



# The Full Circle

January 13, 2010



## Unsettled Weather

Have you ever been in a little sailboat when the wind just couldn't make up its mind concerning which way it was going to blow? I like to watch the little disturbances of wind on the water's surface. Sometimes they seem like the paws of kittens as they play and scamper left and right front and back.

Kittens and the weather play the same game. First it's raining, then a brilliant sun comes out, the next moment it's cold and blustery and a moment later it's back to blue skies and sun. Some days choosing what to wear, what jacket to carry and whether or not to bring an umbrella can be confusing.

From where I sit in the church, it sometimes seems like the wind is blowing from many different directions at once, then not at all, and then it gets as playful as kittens. This is particularly true during times of transition. I am anticipating that saying good-bye to Jane and then a week or so later saying hello to Kent will give rise to a wide variety of feelings and emotions. Joy and sadness chasing each other around and about, more like the ferocity of tiger cubs than kittens.

Life experience and church life experience would teach, if only we listened, that not too far below the surface of the water it is calm and quiet. Light filters down with muted intensity, sound waves are stilled, and you begin to notice different things in the quiet peace. Perhaps you see coral shining in colors and hues not seen before. Perhaps you experience thoughts or sounds not known before. Always there is the knowledge that God, like the water, surrounds and holds you in a caring embrace.

When the weather above is unsettled, we know that God's light is above the clouds and will break through to illuminate our way. When the life of the church feels unsettled; and our hearts feel like kites in a changing breeze that are blown between sorrow, hope, and joy: Remember that God's breath blows to guide and inspire.

Times may seem unsettled, but fair weather is coming, we'll see by and by.

Changes are coming, but you'll see blue sky by and by.

- Pastor Savage



## CLASSES

**LIVING THE QUESTIONS:** This on-going class meets from 7 p.m. to 8 p.m. on the 2nd and 4th Tuesday evenings of each month in Room 11. Each class session relates to one of a series of 21 Christian faith issues. Each session consists of (after a pre-reading at home of 2-3 pages) a 20 minute CD presentation of commentary on the designated issue by 6 or 7 out of 16 well respected religious scholars, including several UCC persons, followed by a class discussion relating to the commentaries and sharing of personal viewpoints.

As each class session is complete within itself, it does not require an interested person to attend each and every session. For this reason, the class wishes to welcome any interested newcomers to any and all of the 8 remaining sessions commencing on **January 12, 2010.**

The titles of the remaining sessions of this series are as follows:

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|--|--|
| #14—Reclaiming the World                   | #18—Prayer: Intimacy With God                |
| #15—A Kingdom Without Walls                | #19—Compassion: The Heart of Jesus' Ministry |
| #16—Social Justice: Realizing God's Vision | #20—Creative Transformation                  |
| #17—Incarnation: Divinely Human            | #21—Embracing Mystery                        |

For additional information and/or copies of the pre-session reading material, contact Bob or Pat Styer at 676-2585.

**FAITH AND (CONTEMPORARY) ISSUES** next meets on **Tuesday, January 19 at 7 p.m.** at in Room 11.

## ALL IN THE FAMILY

This section has been sent via email to those that receive the newsletter by email.

If you would like to receive the Full Circle by email please contact the office at 734-3720 or at [office@fccb.net](mailto:office@fccb.net) and let us know!



**THANK YOU TO ALL** who offered their time, talents & treasure to our church community in 2009. One by one by one, together, we created a full circle.

Thank you in advance to all who will give their time, talents and treasure in 2010. We are humbled by our community's generosity and look forward to experiencing what our gifts will create in the coming year.

With gratitude, Board of Stewardship - 2009

**STEWARDSHIP UPDATE:** As of **January 11**, we have received 205 pledges totaling \$410,000. \$15,656 is from pledge increases. Please remember to turn your pledge card in. Thank you!

### YOU HAVE A NUMBER...

#### **WANTED: Ushers and Greeters**

Something new!



Sign up for ushering and greeting in the coming months by going to the sign up sheet in the Narthex. Diaconate members will send reminders and instructions to those who request them. Look for our display!

If you donate regularly to the church you have a number regardless of whether you pledge or not. If you requested envelopes, please pick them up in the Narthex. Postcards for people who don't need envelopes are located in the Narthex as well. Your giving number is listed on the label. Please assist the tellers by putting your number on your donations/checks to the church. Thank you!

### PARISH VISITORS COMMITTEE

The Parish Visitors Committee undertakes to maintain contact with members and friends of the FCCB congregation that are in dwelling situations that make normal participation in the regular activities of the congregation difficult. There are currently 12 persons, the Parish Nurse, the Pastor and, starting this year, 2 card senders on the Parish Visitors Committee that regularly visit, telephone, or write to one or more of the 19 or so persons believed to benefit from that service.

If anyone, not currently associated with the Committee, that feels called to engage in the ministry, please contact the Chairperson, Marilyn Richardson. Also, if anyone is aware of someone not currently being served that should receive the services of a Parish Visitor, please contact the Chairperson.

### STEPHEN MINISTRY TRAINING

In February 2010, the Stephen Ministry Leadership of FCCB will begin a training program for people who have expressed an interest in becoming Stephen Ministers. These training sessions will be held on Wednesday evenings from 6:30 p.m. to 9:00 p.m. and will cover approximately 12 weeks.

Allowance has been made for special dates—such as Ash Wednesday and Holy Week—to be excluded from this schedule. The planning will depend on how much time is actually needed to cover the necessary topics required to prepare each participant to be able to feel comfortable in their role as a Stephen Minister.

Some of these dates and topics are:

- Feb. 3: Person of the Caregiver; Feelings: Yours, Mine and Ours
- Feb. 10: The Art of Listening
- Feb. 24: Distinctively Christian
- Mar. 3: Assertiveness



If some of these topics look interesting to you, consider signing up for Stephen Ministry training and find out if this might be an area in which you have some special gifts that can be used in helping others find their way through a rough place in their lives.

To learn more, contact one of our Stephen Leaders: *Donna Romjue* (752-1747) *Libby Weiss* (756-2062) and *Pat Styer* (676-2585).

**PARISH NURSE NOTES**

For a Happy New Year try making these 10 small changes for better health.

1. **Take a 10 minute walk.** This is a good way to begin an exercise program, or to add more exercise to your day.
2. **Give yourself a lift.** Lifting a hardcover book or a two-pound weight a few times a day can help tone your arm muscles. When that becomes a breeze, move on to heavier items or join a gym.
3. **Eat one extra fruit or veggie a day.** They are inexpensive, taste good and are good for everything from your brain to your bowels.
4. **Make breakfast count.** Start the day with some fruit and a serving of whole grains—oatmeal or whole wheat toast.
5. **Stop drinking your calories.** Cutting out a sugar-sweetened soda or a calorie-laden latte can save 100 or more calories a day. Over one year that can translate into a 10-pound weight loss.
6. **Have a handful of nuts.** Walnuts, almonds, peanuts and other nuts are good for your heart. They are great for snacks. Add them to salads or use them in place of meats in pasta and other dishes.
7. **Sample fruits of the sea.** Eat fish or other types of seafood instead of red meat once a week. It's good for the heart, brain and waistline.
8. **Breathe deeply.** Breathing slowly and deeply for a few minutes each day can help you relax. Slow deep breathing may also help lower blood pressure.
9. **Wash your hands often.** Scrubbing up with soap and water often during the day will protect your heart and health. Infectious diseases, such as the flu and pneumonia, can be very hard on your heart.
10. **Count your blessings.** Positive emotions have been linked with better health, longer life and a feeling of well-being, just as their opposites—chronic age, worry and hostility—contribute to high blood pressure and heart disease.

For more information go to [www.smallstep.gov](http://www.smallstep.gov) for 171 more small steps to better health. (From the Harvard Heart Letter. Volume 20, No. 5 January 2010).

I wish you all many blessings in the year to come. Maridel (Parish Nurse)

**THANK YOU FOR YOUR CHRISTMAS GIFTS FOR HOMELESS FAMILIES**

Dear Members of First Congregational Church:

Christmas is past, but the memories and hope you offered to the individuals you sponsored for the holiday through the Interfaith Coalition Holiday Gift Program will last for some time, perhaps forever. Thank you for your kindness and compassion. Christmas can be an especially difficult time for people without the means to provide gifts for their children or without extended family or friends for support. Your generosity offered needed support and holiday cheer to those you sponsored.

The following is one of the heartwarming sentiments expressed to us by grateful families whose holidays were made brighter by your generosity:

*“Thank you for the beautiful, wonderful, generous gifts. I am filled with gratitude for all these miracles. Thank you for being so supportive at a time in my life when support, kindness and generosity is so desperately needed. Thank you for helping my family in our time of need. I am filled with gratitude.”*

May God’s peace and blessings be with you this New Year,

Laura DeRose Harker  
Interfaith Coalition



**MOTHER / DAUGHTER RETREAT AT CAMP HORIZON February 26-27, 2010:**

It has become our tradition to gather as grandmothers, mothers, aunties, daughters and sisters for a retreat. All women and girls of our faith community are invited to join us for a time of joy and laughter, wisdom shared and God celebrated. There will be group time, sharing, crafts, worship, singing, and of course manicures as we nurture the sacred bonds of relationship. This year we will again be joined by the women of the United Church of Ferndale. Registration forms are available on the Information Table in the Narthex. Registration fee \$25 for one, \$40 for two, \$55 for three and \$70 for four (please contact Sharry Nyberg for scholarship information). **Deadline February 21.**

*Please register me/us for the 2010 Mother–Daughter Retreat:*

Names: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ e-mail: \_\_\_\_\_

Retreat Fee	
_____	\$25 for one
_____	\$40 for two
_____	\$55 for three
_____	\$70 for four
Registration Limit: 75	

Make Checks to: FCCB

*Return completed form to the church office with the registration fee by February 21.*

## LENTEN SERIES HELP

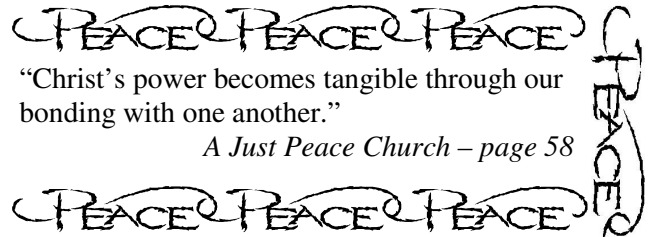
The Board of Adult Ministries is planning four Lenten Classes, on the four **Wednesdays in March (3rd, 10th, 17th and 20th.)**

Each evening we will need four people to assist with the dinner:

- One person to come about an hour early to assist in setting tables, etc.
- One person to help with serving.
- One person to help with cleanup.
- One person to run the dishwasher.

We also need people to bring soup each Wednesday.

If you can help out on any of these tasks please contact Bette Keller, 734-9855 or [bttkeller@earthlink.net](mailto:bttkeller@earthlink.net)



If you would like more information about "A Just Peace Church" please check out a copy from our library or visit the UCC website at <http://www.ucc.org/justice/peacemaking/a-just-peace-church-1.html>.

### FULL CIRCLE DATES FOR JANUARY

Deadline Date	Mailing Date
January 20	January 27

## AROUND THE CHURCH

**DIRECTORY UPDATES:** If you missed marking changes to your contact information while the directory was out you can still email changes to Kathryn at [office@fccb.net](mailto:office@fccb.net)

**THE HISTORIANS SCRAPBOOK** for 2006 and 2007 is in the library for viewing.

**REMEMBER!** Wash your hands! (It's flu season.)

**THE INTER-FAITH CONVERSATION CAFE** that was scheduled for January 27, 2010 has been postponed due to a conflict. Watch this space for the new date and time!

**FCCB'S GOT TALENT!** The 2010 edition of our talent show and "Comfort Foods" potluck is scheduled for **Friday, February 7, 2010**. We are looking for presentations from all ages, young through most mature. Get your act together and sign up in the Narthex, or contact Kate Eifrig or Bruce Camblin. We love "discovering" new talents and sharing other peoples gifts, whether it is music, dance, poetry, watercolors, crafts, etc.! There will be a display area for visual arts too. (Simon will not be judging, so come out and share!)

**THE "COMFORT FOODS" POTLUCK** begins this fun evening at **6:00 p.m.** so dig out the recipe for one of your old favorites. Sign up in the Narthex and prepare a written story about your "Comfort Food" choice to be printed and shared. We want to hear all about "Prune Pudding", "Corn Soup", or your rendition of "Tuna Casserole". The alphabetically listed assignments are suggested, (Main dish F-K, Vegetable L-R, Salad S-Z, Dessert A-E), and cross-overs are allowed.

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