pledge

What an exciting time at BCUMC! Sunday, November 2nd is Consecration Sunday. Although we celebrate this special event once a year, our stewardship is always an important part of our discipleship. It is our opportunity to show support for our church, our community and our missions worldwide. Please be sure to attend the service and luncheon.

As you prayerfully reflect on your giving abilities for 2009, please think about all the things that our church supports. Our amazing facilities provide numerous public services, worship, youth programs, meals, counseling, etc. Our funds reach out to communities near and far through UMCOR, Habitat for Humanity, Matthew House, Native American Ministries, World Service Fund, and so much more.

Please commit to grow in your financial discipleship, with tithing as a goal. The generosity that your gifts illustrate will bring glory to God and blessings to many. God has provided us with such **abundance**, so let's make this a time of Thanksgiving.

Danielle Walsh
Stewardship Committee

Dear Friends,

Thank you so much for the beautiful prayer shawl that you created. Connie and Kirk Gagnon shared it with us and we were overwhelmed! The shawl is lovely and the prayers that surround each stitch will help in my husband's illness, I know.

May God bless you and may you continue to make others feel as grateful as we do!

Sincerely,
Holly and Bernie Cerier
(members of Cong. Kol Ami)



Prayer Shawl Ministry

Local family benefits from bake sale

On September 27, we opened up our parking lot to a local family to raise money for treatment for their children. The family organized friends to bake and bring goods to sell at their bake / rummage sale. Below is a note of thank you from the family.

This family's insurance situation is difficult. Like many, they are caught in the cross-hairs of competing laws. Washington State requires that insurance companies based in Washington covers autism as a medical situation.

This family's insurance is out of state, however. That state has written their laws in such a way

that autism is considered a mental disorder. Under the definition of mental disorder, speech therapy is denied.



We made \$1,300 today!

That's enough for 16 speech therapy visits—we get a discount because we pay out-of-pocket and our therapist feels bad about that.

The average cost is \$95 to \$115.

For the next four months I won't have to worry about paying bills around Donovan's speech therapy schedule. I was telling my mom that the last time I could remember it not being a daily concern was before he started seeing a therapist; that was in '02.

It was an amazing success and I can't thank you enough for all of your support, as well as the church's.

Thanks again and again.

Angela

CHURCH AND SOCIETY

Beat my score! What's your ecological footprint?

Have you ever wondered how much land you would need just for yourself to sustain your consumption patterns and absorb your waste each year?

Here's the shocking news: if everyone lived and consumed like the "average American" we would need 6.45 Earths to be sustainable! Of course, the reality is we only have one Earth, and when the resources are gone, they are gone—there's nowhere else to go. (We don't all live like Americans—if we took the "average" of everyone on Earth, we would still need 1.5 Earths to remain sustainable—in other words, right now we are "overshooting" our resources by 50%!)

"Sustainability" is the buzzword in environmentalism these days. Simply put, sustainability means meeting our consumption and waste needs now in such a way that the next generation can meet theirs.

I must admit I was quite smug when I took the test. After **all, I thought, I eat vegan, I don't drive that much, I live in a small space, and I hardly ever buy new stuff. I turn off lights, unplug my computer when not in use...oh**

yeah, I was thinking pretty highly of myself! I really did think I was living sustainably!

Well, I did better than the American average, but if everyone lived like me, we would still need about 3.6 Earths! I need 139.89 global acres just for me! If we evenly divided the whole earth into global acres, with our present world population (almost seven billion), each person would only get 43 global acres.

Then, I changed my answers as if I were making two lifestyle changes: I would stop buying my groceries at the supermarket and buy from local farmers markets. I would give up my car and take the bus. (For various reasons, I'm not actually doing those things, but I wanted to see how much a difference it would make if I did.)

This helped—it got me down to about 2.1 Earths. So what more could I do?

Unfortunately, not much. The **reason for this is the "carbon footprint" and the way we live in America.** The way the test works is that you are assigned a percentage of our infrastructure—our roads, our government buildings, etc. Because of the way we zone,

it is impractical for most of us to bike or walk to the market, the job, the public library, etc. Our urban sprawl has led to an amazingly high carbon footprint for us, not to mention runoff of fresh water, loss of biodiversity, etc.

The test measures your carbon footprint, your eco footprint based on income (people with higher incomes tend to consume more), housing, food, transportation, and goods and services.

Of course, no test can be totally accurate. But this is a good guideline; you can see where you need to improve and you can compare yourself to the average American. **It's a good "wake up call." Don't be discouraged if you're not sustainable; use the test as a tool and talk with your family to see how you can all improve.**

To take the test, go to www.myfootprint.org/en/. The test is free. See if you can beat my score of 3.61 Earths and 139.89 global acres! If you do, let me know, because I would like to shake your hand!

Debbie Brown
Church & Society

Remember homeless youth this Christmas

We are again accepting donations for homeless youth. Please bring \$10 Safeway or other grocery gift cards, deodorant, dental floss, white cotton tube socks, sleeping bags and blankets, and new and used clothing. Gift cards can be given to Mimi Johnson, any member of the Missions Committee, or the church office.

Was that a compliment?

After a worship service, a pastor was greeting people at the front door. A woman shook his hand vigorously and said, "That was a very helpful sermon. You know, you ought to have your sermons put in a book."

"Thank you!" answered the pastor. "Maybe my wife will have some of them published after I'm dead."

"Well, responded the elderly saint, "the sooner the better."

Save these Dates

Amazing Grace Seminar	December 6	8:30 –4:00
Advent Festival	December 7	5:00-8:00 p.m.
Christmas Eve Unrehearsed Christmas Pageant	December 24	6:00 p.m.
Christmas Eve Communion Service	December 24	11:00 p.m.
CERT/First Aid Class	Jan. 7-Feb. 11	6:30 p.m.
Ad Council Retreat	January 10	
Amazing Grace Seminar	February 7	8:30-4:00
Interfaith Choir Festival	February 22	7:00 p.m.
Ash Wednesday Shrove Pancake Supper	February 25	6:00 p.m.
Women’s Retreat (with Amazing Grace)	April 17-19	
Baccalaureate (Wooden Cross Lutheran)	May 17	7:00 p.m.

The BCUMC website has a calendar area where you can see what is planned, what rooms are being used, the times, who is using the space, etc. If you are planning an event, check it out to see what dates and times are available. By clicking on the individual event, you can bring up more information about the event!

www.bcumc.org

Click on “Calendar” to get up-to-date information and events!

plan your committee’s

Health Fair

SUNDAY

NOVEMBER 16

9:00 a.m. — 1:00 p.m.

Come get your Flu Shot for the season and get valuable health information!

Flu Shot	\$30 (Medicare Part B will be billed)
Blood Pressure Check	FREE
Blood Sugar Check	FREE
Basic Vision Check	FREE
Skin Cancer Check	FREE
Ask-A-Doctor Services Onsite	FREE
Sports Medicine Doctor Onsite	FREE
Fasting Cholesterol Screening	\$22
Non-Fasting Cholesterol Screening	\$19

2008 FINANCE REPORT

Amount budgeted for 2008
\$361,717

Year-to-date offerings
through October 26
\$219,934 83.2%

Year-to-date ahead/(behind)
(\$44,398) -16.8%



Tuesdays 6:00 a.m.

Shari's Restaurant
in Kirkland

All are welcome!

Boundaries and Relationships

“Where You End and I Begin”

Presented by Barbara Brown, LICSW
And Lawrence Hill, LMHC

This workshop will give you a better understanding of yourself, your relationships and how to improve on them. This is for anyone in any kind of relationship whether it's with your spouse, your children, your neighbor, or with your friends. We will use visualization, group discussion, and experiential exercises to shed light on your current boundary setting and try out new options.

Learn

- The characteristics of healthy boundaries
- Why having healthy boundaries in relationships enhances trust and intimacy
- About unhealthy boundaries and why they sabotage your relationship
- The difference between a healthy boundary and a “wall”
- The characteristics of healthy and unhealthy interactions in relationships
- About different types of relationship boundaries, and
- Become more aware of how you manage yours

Wednesday
November 19

6:30-8:00 p.m.

Free!

Interfaith Thanksgiving service brings faith groups together

What do Christians, Unitarians, Buddhists and Jews all have in common? They are thankful to God.

What do Methodists, Lutherans, Mormons, Presbyterians, Congregationalists, Buddhists and Reform Jews do once a year? They join together to thank God.

In a world fractured by divisions, this is one hour of unity in gratitude. Please join in the celebration with an interfaith Thanksgiving service on Sunday, November 23, at 7:00 p.m. here at BCUMC.

New Craft Group!

Third Monday of each month
7:00 p.m.

Bring your current project and your desire to get to know others at BCUMC. **Projects will be available if you don't** have one of your own! You may also share your own projects.

“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you *not* to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.”

Marianne Williamson

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*A family place of
belonging*

**We're on the
Web!**

www.bcumc.org



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On the Horizon



Saturday, December 6
Amazing Grace Seminar

Sunday, December 7
Advent Festival

Tuesday, December 9
Community Blood Drive

Christmas Eve
Unrehearsed Christmas Pageant
Communion Service

January 7—February 11
CERT/First Aid Class

Saturday, January 10
Ad Council Retreat

Saturday, February 7
Amazing Grace Seminar

Sunday Worship
9:30 a.m.

Sunday School
11:00 a.m.

Sunday Vespers
8:00 p.m.
(first Sunday)

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.