

Bear Fax

March, 2007

A monthly publication of Bear Creek United Methodist Church

Inside this
issue:

Auction action is underway!

Yesterday is just a wrinkle on your forehead. Yesterday is a promise that Auction action underway!

Some of you may be wondering just where we are on implementing the sound system and worship furnishing improvements we are making as a result of the very successful auction last fall. First, be assured that things are moving along, whether you have seen it with your own eyes or not. There has been much to do behind the scenes.

The sound system improvements represent a substantial investment of the generous funds that were raised, and there has been care taken to make sure that solid stewardship of those funds is a priority. As a result, additional meetings, estimates and proposal reviews have been in the works. Admittedly, the wind, snow, power outages and such did take a toll on the planned implementation schedule, but we are back on track again.

In addition to multiple proposals from Morgan Sound, Ted Rupley and Dave Thorson have met with and reviewed various options from PNTA in Seattle. Recently, it was decided to proceed with Morgan Sound, and work is now underway to implement the proposed equipment acquisition and installation.

We are very excited to be working with the folks at Morgan Sound. Throughout our discussions, they continued to demonstrate their knowledge and expertise in the design and installation of sound systems for various venues, especially worship spaces. Their equipment proposals have addressed the sound quality and volume issues we presented to them.

The sound equipment selection from the several proposals is nearly finished. What's next on the menu is completing

the wiring plans and organizing the wire installation (which will be accomplished by church members). Once the wire runs are in place and the hardware is acquired, Morgan Sound will come out to install and integrate the new equipment and then balance the overall sound system. They will train us in the proper use of this new equipment so that we can all better enjoy and participate in the worship experience offered at BCUMC.

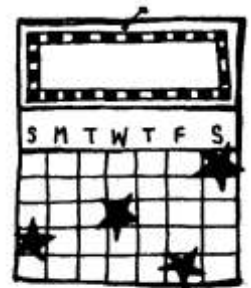
The Worship Furnishings Committee has also been meeting under the direction of Sonya Garrett. Plans from that committee include a new lectern for Pastor Dave made of oak (rather than the music stand he is presently using), banners of fabric and sound panels for the narthex (to help with noise control), as well as a new large area rug to go under a larger "Welcome Table."

We would like to purchase a clock for the narthex, as well (to make it easier to get to Sunday School on time?). We also are looking at a versatile seven-foot cross that would be constructed by a local artist that would grace the back wall of our Celebration Space, as well as being portable when the worship space is in a different configuration.

Also, fabric has been purchased to reupholster a few of the chairs in the multi-purpose room, and Chuck McKee was able to get cut glass for our communion and welcome tables. We are very excited to have the availability of the auction funds in order to move forward on some much needed furnishings for our church.

Thank you, again, for the generous support given to the auction and its goals—before, during, and after. We are well on the way and will begin to see (and hear) some of the results in the not-too-distant future.

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DATES TO REMEMBER

Tuesday, March 20
Community Blood
Drive

March 24 & 31
Trim Life Weight Loss
Program

PASTOR'S MUMBLINGS

Lent used to be my least favorite season of the Christian year. Mostly because, since we are leading up to the crucifixion (this is the 40 days of our fasting before the feast of Easter), we talk a lot about suffering and death. And it often seems like Lent brought on some personal suffering in my life. Last year Vickie and I came out of her cancer surgery (she is now a one-year survivor) and went right into radiation, physical therapy and the uncertainty of more tests.

But I have grown to actually like Lent and, in fact, it has become, along with Easter, my favorite season. Lent is honest about how hard and deadly life can

be and then offers God's grace.

While Vickie and I struggled with the reality of cancer in our lives, we felt mysteriously supported by your prayers and the prayers of churches and friends around the world. Without the cancer, without the suffering, we would not have been lifted up by your love and we would not have known how powerful the love of God is in you.

So here we go into the darkness of Lent knowing the light will come and we shall, by the sacrificing love of God, be made once again whole and holy.

Shalom,
Pastor Dave

One Great Hour of Sharing

UMCOR (United Methodist Committee on Relief) brings relief when a catastrophe strikes. They rush to disaster areas all over the world with aid. But, along with food, clothing, shelter and medical help, they stay to assist survivors rebuild their lives. They re-educate soldiers, feed schoolchildren and establish medical clinics in remote villages.

On March 18, during One Great Hour of Sharing, you can join United Methodists worldwide by making a special offering to support this humanitarian aid. Please to your part by giving generously. Now, more than ever, the world needs you.

WORSHIP CORNER

March 4
2nd Sunday in Lent

"The God Who Weeps"

God spreads her wings like a mother hen gathering her chicks for us, for all us. It is Amazing Grace, and it is the purpose of Jesus' life as well as our hope for abundant life in shalom. We will focus on Amazing Grace this Sunday, which is one of our favorite hymns—and a new movie.

Luke 13:31-35

March 11
3rd Sunday in Lent

"Repent or Perish"

This is how this passage is titled in my Bible. It sounds like a sandwich sign for the end of the world. And it is! I firmly believe that, unless we repent (change our minds and the mind of the world) toward God's love as our life and our future, we, our children, our children's children, our church and our nation will perish in violence. These are some of Jesus' harsher words.

This is Girl Scout Sunday.

Luke 13:1-9

March 18
4th Sunday in Lent
One Great Hour of Sharing

"Come Home"

Lent is God's call to us to come home to love, both from our self-righteousness and our wandering ways. In the well known parable of the prodigal son, we will

explore God's call and enthusiastic welcome. And it reminds me of a Beatle tune. Can you guess which one?

This Sunday is also one of the special offering Sundays, One Great Hour of Sharing, which supports the United Methodist Committee on Relief.

Luke 15:1-3, 11b-32

March 25
5th Sunday in Lent

"The Genius of a Spiritual AND"

When we had our auction for some furniture and sound improvements, some strongly mission-minded folks asked me why we were raising money for ourselves when the world has such suffering needs? Judas asks this same question and it is a good question. Why do we build a building when there are homeless? Why have nice furniture when there are those who sleep on the ground? Why spend \$15,000 on a sound system when there are deaf folks around us? Come and see how I get out of another fine mess the scriptures have gotten me into.

John 12:1-8

Every Wednesday—
Midweek Worship

Come worship on Wednesday evenings from 8:15-8:45 p.m. at a quiet and meditative service with gentle songs and extended silence.

It feeds the soul quietly and is good for folks who may not be able to worship on Sunday mornings. It's also a way to close the day with vespers. Won't you join us?



MONEY MATTERS

Are you who you want to be? (Revisited¹)

In last month's *Money Matters* I asked you if you were who you wanted to be. You may recall the discussion around stewardship versus consumerism, and that perhaps we should be content with what we have. And I challenged you to reflect on that and decide to take conscious, decisive action with your wealth and put it into the service of God and others—to be great Christian stewards.

So how are we to know when we should be "content" and what it takes to be a great "steward?"

Let's start with stewardship. Here's one of the best definitions I've found: "Christian Stewardship is the faithful management of all that God gives us so that He can transform us spiritually and extend Christ's transforming love to others." And financial stewardship is a key piece of our overall management of God's assets. It's really quite simple—God calls us to tithe—to return 10% of our wealth back to him through his church. Well, it may be simple to write it in this article, but certainly not in practice. The average charitable giving today is more like 1-2% of our annual incomes.

Perhaps then, from a Christian perspective, if we understood being contented, then generous giving would be more natural. One way to look at it is to understand the opposite of contented, and that is *coveting* what others have. Last time I looked, that was one of the big ten no-no's! Paul's definition is just as telling: "For we brought nothing into the world, and we can take nothing out of it. But if we have food and clothing, we will be content with that."

In this economy of *AFFLUENCE* it's often a difficult task to put your wealth to the service of God first. Paul goes on to explain that money has the incredible power to create feelings of pride, superiority, and self-sufficiency—the grave potential to separate you from service to God and others (1 Timothy 6).

Now, Paul is not asking us to take vows of poverty. Rather, he is reminding us what poverty really is: lack of food, clothing and shelter adequate for survival where one lives. The US federal government has a similar definition—the minimum level of income deemed necessary to achieve an adequate standard of living—which was \$20,000 for a family of four in 2006.

I did some interesting research a couple of days ago; okay, it's not rocket science or anything like that. What I wanted to know was this: what if everyone at BCUMC committed to tithing at just the poverty level. Forget about your total income; just give the church \$39 per week—that's \$2,028 over the course of the year, which happens to be just over 10% of \$20,000—or tithing at the poverty level. Look what I found out—BCUMC currently has 180 giving units (e.g. a family).

If each family tithes at poverty level, the church would receive \$387,348—a healthy 26% increase (about \$100,000) over the \$287,260 we received in pledges for CY2007. These are additional monies available to spend on Christian education, evangelism, missions, community outreach—you name it—to realize our vision and mission as disciples in Christ. And while I hate to tie financial stewardship to a particular dollar amount that the church might need, for CY2007 it would represent over 96% of our projected budget. *Just tithing at poverty level.*

Now—just food for thought—less than half of our giving units pledge annually to the church, and about 79% of

BCUMC giving units currently contribute less than \$2,000 a year. If you check the Weekly Commitment chart below, that's just 2% of \$96,995 in annual income, which happens to be the *median* income in 2006 for a family living in the 98077 zip code according to the latest census! Only 3% of that population made less than \$20,000 last year.

So, I ask you again—are you a steward or a consumer? Challenge yourself to revisit whether you are who you want to be—to check your attitude towards money, and to make a conscious decision to take decisive action with your wealth. Revisit your commitment to growing Christ's kingdom through your support of his church; re-examine your financial responsibility to Bear Creek United Methodist Church and its programs and ministries; and perhaps more importantly, understand where you are personally in returning your wealth to God's service. It's not too late to start today. For yesterday is dead and gone now, and today is all you've ever had. Don't close your eyes.

This is your life... Are you who you want to be?

In Christ,
Tom Litchford, Chair
Finance Committee

¹References:

Nelson, Thomas, *What Does the Bible Say About...*

Annual Income	Beyond a Tithe		TITHE		Upper Range Giving			Middle Range Giving			Lower Range Giving		
	15%	12%	10%	9%	8%	7%	6%	5%	4%	3%	2%	1%	
\$10,000	\$29	\$23	\$19	\$17	\$15	\$13	\$12	\$10	\$8	\$6	\$4	\$2	
\$20,000	\$58	\$46	\$38	\$35	\$31	\$27	\$23	\$19	\$15	\$12	\$8	\$4	
\$30,000	\$87	\$69	\$58	\$52	\$46	\$40	\$35	\$29	\$23	\$17	\$12	\$6	
\$40,000	\$115	\$92	\$77	\$69	\$62	\$54	\$46	\$38	\$31	\$23	\$15	\$8	
\$50,000	\$144	\$115	\$96	\$87	\$77	\$67	\$58	\$48	\$38	\$29	\$19	\$10	
\$60,000	\$173	\$138	\$115	\$104	\$92	\$81	\$69	\$58	\$46	\$35	\$23	\$12	
\$70,000	\$202	\$162	\$135	\$121	\$108	\$94	\$81	\$67	\$54	\$40	\$27	\$13	
\$80,000	\$231	\$185	\$154	\$138	\$123	\$108	\$92	\$77	\$62	\$46	\$31	\$15	
\$90,000	\$260	\$208	\$173	\$156	\$138	\$121	\$104	\$87	\$69	\$52	\$35	\$17	
\$100,000	\$288	\$231	\$192	\$173	\$154	\$135	\$115	\$96	\$77	\$58	\$38	\$19	
\$110,000	\$317	\$254	\$212	\$190	\$169	\$148	\$127	\$106	\$85	\$63	\$42	\$21	
\$120,000	\$346	\$277	\$231	\$208	\$185	\$162	\$138	\$115	\$92	\$69	\$46	\$23	
\$130,000	\$375	\$300	\$250	\$225	\$200	\$175	\$150	\$125	\$100	\$75	\$50	\$25	
\$140,000	\$404	\$323	\$269	\$242	\$215	\$188	\$162	\$135	\$108	\$81	\$54	\$27	
\$150,000	\$433	\$346	\$288	\$260	\$231	\$202	\$173	\$144	\$115	\$87	\$58	\$29	
\$160,000	\$462	\$369	\$308	\$277	\$246	\$215	\$185	\$154	\$123	\$92	\$62	\$31	
\$170,000	\$490	\$392	\$327	\$294	\$262	\$229	\$196	\$163	\$131	\$98	\$65	\$33	
\$180,000	\$519	\$415	\$346	\$312	\$277	\$242	\$208	\$173	\$138	\$104	\$69	\$35	
\$190,000	\$548	\$438	\$365	\$329	\$292	\$256	\$219	\$183	\$146	\$110	\$73	\$37	
\$200,000	\$577	\$462	\$385	\$346	\$308	\$269	\$231	\$192	\$154	\$115	\$77	\$38	

MISSIONS MOMENT

We want YOU! Become a Bear Creek member in mission

Over the course of the year, your Missions Committee will be presenting several opportunities to put hands and feet to your discipleship in the world of mission. In addition, we welcome and support **opportunities you've discovered** on your own. Talk to us about your **passion and we'll work with you** to make it a reality.

Recent opportunities include:
Return to Kenya
St. Peter's UMC in Bellevue is

again leading a UMVIM trip to Kenya this summer and has openings for 10-12 team members.

Who: Anyone with the want and will to do mission work in Kenya (ages 21+).

What: Build AIDS orphan home, work in Methodist hospital, work on Bio-Intensive farm, and safari.

When: July 19 - August 5, 2007 (extended trip to Mombassa until August 8 available)

Where: Maua and Meru, Kenya

Team Leaders: Alicea Rieger and John Fountain, members of St. Peter's UMC (Anyone may contact Alicea at 206.849.6905 or alrieger@hotmail.com)

Cross Walk

Don't miss the Crop Walk coming up on Sunday, May 6, in Kirkland. Watch the Sunday bulletin for more information.

Lots of items needed for Eastside Baby Corner

Eastside Baby Corner started in 1990 with a mission to collect all items used by children from birth to age 12 and distribute them to service providers who work with families in need. Eastside Baby Corner acts as a distribution center supplying basic items to over 160 shelters, food banks, public health nurses, social workers, operating with extremely low overhead. Items donated are never sold, but are given away free of charge to families in need.

Throughout the month of March, drop off new and gently used items for infants and children for distribution by Eastside Baby Corner. Suggested items include absolutely everything needed to raise a child to 12 yrs old—diapers, bottles, pacifiers, blankets, bath items, crib sheets, etc.

Toys must work well, be of good quality and have no missing pieces. Every bag of clothing given to a child has books in it, so nice

books for all ages are greatly appreciated.

Please contact Mimi Johnson at 425.883.7124 to arrange donation of large items like cribs and high chairs. Because of safety concerns, cribs and car seats more than five years old cannot be accepted.



Do you have a "helping hand?"

We often think of "need" as belonging somewhere else—Africa, South America, even the streets of Seattle, but not right here in our neighborhood. Well—it ain't necessarily so!

In our community, there are families that are very much in need. This congregation was able to help these families by donating Safeway gift certificates to them during the holidays. Initially, the donation was meant to give the families a little boost so they could

have a holiday meal. However, with the storms and power outages that we experienced, that little boost turned into life-saving food.

Bear Creek UMC, in partnership with Cottage Lake Elementary PTA, helped fourteen families survive and even thrive during winter break. For that, we thank you, the congregation of Bear Creek, for supporting programs that aid people here and now!

Keeping this program going,

however, requires donations to the "Helping Hands" fund. This fund is for immediate and emergency aid for people in our community. People who can't quite pay their rent, people who need food, people who need a tank of gas—small, immediate, immeasurable aid. If you would like to make a donation to the Helping Hand fund, just write "Helping Hands" in the memo line of your check. In this way we can pass on the grace of God's love every day.

WOMEN'S RETREAT

God's Extravagant Grace..and Chocolate!

Extravagant grace, extravagant love. Taste and see that the Lord is good... Extravagant grace flows down. Extravagant love all around. I can taste it. I can touch it. It's like chocolate to my soul."*

Yes, there is a Christian song with the word "chocolate" in it! Come and experience extravagant grace in its many forms. Don't wait to sign up! Get the dates on your calendar now.

Note to family members of BCUMC women: What a fabulous Mothers Day or Easter gift for the woman in your life! Treat her to the BCUMC Women's Retreat. Watch for details at the registration booth in the narthex on Sunday, April 1, or contact Nancy Lar-

son, Connie Gagnon, or Ann Rupley.

Cost: \$75.00, includes room, delicious food, thoughtful program, lively and lovely music, soul-satisfying worship, quiet time, crafts, and more. And did we mention the Chocolate Feast??????? You won't want to miss this.

SAVE \$5 by turning in a favorite chocolate recipe with your paid registration by April 29.

Limited private rooms available at a higher rate and on a first come, first served basis. Scholarships available (speak to Nancy Larson).

*From "Extravagant Grace" by Jay Stocker. © 2006 Group Publishing, Inc.

Over \$7 million raised for Souper Bowl of Caring

Bear Creek UMC youth helped collect \$221 and 69 cans of soup this year. Our donations were directed to Hopelink and the Maltby Food Bank. As of this writing, the Souper Bowl of Caring has raised over \$7,213,866 nationally, transforming the most

celebrated day in football into one of the nation's largest youth-led days of giving. For the most current total, stories, pictures and a neat interactive map pinpointing participation nationwide, visit www.souperbowl.org/.

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Worship Coord	Sara Lambert
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Everything I need to know about life, I learned from Noah's Ark.

- One: Don't miss the boat.
- Two: Remember that we are all in the same boat.
- Three: Plan ahead. It wasn't raining when Noah built the Ark
- Four: Stay fit. When you're 600 years old, someone may ask you to do something big.
- Five: Don't listen to critics; just get on with the job that needs to be done.
- Six: Build your future on high ground.
- Seven: For safety's sake, travel in pairs.
- Eight: Speed isn't always an advantage. The snails were on board with the cheetahs.
- Nine: When you're stressed, float a while.
- Ten: Remember, the Ark was built by amateurs; the Titanic was built by professionals.
- Eleven: No matter the storm, when you are with God, there's always a rainbow waiting.



Is it time to join an adult Sunday school class?

If you've been thinking it might be fun (and informative!) to attend an adult Sunday school class, here is your opportunity!

Okay, so, you've been postponing, —postponing for quite a while—joining an adult class, and you haven't found a convenient start point. For example, that "book class" has been cruising along, but it is awkward to just show up to a class studying a book you have not read and you don't really know where to start. Well, two things: [remember, Dr. Seuss? Thing 1 and Thing 2?]

1) We want you to feel welcome to drop in anytime (really, often "regulars" come on in without reading and get involved in rousing discussions) and

2) The book discussion class is starting a new book!

This guy, Francis Collins (biologist, biochemist, geneticist, the director of the human genome project), wrote a book. There is often a tendency within the religious community to shun these scholarly, geeky types, linking them with promoting atheism, explaining away the need for God with all their nice science. This stereotype could not be further from the truth: Collins is a devout Christian who has taken the time to set into print why science and religion should peacefully coexist.

The book should set us up with fertile ground for discussion. So go grab a copy of the book: "*The Language of God*" by Francis s. Collins. (ISBN 978-0-7432-8639-8) and join us. Besides, I normally bring goodies to eat [food for thought...].

Peace and be well,
Eric Shankland



\$ FINANCE \$ REPORT

Total offerings for
January, 2007
\$22,310

2007 monthly needs
\$27,688

Offerings as of 1/31/07
\$22,310

Amount budgeted
for 2007
\$332,260



Every Wednesday
6:00 p.m.
All are invited!
Dinner is on us!

March 7	Open
March 14	St. Patrick's Day Corned Beef and Veggie Stew
March 21	Fellowship Cooks
March 28	Open

We need committees, covenant groups, and individuals to cook in 2007. We have lots of openings to choose from and sign ups are in the narthex. The midweek crew can help heat and serve upon request if you want to leave your prepared meal in the kitchen.

Midweek at Bear Creek is going strong, so come be a part of the fellowship during dinner and other activities!

Note: Please make sure that all tables are cleaned prior to use and before putting away. Look for small white wash buckets by the big sink. Thanks!

Questions? Call Carla Woodworth at 425.788.3679.

If you don't see God in all,
you don't see God at all.

Yogi Bahaan

Song for Thought

submitted by Tom Litchford

Only Grace

"What happened yesterday has disappeared
The dirt has washed away and now it's clear
There's only grace
There's only love
There's only mercy and believe me it's enough
It's enough
Your sins are gone without a trace
And there's nothing left now
There's only grace."

Only Grace
Mathew West

STEWARDSHIP CORNER

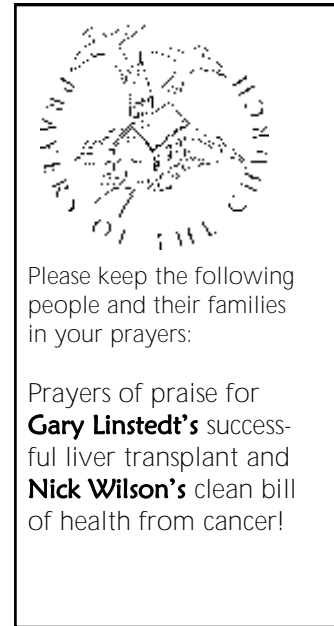
Caring for God's household

Our household, BCUMC, is a part of God's Household, which includes every person, every creature, everything on heaven and earth. To care for the household, God has provided abundance. It is our job as disciples to share that abundance to further God's Kingdom. Our household at BCUMC has daily needs—mortgage, electricity, water, maintenance, programs, staff.

How can each of us support this household through our financial stewardship? It is pretty simple. We need to share our abundance—and, we will be greater for it.

Just as in your own personal household, the needs of BCUMC grow each year due to increased costs, increased outreach, growth in our programs. Each of us needs to look at what we can do to help!!

John Wesley believed that stewardship was "...at the heart of Christian discipleship and the substance of the way of salvation."As always, Wesley had a process. For stewardship, he offered three practices: "Earn all you can...save all you can...give all you can."



Please keep the following people and their families in your prayers:

Prayers of praise for **Gary Linstedt's** successful liver transplant and **Nick Wilson's** clean bill of health from cancer!

The Sacred Prayers for Peace

On October 27, 1986, spiritual leaders from each of the world's 12 major religions came together, for the first time in history, to share their most sacred prayers for the "Day of World Peace," celebrated

in Assisi, Italy, in commemoration of the United Nations International Year of Peace.

We are printing one prayer each month in the Bear Fax. This is the sixth in the series.

Jainist Prayer for Peace

Peace and Universal Love is the essence of the Gospel preached by all Enlightened Ones.

The Lord has preached that equanimity is the Dharma.

Forgive do I creatures all, and let all creatures forgive me.

Unto all have I amity, and unto none enmity.

Know that violence is the root cause of all miseries in the world.

Violence, in fact, is the knot of bondage.

"Do not injure any living being."

This is the eternal, perennial, and unalterable way of spiritual life.

A weapon, howsoever powerful it may be, can always be superseded by a superior one;

But no weapon can, however, be superior to nonviolence and love.



Used Book Sale

If you are running out of space on your bookshelves, please consider donating your gently-used books to Congregation Kol Ami's Annual Used Book Sale. We are looking for cookbooks and fiction in particular, but will accept any gently used books *except* textbooks or encyclopedias. . Please, NO DVDs, VHS or computer games. Look for the plastic tub in the narthex marked Kol Isha.

Kol Ami Used Book Sale
 Sunday, March 25
 Whole Foods Market, Redmond

COUNSELING CORNER

Let the light shine—suicide prevention

With the New Year comes a change in the seasons. Our days grow a few minutes longer with each cycle of the sun. If we look around we can see the changes in the environment. The trees are showing signs of life and new growth. Here and there we see crocuses peek up through the ground and pussy willows appear. For many of us, this also means increased energy and improved mood. The prospect of longer days stimulates plans for the spring and summer. I myself become more energized and motivated. Summer is coming; at least it is closer than before Christmas!

Scientists have been studying the positive effect of sunlight on learning and mood for sometime now. The thought is that more hours of daylight results in increased energy levels and improved mood. In schools, studies have shown that more natural light provides for a better learning environment. The bottom line is that for most of us, the longer the days, the better we feel. Springtime is a time for love! Are we there yet?

However, for some the changes in the season do not spell improved mood. For some it is the opposite. Is it the increased daylight that has the opposite effect, or is it that everyone else seems to be feeling **better and they don't? There is evidence that the suicide rate increases in the spring and peaks around the summer solstice. Contrary to popular belief, the lowest suicide rates are from November to January. For those who suffer depression, spring and summer can be a difficult time of year.**

Suicide ranks third as a cause of death among young (15-24) Americans; only accidents and homicides occur more frequently.

(The following was taken from <http://www.sfsuicide.org/>.)

Recognize the signs of depression and possible suicide risk:

Talking About Dying—any mention of dying, disappearing, jumping, shooting oneself, or other types of self harm.

Recent Loss—through death, divorce, separation, broken relationship, loss of job, money, status, self-confidence, self-esteem, loss of religious faith, loss of interest in friends, sex, hobbies, activities previously enjoyed

Change in Personality—sad, withdrawn, irritable, anxious, tired, indecisive, apathetic

Change in Behavior—can't concentrate on school, work, routine tasks

Change in Sleep Patterns—insomnia, often with early waking or oversleeping, nightmares

Change in Eating Habits—loss of appetite and weight, or overeating

Diminished Sexual Interest—impotence, menstrual abnormalities (often missed periods)

Fear of losing control—going crazy, harming self or others

Low self esteem—feeling worthless, shame, overwhelming guilt, self-hatred, "everyone would be better off without me"

No hope for the future—believing things will never get better; that nothing will ever change

Warming Signs:

Other things to watch for—Suicidal impulses, statements, plans; giving away favorite things; previous suicide attempts, substance abuse, making out wills, arranging for the care of pets, extravagant spending, agitation, hyperactivity, restlessness or lethargy.

REMEMBER: The risk of suicide may be greatest as the depression lifts.

What You Can Do...

Do Not Be Afraid To Ask: "Do

you sometimes feel so bad you think of suicide?" Just about everyone has considered suicide, however fleetingly, at one time or another. There is no danger of "giving someone the idea." In fact, it can be a great relief if you bring the questions of suicide into the open, and discuss it freely without showing shock or disapproval. Raising the question of suicide shows that you are taking the person seriously and responding to the potential of her or his distress.

If the answer is: "Yes. I do think of suicide," you must take it seriously and follow it through. "Have you thought how you'd do it?" "Do you have the means?" "Have you decided when you would do it?" "Have you ever tried suicide before?" "What happened then?" If the person has a definite plan, if the means are easily available, if the method is a lethal one and the time is set, the risk of suicide is very high. Your responses will be geared to the urgency of the situation as you see it. Therefore, it is vital not to underestimate the danger by not asking for the details.

Remember: Always ask "How?" and "When?" before "Why?" These questions tell you the first signs of serious risk. The degree of suicide risk can be determined further by applying the following criteria:

Things to watch for when assessing potential risk...

Plan—Do they have one?

Lethality—Is it lethal? Can they die?

Availability—Do they have the means to carry it out?

Illness—Do they have a mental or physical illness?

Depression—Chronic or specific incident(s)?

Previous attempts—How many? How recent?

Are they alone? Do they have a support system? Partner? Are they alone right now?

COMMUNITY PROGRAMS

by Dave Ramsey

Beating debt and building wealth God's way

What does it look like to handle money God's way? Many people focus only on giving when they think about honoring God with their money. They think about putting a check in the offering plate or sending money to fight hunger or AIDS.

What Does the Bible Say?

But handling money and thinking about money in a godly way is much more than a tithe check. The Bible tells us that **we're stewards of God's resources. By definition, a steward is not an owner, but a manager, someone who takes care of the possessions of someone else.**

In the Parable of the Talents, **Jesus said, "Now, after a long time, the master of those slaves came and settled accounts with them. The one who had received the five talents came up and brought five more talents, saying, 'Master, you entrusted five talents to me. See, I have gained five more talents.' His master said to him, 'Well done, good and faithful slave. You were faithful with a few things; I will put you in charge of many things; enter into the joy of your master.'" (Matt. 25: 19-21)**

When we believe that God is the owner of all we have, we gain a new perspective on the way we handle all the resources we have been given—not just 10% of our income.

When you choose to handle money God's way, things that used to be difficult will become easier. Budgeting, compromising, saving, giving, sacrificing, making wiser decisions with your money—all of it will become clearer.

Proverbs gives several wisdom teachings on handling all of our **money God's way: The righteous** has enough to satisfy his appetite, but the stomach of the wicked is in need. (13: 25)

- ◆ The rich rules over the poor, and the borrower becomes the lender's slave. (22:7)
- ◆ It is the blessing of the LORD that makes rich, and He adds no sorrow to it. (10: 22)
- ◆ Honor the LORD from your wealth and from the first of all your produce so your barns will be filled with plenty and your vats will overflow with new wine. (3: 9-10)
- ◆ He who trusts in his riches will fall, but the righteous will flourish like the green leaf. (11: 28)
- ◆ Why are we supposed to handle all our money in a godly way? **Isn't God satisfied with our Sunday morning offerings?**

What's the Point? God doesn't need our money.

He owns the cattle on a thousand hills. **That's not why He repeatedly tells us to give and have an eternal view of everything He's given us. His desire is that we'd experience peace—the kind of peace that comes from a content heart. Having a content heart, managing money God's way, and avoiding the trappings of the world, frees us to focus on the things that really matter, like family, friends, and legacy.**

It's tough not to buy into the lies of advertising. It's hard not to follow our inclination toward stuff. When we do, we miss what's really important and end up struggling. We work overtime, leaving our families behind, so we can make enough money to pay the bills—all in the name of stuff! That's why handling money God's way is so important and so much better for us. God has our best interest in mind. He wants us to keep our perspective clear and our hearts content with the things that really matter.

Bottom line:

A plan for handling your **resources God's way that encompasses spending, saving, and giving is not just your way to financial peace; it's your way to life-changing freedom!**

Let the light shine

(Continued from page 8)

Loss -- Have they suffered a loss? Death, job, relationship, self esteem?

Substance Abuse (or use) -- Drugs, alcohol, medicine? Current, chronic?

Making A Contract

If you ascertain that the risk of suicide is high (i.e., a strong possibility exists that the person will

commit suicide in the near future), try to make a verbal agreement with the person to contact you before he or she follows through with suicidal intentions. If the person is unwilling or unable to contract for safety, call 911.

Call your local crisis line for other ways to help.

King Co. Crisis Clinic; 206-461-3222 (866-427-4747)

Snohomish Co. Care Crisis; 425-258-4357 (800-584-3578)

After the immediate crisis has been stabilized, refer them to a Mental Health Professional.

Laurence Hill, LMHC, CMHS
 Licensed Mental Health Counselor
 Child Mental Health Specialist
 Samaritan Counseling Center
 425.844.9956



Youth handbell choir performs on December 31

Through wind,
and snow,
and hail,
and friendship!



A dedicated and powerful congregation worships with no power on December 17



We lost a big, beautiful tree during the storm.



The children's Star Choir bundles up to sing on December 17



Tuesdays 6:00 a.m.

Shari's Restaurant in
Kirkland

All are welcome!

Meet our new friends, the Johnsons and Hunts



**JOHNSON, Brett (Michelle Hunt)
Andy, Matt, Katie, Nathan, Aaron**

Although Brett Johnson and Michelle Hunt are new members of Bear Creek UMC, they have jumped in in a big way. They have already attended the Amazing Grace seminar, and Michelle has volunteered to teach the one-room Sunday school class.

This blended family consists of Brett’s children, Andy and Katie, and Michelle’s children, Matt, Nathan and Aaron. Brett and Michelle will be married at BCUMC on June 30.

Brett was born at Tacoma General Hospital in the same room as his grandmother and was raised in Puyallup. After high school, Brett joined the Marines and

lived in California, Hawaii and Okinawa and saw action in Saudi Arabia and Kuwait during Desert Shield and Desert Storm as an infantryman and anti-tank gunner.

Out of the service, Brett married and had his two wonderful children. **The marriage didn’t last, but then** Brett met Michelle and he knew God was putting him back on the right path. She is a blessing to him every day and he is grateful that his often rocky and difficult path led to this good fortune.

Brett enjoys performing magic, scuba diving and animals. Although he has been a Presbyterian and a Mormon, Brett feels that when he found Bear Creek and Pastor Dave, things just felt right.

Michelle was born and raised in La Crosse, Wisconsin. In college she studied elementary education, speech pathology and audiology and nursing. She married and had three beautiful boys. Matthew is 11, Nathan is 9 and Aaron is 6. She lived in various states before landing in Washington. After her divorce, Michelle went back to college to study sign language, and she loves her new career. She focuses on medical interpreting because of her nursing background and the constant challenge.

Just like Brett, Michelle enjoys animals (2 dogs, cat, hamster, macaw, 5 bunnies, 2 snakes!), as well as reading, games, music and nature. Although raised as **a Christian, Michelle’s religious background has been** eclectic. As a teenager, she fell in love with God but out of love with organized religion. After a long search, she ended up at a Lutheran church in Texas and has now transferred her membership here.

Please welcome this wonderful family when you see them in church or at midweek activities (hard to miss them when they’re all here!).

Church Marquee Signs

- The best vitamin for a Christian is B1.
- Under same management for over 2000 years!
- Life has many choices. Eternity has two. What’s yours?
- Don’t wait for the hearse to take you to church.
- Don’t give up. Moses was once a basket case.
- Try Jesus. If you don’t like Him, the devil will always take you back.
- Worry is interest paid on trouble before it is due.
- Wal-Mart isn’t the only saving place!
- Prevent truth decay. Brush up on your Bible.
- It’s hard to stumble when you’re down on your knees.
- A clear conscience makes a soft pillow.
- The wages of sin in death. Repent before payday.
- Never give the devil a ride. He will always want to drive.
- To belittle is to be little.



Bear Creek
United Methodist
Church

16530 Avondale Road NE
Woodinville WA 98077

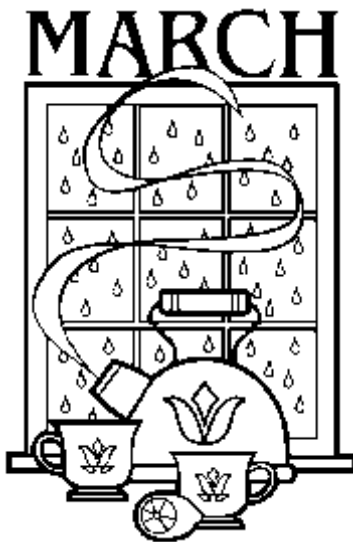
Phone: 425-788-2953
Email: info@bcumc.org

David Orendorff, Pastor
pastor@bcumc.org

A family place of belonging

We're on the Web!

bcumc.org



On the Horizon

Thursday, April 5
Seder Dinner, The Lord's
Supper Drama

Friday, April 6
Good Friday Service

Sunday, April 8
Easter Sunday Worship
9:30 & 11:00 a.m.

April 18, 25, May 2
CPR Class

Saturday, April 21
Amazing Grace Seminar

Saturday, May 12
Babysitting Class

Sunday, May 20
Baccalaureate

Non-Profit
Organization
U.S. Postage
PAID
Permit No. 124

ADDRESS SERVICE REQUESTED

Sunday Worship
9:30 a.m.

Sunday School
11:00 a.m.

Wednesday Worship
8:15 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.