

Bear Fax



February, 2011

A monthly publication of Bear Creek United Methodist Church

Midweek at Bear Creek

Chili SMACKDOWN!



**CHILI
COOK-
OFF**

Wednesday, February 2

6:00 p.m.

The Community Programs Committee

challenges the

Sunday Morning Book Group

and the

Fellowship Committee

to an awesome **Chili Cook-off**

Come eat your fill and cast a vote for the tastiest chili and all bragging rights between these fearsome competitors.

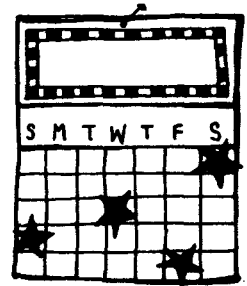
A guaranteed delicious good time.
No chairs will be thrown.

Gigantic belt buckles may be awarded.

Stay for **Hands-Only CPR** or **Adult Bible Study** with Pastor Dave and **Godz Kidz** at 7:00 p.m.

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DATES TO REMEMBER

Wednesday, February 2
Chili Smackdown 6:00 pm
Hands-on CPR 7:00 p.m.

Friday, February 11
Women's Soup and Movie
(at Gordon's) 7:00 p.m.

Sunday, February 13
Amazing Grace Seminar
Potluck/Art Walk 11:00 am

Wednesday, February 16
Caring for Someone with
Dementia 6:30 p.m.

Sunday, February 27
White Swan Mtg 11:00 am

Pastor's Mumbblings

Dear Bearcreekians,
Too much organization can stifle the Holy Spirit.

How many bureaucrats does it take to change a light bulb? 109. Seven on the Light Bulb Task Force Sub-committee, who report to the 12 on the Light Bulb Task Force, appointed by the 15 on the Facilities Committee.

Their recommendation is reviewed by the Finance Executive Committee of five, who place it on the agenda of the 18-member Finance Committee. If they approve, they bring a motion to the 27-member General Board, who appoint another 12-member Review Committee.

If they recommend that the Board proceed, a resolution is brought to the General Business Meeting. They appoint another eight-member Review Committee. If their report to the next General Business Meeting supports the

changing of a light bulb, and the members vote in favor, the responsibility to carry out the light bulb change is passed on to the Facilities Committee, who in turn appoints a seven-member committee to find the best price in new light bulbs.

Their recommendation about which hardware is the best buy must then be reviewed by the 23-member Ethics Committee to make certain that this hardware store has no connection to Disneyland. They report back to the Facilities Committee, who then commissions the janitor's supervisor to ask the janitor to make the change. By then the janitor discovers that one more light bulb has burned out.

Insufficient organization can also stifle the Holy Spirit.

How many individualists does it take to change a light bulb? Well, it depends on whether the

light bulb wants to change. If the light bulb wants to change, then it should gather a small group of like-minded bulbs who discuss their experience with change.

If there are other bulbs wanting to make similar changes, then they should join together and form a bulb-changing group to pool their efforts and resources. If the bulb doesn't want to change, then everyone should carry a flashlight so as not to disturb the bulb which is content to be lightless.

The balance between not enough organization and too much organization is what your Executive Committee for the Administrative Council is attempting to address. They don't have answers, but they do have a good grasp of the questions, which is the best place to start. Pray for their success.

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

February 6—5th Sunday after the Epiphany "We Are the Light of the World"

Being the light of the world is not some super-human achievement, some mystical event that ordinary mortals must watch on television or read about in Guideposts. Being the light of the world is the daily doings of the ordinary. It is washing the dishes, holding hands in the night, crying in pain and crying for joy. To be the light of the world is to act without pretention and with love in the ways most of us do most of the time. I am thinking *Godspell's* "You Are the Light of the World."

Mission Moment: Eyeglasses for Lion's Club

Matthew 5:13-16

February 13—6th Sunday after the Epiphany "Becoming the Perfect Bean"

Boy Scout Sunday

The stronger the voice of God calls to us for our wholeness, or perfection, the more we agonize

over our failure. By God's forgiveness we unite with the bean, the rock and all creation to become what is written in perfect love upon our souls.

Mission Moment: Boy Scouts

Matthew 5:21-48

February 20—7th Sunday after the Epiphany Guest Speaker—Joan Pierce

Mission Moment: Zambia Mission Trip

February 27—8th Sunday after the Epiphany "Don't Worry, Be Happy"

Fear is the cause of worry. And faith (belief and trust) in God removes our fear so there is nothing that need be worried about. So know the joy of faith and be happy.

Matthew 6:25-34

Recycle your old eyeglasses in February



Community Programs

Hands-Only CPR

WEDNESDAY, FEBRUARY 2

7:00 p.m.—8:00 p.m.



American Heart Association's new technique for bystanders

"This new CPR technique simplifies the act of saving the life of a person who suffers a sudden cardiac arrest."

Almost 80 percent of out-of-hospital cardiac arrests occur at home and are witnessed by a family member. Only 6.4 percent of sudden cardiac arrest victims survive because the vast majority of those witnessing the arrest do not know how to perform CPR. This new CPR method is simple to use, easy to remember and, most importantly, can save lives. Participants will have the opportunity to tour the Medic One Aid vehicle after the class. This class is appropriate for the entire family.

The ABCs of Caring For Someone With Dementia

WEDNESDAY, FEBRUARY 16

6:30 p.m.—8:00 p.m.

There is probably nothing more distressing, difficult, and baffling than caring about (and for) someone with a dementing illness. Gradually, you watch a person you may have known for a lifetime become someone you hardly recognize and who, over time, may not recognize you. Concern, grief, and even anger play their roles in the process. You may do things you never thought you'd do (good and bad), and some of the bad things you do may surprise you because they turn out to be the right things, after all. Planning, understanding and preparing are essential tools to mastering these skills. The more you know, the better your decisions will be.

*These classes are provided to the community through special funding via BCUMC
Childcare is available on pre-request. **There is no fee to participate.***

Food Handlers Permit Class

Saturday, March 5

10:00 a.m.

Watch for more details



Food Handlers Permit Class

Amazing Grace

Amazing Grace Seminar

Sunday, February 13

11:00 a.m.

Childcare available upon request



**MEN'S PRAYER
♦ BREAKFAST ♦**

Tuesdays 6:00 a.m.

Shari's Restaurant
at Totem Lake

All are welcome!

Hunger has a face in Zambia

Naomi (not her real name) wakes up before dawn to walk two kilometers to the village borehole and get water. The single borehole doesn't produce enough clean drinking water for the whole village, so she tries to get there early, but she never takes more than she needs for that morning.

When she gets home she uses a little of the water to wash her face, and then she cooks porridge. Still dark outside (about 5:00 a.m.), she heads to the fields with the other women of the village. Right now it is the rainy season (December-May), and the planting season. It is also commonly called "the hungry season" because often the family's supply of maize runs out before the new maize can be harvested.

Naomi and the other women work all day planting crops (mostly maize) and weeding. When the women get thirsty in the fields, they dig down with their hoes and drink muddy, untreated water. After a long day in the fields, Naomi comes home and cooks nshima.* Then she sets about doing her household chores. Finally, Naomi falls into bed, exhausted, for a few hours before getting up to repeat her daily routine. Naomi is 63.

I asked Naomi if she gets enough food and she said, "No." Ninety-five percent of the time Naomi eats one bowl of porridge in the morning and one plate of nshima at night. I asked if she ever gets chicken, eggs, or beans (trying to assess protein intake). It is very rare—only when she can do piecework or sell something.

The problem with nshima is that it is very filling and has calories and thus "fools" people into thinking they are getting enough to eat, but corn has almost no nutritional value. Not many people starve to death in Zambia, but the vast majority are significantly undernourished. The fact that

Naomi doesn't get enough to eat is problematic both calorically and nutritionally. It is one thing to read about hunger. Maybe it is more impacting to watch one of those infomercials that various NGOs play on TV. But to sit face-to-face not three feet away from an old woman (the average life span in Zambia is 38, the lowest in the world) while she tells you she doesn't get enough food or clean drinking water on a daily basis is to see "the hunger problem" on a whole new level. For me, "hunger" will forever have a face, and that face is Naomi's.

Naomi is one of the women I am working with in Tumba Village (not the village's real name) in rural eastern Zambia. God has blessed us by sending several researchers and volunteers to Tikondane Community Center, where I am staying, all "coincidentally," at the same time.

One colleague from England and I are teaching a basic nutrition course for adults. Two professors from Australia and I are teaching sustainable organic farming methods, and the professors are doing hands-on work with several men, showing them how to terrace the land in such a way as to preserve more of the rainwater, which mostly runs right off the poor soil.

Another colleague from England and I are working with the kitchen at Tikondane Community Center to develop a more varied and nutritious menu for the 100 local people who "volunteer" at the center in exchange for meals and small stipends.

Please pray for Naomi and the other people of Tumba Village and other rural villages in Zambia. Life is hard here. Really hard. Basic survival requires working from before dawn to after dusk. I see children as young as eight or nine years old herding cattle. I see five year olds carry their infant siblings

on their backs. I see women who should be enjoying their "golden years" working as hard as 20-year-olds, because work equals food.

But I also see these same women and children in the little Anglican church at 7:30 a.m. on Sunday mornings, singing and praising God with their whole voice and body. And today I found out about the women's club. The women of Tumba Village have teamed together since 2002 growing a plot of ground nuts, a cash crop. I asked Naomi if they split the money evenly and if that is when she can buy a chicken or some beans, and Naomi replied, "Oh, no, you misunderstand. The money isn't for us. We use it to help those in our village who need it. If someone is sick we bring them food or we buy soap and wash their clothes. If a child is an orphan we buy their school books. If someone needs help, we are there to help."

Naomi is the face of hunger. But I realized today she is also the face and hands of Jesus, as she and the other women of the village minister to the "least among them." So why are we letting Jesus go hungry?

Thank you again for your generous support in sending me here to Zambia to work with the community center and the rural village women. You, the BCUMC community, are also the face and hands of Jesus, and Naomi told me today, as I gave her some very basic groceries, that she thanks God for me and knows I was sent here by God to minister to the women of Tumba Village. I pass that thanks along to those of you who enabled me to come.

Naomi thanks you, and I know God's blessing is upon you.

Debbie Brown
Katete District
Eastern Province, Zambia
December 31, 2010

* Made from very finely ground maize, nshima is the staple food of Zambia. When cooked to the consistency of cream of wheat, it is called porridge. When cooked to the consistency of mashed potatoes, it is called nshima. The finely ground maize is sometimes called mealy-meal.

Upcoming BCUMC Women's Events

Enjoy laughter, conversation and friendship with other Christian women.



February– "Soup & a Movie"

Date: **Friday, February 11**

Time: **7 pm**

Place: **Marcia Gordon's Home** 14243 108th Avenue NE Woodinville, WA

For more information contact Marcia Gordon at marcia.gordon@gmail.com or (425) 301-7037

March– "Weekend Retreat on the Water"

Date: **March 25-27 (Friday 5 pm-Sunday 11 am)**

Place: **Camp Indianola** (carpools can be arranged)

Cost: **\$85 for lodge and meals**



For more information contact Connie Gagnon: kcgagnon@frontier.com or (425) 402-4797

Save the Date

Memory Loss Workshop	Wednesday, April 13	6:30 p.m.
Good Friday Worship Service	Friday, April 22	7:30 p.m.
Easter Worship Services	Sunday April 24	9:30 & 11:00 a.m.
Parenting our Parents Workshop	Wednesday, April 27	6:30 p.m.
Interfaith Blood Drive (BCUMC)	Tuesday, May 10	1:00-7:00 p.m.
All-Church Potluck	Sunday, June 5	Noon
Youth Sunday/Confirmation	Sunday, June 12	
Amazing Grace Seminar	Sunday, June 12	11:00 a.m.
Family Bible Camp	June 17-19	
Interfaith Blood Drive	Tuesday, July 12	1:00-7:00 p.m.
Interfaith Blood Drive	Tuesday, September 6	1:00-7:00 p.m.
Interfaith Blood Drive	Tuesday, November 1	1:00-7:00 p.m.



www.bcumc.org

Click on "Calendar" to get up-to-date information on BCUMC activities

Your used ink cartridges can support missions projects

Here's a recycling opportunity for you!

Have you been wondering what to do with those empty printer inkjet cartridges or just been tossing them in the trash without thinking about it?

If so, consider bringing them to church and putting them in the collection box on the Mission's table. Not only will the items be recycled and/or reused, the church will get some cash back for them to put toward mission pro-

jects. If your workplace does not recycle ink cartridges, perhaps you can offer to collect those and bring them to the church. It is a win/win for the environment and BCUMC!

Best Beginnings in 10th year at BCUMC

It has been several years since Best Beginnings has contributed to your newsletter. Karl Brackmann, Tom Litchford and I met in December to sign the lease for the remainder of this year and to talk in general terms about the relationship between our two groups.

With changes in congregational leadership and membership and the use of the building, it seems best at this point just to reintroduce ourselves to everyone.

Best Beginnings is owned by Holy Cross Episcopal Church. The preschool program was started in 1991 by two women, one of whom was a member at Holy Cross. The development east of the Redmond-Woodinville Road was rapidly expanding, creating a need for a quality preschool to serve the growing number of young families moving into the area.

The overall goal of the preschool is to provide a strong developmentally appropriate curriculum focused on helping children ages three to five master the necessary skills for a successful transition into the neighboring public schools. The curriculum covers the major developmental areas: pre-academics, fine motor and gross motor skills, receptive and expressive language, school readiness skills, such as independence and responsibility, with significant attention given to the social and emotional skills of young children.

Though Best Beginnings does not offer a faith-based curriculum, every opportunity is

used to guide young children in values that help them learn kindness, respect and cooperation with each other. The teaching staff is carefully selected not only for the education degrees they might hold but for the kind of people they are—people who demonstrate these qualities in their everyday lives and thus can, with confidence, pass them onto the young children in their care.

Our curriculum falls into the category of "developmentally appropriate practice." This means that children are encouraged to learn through play with a variety of learning opportunities presented to them throughout their day. Play is the research and work of young children.

Nothing helps the brain to lay down information better than hands-on experiences. During part of the school day the children choose from teacher-selected activities; other times the teacher directs the learning process, such as during circle times.

The world is huge for a young child. There is much to learn and much to navigate as they leave the comforts of home for perhaps the first time. Our goal at Best Beginnings is to create an environment where children want to come to school. It is a long 13-year road and we very much want children to be excited to learn. To that end we try very hard to make certain that the environment is colorful and bright, pleasing to the eye, and clean

and orderly to maximize the learning experience.

We work closely with families, public school kindergarten and special education programs. Our school is open to children with special needs. We reach out to the community through our Scholastic book program, our two-week baby food drive for Hopelink, and in offering partial scholarships to those in need. We currently serve 40 children at the Woodinville site and 125 at our Redmond site with a teaching staff of 14.

Best Beginnings began its relationship with BCUMC back in 2001. [Former BCUMC member] Marcie Nashem, Best Beginnings' school accountant and I met to consider the idea of a second campus to serve the families closer to the Woodinville-Duvall area. We agreed upon the space needed and a charge for that space.

Best Beginnings uses the building five days a week from September through mid-June. Currently we reimburse BCUMC \$1,790 per month over 12 months for this use. The tables and chairs, curtains, cabinets, and carpets all belong to Best Beginnings. The playground was installed by us as well.

Hopefully this article will help you know a little bit about Best Beginnings, who we are, our philosophy and how we came to be at your church. I look forward to keeping you abreast of upcoming events and activities at our school.

Sally Smith, Director
Best Beginnings Preschool

Bear Chat

Church needs funds for paint and lighting

After 11 years of service in the Northwest environment, the church is in need of a coat of fresh paint. We need to pressure wash, caulk, and repaint this year.

Unfortunately, due to our current budget shortfall, we cannot add this significant amount of cost to the church/trustees budget. While we are still working on an

estimate, it will probably be in excess of 100 gallons of paint.

Other urgent needs include replacement light bulbs throughout the building and interior paint.

Individuals who would be willing to contribute a gallon or more of paint can donate \$25.00 per gallon. Just put the desired amount in an envelope marked

"paint" or write "paint" on the memo line of your check.

For lighting donations, please mark your envelope or check as "lighting."

Any amount given toward these church needs will be appreciated!

The Bear Creek UMC
Board of Trustees

After-School Coordinator

Do it for the children—an opportunity for you!

With cuts in school budgets, our local elementary schools need after school program coordinators (they have the programs) and volunteers. We have a wonderful opportunity to help children with homework, after school classes and to be a caring presence for the children of our neighborhood. ***If this tickles your heart***, mark your interest on the back of your presence slip or contact Ruthann Litchford at r.litchford@comcast.net or 425.844.9625.

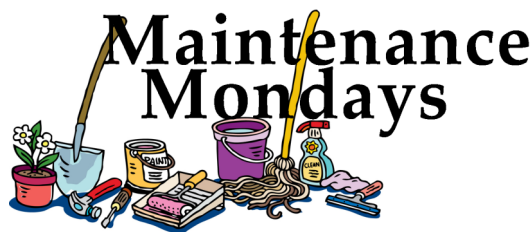
Visit Galilee, Jericho, Nazareth and Jerusalem

Do you want to explore the Holy Land with Pastor Dave sometime in 2011?

Visit www.eo.travelwithus.find_trip/results.aspx?c=6 and let Pastor Dave know of your interest (no commitment at this time) and any preference of trips and dates you might have. This trip will change the way you read the Bible and strengthen your faith.

2010 FINANCE REPORT

Amount budgeted for 2011	\$364,290	
2011 Offerings <i>to date</i>	\$22,137	79.0%
2011 ahead/(behind)	(\$5,885)	-21.0%
Projected Y/E Overage (Shortfall)	(\$5,885)	



Maintenance Mondays
Chuck McKee and Gordy Brown are working around the church every Monday to take of items that need maintenance or repair.

Please come and help at 10:00 a.m. any Monday that you are available. All hands are welcome!

Also, if you see things around the church that need attention, let the church office or Chuck McKee know.

Recycling Reminders

Toilet paper and paper towel inserts are in every home. Imagine if they *all* went to the recycle bin!

To recycle gadget batteries, save up a bunch, put them in a bag and set on top of your recycle bin on pick up day.

To recycle the specially-marked plastic bags now available, they must be put into the bins at the grocery stores. They clog up the machines of the regular recycling process.

Marcena Brook

Bear Creek United Methodist Church

A family place
of belonging

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Woodinville WA 98077-9178

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David Orendorff, Pastor
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We're on the Web!
www.bcumc.org

FEBRUARY

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

Wednesday, March 2
Communication for Caregivers 6:30 p.m.

Saturday, March 5
Food Handlers Permit Class 10:00 a.m.

Wednesday, March 9
Shrove Pancake Supper 6:00 p.m.
Ash Wednesday Worship 7:00 p.m.

March 11-12
All-Church Retreat

Sunday, March 13
Interfaith Choir Festival (LDS Church) 7:00 p.m.

Tuesday, March 15
Interfaith Blood Drive (Woodinville Unitarian
Universalist Church) 1:00-7:00 p.m.

March 25-27
Women's Retreat (Camp Indianola)

Sunday, April 10
Amazing Grace Seminar 11:00 a.m.

Wednesday, April 13
Memory Loss Workshop 6:30 p.m.

Friday, April 22
Good Friday Worship Service 7:30 p.m.

Sunday Worship
9:30 a.m.

Sunday School
11:00 a.m.

Midweek at Bear Creek
Wednesdays
6:00 p.m.

All are welcome!

Office hours
9:00 a.m.-3:00 p.m.
Monday-Thursday
Closed Fridays

Growing in love for God and neighbor through worship, study and service.