

Bear Fax

A monthly publication of Bear Creek United Methodist Church

Balancing Doing and Being

A day-long workshop on balancing your faith walk and your life walk
Leader: Rev. Suzanne Seaton, MSW

Saturday, May 1 9:30-3:00 p.m.
Lunch Provided

As a congregation, we embarked on a journey of discernment, incremental change, critical thinking about our mission, vision and shared values, envisioning our church and its place in our community in the future and, most importantly, one of spiritual renewal. We are well on our way. But, as individuals, do we ever ask, "How do I fit into any plan? Does all of this have anything to do with me? Do I have anything to offer my church family, given my busy life? Is my personal spiritual being a healthy, contributing part of the body of my church? How can I grow personally in a deeper relationship with God?" We all ask those questions and seek answers. May 1 is a wonderful opportunity to find some of those answers and discover the tools we can all use to grow spiritually, both individually and as a faith community.

We are very blessed to have Rev. Suzanne Seaton with us on May 1 to guide us through a day-long workshop

on balancing our daily life "doings" with our spiritual life of "being" with God. She brings the tools we need to our workshop. She brings the directions for the work we need to do to grow with God. She brings the guidance on how to work together on this life-long project. Most of all, she brings her own deep faith and life experiences to show the way.

Please save this special date to be together with each other, with a strong spiritual guide and with our Lord. It may just change your way of living your faith.

Please register by calling the church office or by checking the appropriate box on the Presence Slip during worship. We look forward to sharing this day and this experience with you all.

God bless and keep you,
Jeannie Morris, Lay Leader
on behalf of the Executive Committee

About Rev. Suzanne Seaton, MSW (Univ. of WA)

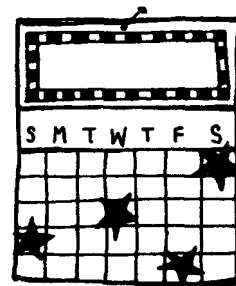
Suzanne is ordained in the United Methodist Church and has served for the past 17 years in the areas of spiritual direction and spiritual formation in a variety of settings. She serves as retreat leader for lay and clergy, as well as for graduate theology students. In her ministry she has served as a Christian Education Director and Associate Pastor in local congregations, as a campus minister at the University of Washington, and as a full time Chaplain in the King County Juvenile Detention Center. Suzanne is a member of the leadership team for an ecumenical Upper Room program funded by the Lily Foundation working with younger pastors to sustain pastoral excellence. Her experience in spiritual formation is extensive and covers a wide spectrum of disciplines. The book *Pilgrimage of the Soul: Thresholds to the Mystery* was co-written by Suzanne and Sally O'Neal. She is comfortable and familiar with many issues that are part of our lives and communities. Suzanne is the parent of two young adult daughters.



April, 2010

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DATES TO REMEMBER

Maundy Thursday, April 1
Seder 6:00 p.m.
Worship Service 7:30 p.m.

Good Friday, April 2
Tenebrae Service
7:30 p.m.

Easter Sunday, April 4
Worship 9:30 & 11:00 a.m.

April 9-10
Walk to Emmaus Training

Sunday, April 11
Ad Council 11:00 a.m.
Amazing Grace Seminar
11:00 am

Wednesday, April 14
Dealing with Difficult Economic Times 6:30 p.m.

Sunday, April 25
All-Church Conference
11:00 a.m.

PASTOR'S MUMBLINGS

Two Wolves

One evening an old Cherokee told his grandson about a battle that goes on inside people.



He said, "My son, the battle is between two wolves inside us all.

"One is Evil. It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority and ego.

"The other is Good. It is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith."

The grandson thought about it for a minute and then asked his grandfather, "Which wolf wins?"

The old Cherokee simply replied, "The one you feed."

Dear Bearcreekians,

Paul would call these fruits of the Spirit, and I agree. And in II Corinthians 3:17 he said, "Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom." Real freedom is not about our circumstance, in prison or out, but about the circumstances of our hearts and minds. Real freedom is living in the fruits of the Spirit.

I again commit myself to feeding you as best I know how, and I am led in such a way that the fruits of God among us are indeed joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith.

I pray we are a congregation and community that feeds the good wolf in and among us. I pray for our true freedom from all that makes us weary or wounds.

Loving

Examination

Needed to

Transform

Shalom,
Dave O

by Maya Vasishth

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 with our brother and sister disciples of Jesus will be just right.

April 4—Easter Day

"Why Do You Look for the Living Among the Dead?"

Mission Moment: "Balancing Being and Doing"
May 1 with Suzanne Seaton

Luke 24: 1-12

Vespers 8:00 p.m. *Psalm 1*

April 11—2nd Sunday of Easter New Member Sunday

"I Have Told You and You Do Not Believe."

Mission Moment: Crop Walk (Jan Becker)

John 10:22-30

April 18—3rd Sunday of April

Native American Ministries Sunday

"And see, I am sending upon you what my Father promised; so stay here in the city until you have been clothed with power from on high."

Mission Moment: "Balancing Being and Doing"
May 1 with Suzanne Seaton

Luke 24:36-49

April 25—4th Sunday of Easter

Walk, Chrysalis and Kairos Sunday

Mission Moment: Pennies for Peace

Luke 24: 13-35

All-Church Conference 11:00 a.m.

COMMUNITY PROGRAMS

Babysitting Class May 29 9:00-3:00

We are offering a one-day class intended for youth, ages 11-16, to learn proper hygiene and care for infants and children, good nutrition, and first aid techniques.

Participants will need to bring a sack lunch and be signed in by an adult.

Instructors through Evergreen Hospital.

Dealing with Difficult Economic Times April 14 6:30 p.m.

Topics included in this timely workshop include tips on making each dollar count, personal budgeting, and "so you've lost your job—now what?"

This will be followed by a discussion on how to set yourself on the right path emotionally, how to take positive steps for dealing with adversity, and filtering out the (bad) news.

Food Handlers Permit Class April 24 9:00-11:00 a.m.

This class is offered to the community as an opportunity to obtain a food handlers permit. Everyone who prepares meals or serves food in the kitchen needs to have a permit.

Arrive 30 minutes early to complete the registration form. There is no admittance after classes begin. Photo ID is required. Bring \$10 cash to pay for your Food Handlers card, which will be mailed to you by

King county. The card fee will be collected by the instructor when you arrive. You must read the manual prior to class. A copy may be obtained at the Bear Creek UMC office or online at: www.doh.wa.gov/ehp/food/workermanual.

Upcoming workshops to put on your calendar: **September 15 – Dealing with Death Issues**
November 3 – Managing Credit/Debt

These classes are provided to the community through special funding via Bear Creek United Methodist Church. There is **no fee to participate**. (See page 5 for more information about funding these events.)

Pastor starts new midweek bible study

Paul of Tarsus: Appealing or Appalling?

Do you like Paul? Or do you think he is wrong on slavery, women and governmental power? Do you know what he wrote for sure and what others wrote in his name?

The Midweek at Bear Creek Bible Study will be taking up these questions as Dave O leads a discussion of *The First Paul: Reclaiming the Radical Visionary Behind the Church's Conservative Icon*,

by Marcus J. Borg and John Dominic Crossan.

The book is now in paperback and can be purchased through Amazon or Barnes & Noble for just over \$10. Cokesbury only has the book in hard cover for around \$20.

We meet at 7:00 p.m. after midweek dinner in rooms E-8/9 in the education wing. All are invited!



MISSIONS

Plan to walk for hunger on Sunday, May 2

Join the team to fight hunger! The Redmond/Woodinville Crop Walk to Fight Hunger takes place on May 2 in Redmond.

"We walk because they walk." "We" are your friends, neighbors and other caring people in our community. "They" are the 854 million people who go to bed hungry every night. "They" are people like us but, because of poverty, must walk to accomplish the most basic tasks.

This is Bear Creek UMC's opportunity to help fight hunger in

our own community as well as around the world. All monies collected will go to Church World Service, which is a cooperative ministry of 35 Protestant, Orthodox and Anglican denominations and communions working together to eradicate hunger and poverty. It provides sustainable self help and development to disaster relief and refugee assistance around the world.

If you are unable to walk, you can still be of service by sponsoring our Bear Creek team. You may

also "walk on the web" by personally donating or making e-mail requests of friends and family members anywhere!

Registration is at 1:00 p.m. with the walk starting at 1:30. The location will be announced. A table will be set up in the narthex beginning April 11 where you can sign up to walk or sponsor our team.

Go to www.cropwalkonline.org or contact Jan Becker at 425.485.0665.

Save the Date

Seder
 Maundy Thursday Service
 Good Friday Tenebrae Service
 Easter Worship Services
 Vespers
 Amazing Grace Seminar
 Women's Retreat at Indianola
 Food Handlers Permit Class
 All-Church Conference
 Pennies for Peace
 Balancing Being and Doing
 Crop Walk
 Vespers
 Community Blood Drive (Woodinville UUC)
 Women's Group at McKees'
 Family Fun Day/Youth Sunday
 Last Midweek at Bear Creek for summer
 Babysitting Class
 Graduate Recognition
 Community Blood Drive (Northshore UCC)
 Vacation Bible School
 White Swan Mission Trip
 Family Evening Bible School
 All-Church Picnic at Cottage Lake Park
 Sunday School Resumes
 Midweek at Bear Creek Resumes
 Reach Out Sunday
 Advent Festival
 Christmas Eve Services
 Unrehearsed Christmas Pageant



April 1	6:00 p.m.
April 1	7:30 p.m.
April 2	7:30 p.m.
April 4	9:30 & 11:00 a.m.
April 4	8:00 p.m.
April 11	11:00 a.m.
April 16-18	
April 24	9:00-11:00 a.m.
April 25	11:00 a.m.
April 25	7:00 p.m.
May 1	9:30-3:00
May 2	1:30 p.m.
May 2	8:00 p.m.
May 4	1:00-7:00 p.m.
May 15	10:00 a.m.
May 23	Noon
May 26	6:00 p.m.
May 29	9:00 a.m.
June 6	9:30 a.m.
June 29	1:00-7:00 p.m.
July 12-16	9:00-12:00
July 19-23	
August 8-12	6:00-9:00 p.m.
August 29	
September 12	
September 15	6:00 p.m.
September 26	
November 28	5:00 p.m.
December 24	7:30 & 11:00 p.m.
December 26	9:30 a.m.

www.bcumc.org

Click on "Calendar" to get up-to-date information and plan your group's events!

COMMUNITY PROGRAMS

Double your giving...so very easily

You can double the amount of money you give to Bear Creek UMC. Easily. Painlessly. You will not reduce your own income by even one penny.

"How can this be?" you ask, amazed and intrigued.

Fill out a piece of paper.

Fill out the matching gifts form at your place of employment.

Done. Easy and painless.

Through Community Programs, your "doubled money" will love and serve the community.

Through Community Programs, you will provide classes to parents to help them remain uncrazed by their children and give them wonderful tools to bring up wonderful kids. Little ones *and* teenaged ones.

Through Community Programs, tweenagers will learn babysitting safety to so they can

be responsible with young children. Preventing just one incidence of Shaken Baby Syndrome will be beyond value. Giving tweens skills and confidence so they have a way to earn their own money will be a gift from you.

You will help people learn financial skills that can save a marriage and let families build security. That sounds hyperbolic, but how many of us had a "discussion" with our spouse this week over finances? You may know of relatives or neighbors who struggle or fight about money. Finances are a common contributing factor given for marital struggles.

This money you give will be used for classes on improving health, helping aging parents, emergency preparedness and much more.

Through Bear Creek's Community Programs you will love people and serve them by offering real ways to improve their lives and build loving relationships.

If you are concerned that your company will not allow matching funds for religious purposes, you can be assured that everything this committee does meets secular requirements. Community Programs funds are kept separate from the general budget. Even companies that specifically exclude religious organizations happily match funds to BCUMC's Community Programs.

We are careful to meet the corporate world's requirements. We just figured out a way to use their money to fulfill a requirement of God's!

Speak with Pastor Dave or Tom Litchford (Finance Chair) for more details. And fill out a form!

"A Royal Affair"



Get in touch with your princess side!

BCUMC

Women's Retreat

April 16-18

Camp Indianola

Be a princess! Relax, walk on the beach, read a book! Chat with friends, shop in Poulsbo, or study women of the Bible!

Call or email Connie Gagnon for more information!
(425) 402-4797 or kcgagnon@verizon.net

God is...

painter, creator, electrician,
geologist, physicist, conductor,
sculptor, author, mathematician

oak, fir, tulip,
daisy, grizzly, giraffe,
salmon, whale, sea slug

swaying, dancing, still,
sleeping, resting, running,
reaching, sitting, holding

earth, dust, water,
salt, iodine, nitrogen,
sky, space, cosmos

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MISSIONS

Let's celebrate and honor the mothers of Matthew House

For several years our congregation has honored many of the mothers served by Matthew House by presenting them with a Mother's Day basket filled with special gifts. This sends the message to the mothers that they are loved, and specially remembered, on Mother's Day.

Matthew House is a program that was developed to offer love and support to children and families who have a family member in

prison. Often, those left behind are forgotten and left to struggle financially and emotionally. Matthew House provides food, shelter, clothing, transportation, child care, and many other ways to help support these families.

This month, the Missions Committee will again accept your Mother's Day basket donations for Matthew House. Baskets containing a list of ideas to get you started will be available in the

narthex on Sunday, **April 18**. Pick up a basket and fill it with items any mother would enjoy, such as bath items, lotions, note cards, stamps and candles.

Return the filled basket to the church on Sunday, **May 2**. The baskets will be delivered that same day to Matthew House, to be ready to brighten the lives of some very special mothers in time for Mother's Day!

CHURCH AND SOCIETY

Taking a cue from our recent church conversation around our mission statement, the Church and Society Committee is going to spend the next few months studying two documents and talking about our mission both within Bear Creek UMC and our larger UMC community.

The first document is *Social Principles of the United Methodist Church*. As you may know, the United Methodist Church has an opinion on everything, from sexual harassment to family farms; from the use of alcohol to trade and

investment. Your Church and Society Committee will spend some time re-reading these "social principles"—"not church law!"—and discussing them.

The second document is *GUIDELINES: Church and Society: Advocating for Peace and Justice*. Each church committee has a similar how-to book written by its general board on how to "do committees," from education to worship to stewardship and more.

This how-to book from the General Board of Church and Society is a blueprint for how the local C & S committees can help serve

their local congregations and lead their involvement around issues of social justice. We'll be evaluating our own committee and talking about where we are—and aren't—doing a good job in fulfilling our ministry to you, our church community.

Anyone is welcome to join us! We meet the last Sunday of each month at 2:00 p.m., usually in the multipurpose room (check the bulletin or web calendar for latest info on meeting times/places.)

Respectfully submitted,
Debbie Brown, Chair
Church & Society Committee

Fourth Shared Value is Honesty: Ruler of Heaven

*Ruler of Heaven,
They gave you a crown of thorns and called you
"King of the Jews".
They whipped you like a slave, mocked you, and
waited for you to fall in weakness.
Yet, you rose in strength to sit at the right hand of
God.
Threatened with bodily harm, you promised spiritual
healing.*

*Led to a place of death, you showed the way to
eternal life.
Jesus, I long to turn things around as you do.
Teach me to see your truth through the lies of this
world.
Teach me to find faith in an era of doubt.
Teach me to hold on to goodness when evil is
loosed.
Teach me to be like you. Amen.*

by Susan Gleason
Alive Now March/April 2010

Pennies for Peace Closing Ceremony

Sunday, April 25 7:00 p.m.

Woodinville Universalist Unitarian Church

"Oooh" and "Aaah" over pennies—count, sort and roll!
Hear overviews of *Three Cups of Tea* and *Listen to the Wind*

Children and Youth Performances

Foods and artifacts from Pakistan and Afghanistan

Mark your calendar now for a fun evening!

Walk to Emmaus

Equip Empower Educate

A program designed for strengthening Boards and Communities

The purpose of Walk to Emmaus is the renewal of the church through the renewal of Christians -
Leadership Development.

BOARD AND COMMUNITY LEADERSHIP DEVELOPMENT

Community Gathering Friday, April 9 - 7:00 p.m.

Leadership Development Saturday, April 10 - 9:00 a.m.

EMMAUS and CHRYSALIS Regional Leaders will be there
with Leadership Development

The Puget Sound Community has graciously agreed to be our hosts.
Christ Lutheran Church 8211 112 St, SW Lakewood, WA 98498

LODGING

- ❖ Emmaus-style camping at the church
- ❖ Best Western Lakewood - 253-584-2212 Special rate of \$77.00 - mention Emmaus
- ❖ RV parking at church

No Registration fee \$5.00 Lunch You are welcome to bring snacks/drinks

BOARD AND COMMUNITY MEMEBERS WON'T WANT TO MISS THIS!

2010 FINANCE REPORT

Amount budgeted for 2010	\$323,600	
2010 Offerings <i>to date</i>	\$64,800	86.8%
2010 ahead/(behind)	(\$9,877)	-13.2%
Projected Y/E Overage (Shortfall)	(\$12,075)	

Our coat closet in the narthex is once again filled with items that seemed to have made a permanent home there. Please stop by to have a look to see if you have something that belongs to you. We will be cleaning out once again before Easter, where items left will be donated to a good cause. Thank you.

Lost and Found

Bear Creek United Methodist Church

A family place
of belonging

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

425-788-2953
info@bcumc.org

David Orendorff, Pastor
pastor@bcumc.org

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



The Bear Fax is published monthly and is offered electronically or by mail. To change the format in which you receive the newsletter, contact the church office or news@bcumc.org. The deadline for submitting articles is the 20th of each month.

ADDRESS SERVICE REQUESTED

On the Horizon



Saturday, May 1
"Balancing Being and Doing"
9:30-3:00

Sunday, May 2
Crop Walk (Redmond) 1:30 p.m.
(Registration 1:00 p.m.)

Tuesday May 4
Community Blood Drive 1-7 pm
(Woodinville UUC)

Saturday, May 15
Women's Group (at McKees')
10:00 a.m.

Sunday, May 23
Youth Sunday/Scholarship Offering
Family Fun Day

Wednesday, May 26
Last Midweek at Bear Creek until
September

Saturday, May 29
Babysitting Class 9:00-3:00

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.