



# The Heartbeat

FIRST CHRISTIAN CHURCH OF KENT  
(Disciples of Christ)

PO Box 5009 Kent, WA 98064-5009  
(253) 852-1930 office (253) 850-9530 fax

<http://www.kentdisciples.org>

**Sunday, January 24, 2009**

A Day With God, Part 3  
**"S.E.R.R."**

Romans 12: 1-8

*"..so we, who are many, are one body in Christ, and individually we are members one of another"*  
Romans 12: 5



# January

**Monday, January 18, 2010**

Upcoming Events:

**Wednesday, January 20th**  
**Worship Team Meeting**  
5:30 p.m.

**Tuesday, January 26th**  
**Blood Drive**  
1:00 p.m. to 7:00 p.m.  
**Governing Board Meeting**  
7:00 p.m.

**Sunday, January 31st**  
**All Church Chili Cook-off**  
12:30 p.m.

**Tuesday, February 2nd**  
**Mary Martha Quilting**  
10:00 a.m.

**Wednesday, February 3rd**  
**Congregational Life Team Meeting**  
5:30 p.m.

### Our Mission

1. To invite people into a loving relationship with God through Jesus Christ;
2. To care for each other as children of God;
3. To build believers into disciples of Jesus Christ;
4. To send disciples of Jesus Christ into ministry.

**Sunday Service at 10:00 am**

**January 24, 2010**  
**Pastor Brooks,**  
**Preaching:**

A Day With God, Part 3  
**"S.E.R.R."**

Romans 12: 1-8

**January 31, 2010**  
**Pastor Brooks,**  
**Preaching:**

Simplifying Life, Part 1  
**"Just Saying a Simple No"**

Ephesians 3: 17-19

### Our Staff

**Pastor:**  
**Bob Brooks**

**Office Administrator:**  
**Kathy Muggy**

**Choir Director:**  
**Andrew Schmidt**

**Accompanist:**  
**Pat Bannwarth**

**Childcare Coordinator:**  
**Becky Hutchins**

**Custodian:**  
**Dan Lenhart**

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**THE HEARTBEAT**



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ADDRESS SERVICE REQUESTED

### QUOTE:

If there is good in you, see more good in others, so that you may remain humble. It does no harm to esteem yourself less than anyone else, but it is very harmful to think yourself better than even one. The humble live in continuous peace, while in the hearts of the proud are envy and frequent anger.

*Thomas a Kempis, The Imitation of Christ*



Boundry Bob's  
Truths & Tales

I was telling you last Heartbeat how excited I was about my son Josh coming to visit. Well today I'm writing and I'm sad because "he's leaving on a jet plane" as the song said. I'm sad because I don't want to see him leave because we had such a wonderful time on what I would call our whirlwind tour of the Great Northwest. The funny thing is that we'd need another two days to finish, just the basic list of things I had on the itinerary. For instance, we didn't get to go snowshoeing up in the mountains. But with that said - the time we shared was great.

I remember one time going rafting on the Galley River in West Virginia. The Galley has BIG water in the fall with some amazing rapids. We were on a 8 person raft and I had a hyperactive teenager named John behind me who was just filled with questions and driving us all a bit crazy. Just before entering a rapid he would ask the guide about the next rapid after "this one." Finally the guide's patience wore a bit thin and he said "John quit worrying about what's down the river and enjoy this rapid and this moment!" And you know John took the Guide's advise and was able to live in the moment and enjoy the trip.

Since I am a hyperactive person with some ADD on top of that, I understood John's dilemma. My brain trying to move on to the next event reared its head a few times but overall I was able to live in the moment and enjoy each of them with



Boundry Bob's  
Truths & Tales

(con't)  
Josh. I can now look back and savor our time in Vancouver, at Mount Rainier, and in Seattle. I have lots more memory makers (as I mentioned in the last Heartbeat). For instance, I never will forget his excitement at seeing the Arctic Fox at Paradise Lodge on Rainier. Then there was our joy when the Penguins scored their first goal against the Canucks. Of course I can still laugh when he saw me standing there with a bag of jerky at the airport.

Whether a canoeing trip on a new river, a visit with someone you love, or just waking up and realizing that you are still on this side of the grass provide times to savor the moment. Maybe that's why its called "the present" because it is such a gift. And the wonderful thing about this gift is that it can be an appreciation of an everyday moment. In fact how about looking outside and ask yourself - does nature declare the glory of God today? What do the skies look like? What did they look like 12 hours ago? What will they look like 12 hours from now?

The different times during the day, the different seasons during the year bring change. At times the sky smiles or storms on us. Yet as the psalmist says "the heavens declare the glory of God." God's glory, God's creative power show themselves in such a mixture of variety and changelessness. Only one thing never changes - our God.

God brings the same glory into our daily



Boundry Bob's  
Truths & Tales

(con't)  
lives too - if we look and listen. It could be the visit of a son or just listening to the wind and the rain of a northwest winter. God watches over us and knows our needs before we even know them.

Some people greet each morning with "This is the day the Lord has made. It must be good for something!" How about "This is a day the Lord has made, I will rejoice and be glad in it." The Lord makes each day for us to find His presence and to savor its blessings. We may discover it from the kitchen table, the office desk, the road, the mountain top, or the hockey rink. So rejoice again! Be glad again! Savor the moment again!

*Take Good Care Bob (Pastor Bob; P Bob; PB)*

#### LENTEN WALK WITH JESUS

- Our Six Week Lenten Walk With Jesus To The Cross And Beyond
- Week One – Love Shows Us The Way
- Week Two – Love Calls Us To Follow
- Week Three - Love Is Rejected
- Week Four - Love Must Rule Us
- Week Five - Love Gives Life
- Week Six - Love Is Exalted

Be watching The Heartbeat and The Weekly Bulletin for more details

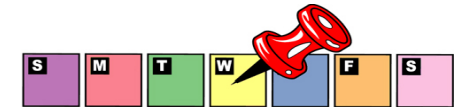


### More Upcoming Events:

**Thursday, February 4th**  
*Early Birds*  
8:00 a.m.

**Friday, Feb 5th to Sunday, Feb 7th**  
*Disciple Women's Retreat*  
Begins Friday at 5:00 p.m

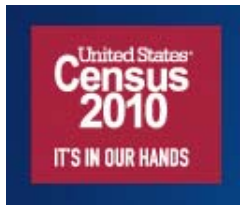
**Sunday, February 7th**  
*Weatherly Inn*  
3:00 p.m.



### *Upcoming Events*

#### TEMPORARY JOB OPPORTUNITY

The U.S. Census Bureau is taking applications for various jobs associated with the 2010 Census. Pay ranges from \$13.25 to \$20.50 per hour depending on the position. You can call 1-866-861-2010 for further information or see Kathy in the church office for brochures. They will also be holding a training session here at the church on Tuesday, February 2nd from Noon to 2:00 pm for people in our area who have called them and signed up.



#### WITHIN THE CHURCH FAMILY

Within the Church Family will return next issue.

## THANK YOU

The Neifert Family wish to thank Pastor Bob for his support and guidance during our time of loss. Our church family has provided much comfort in the form of condolences and meals. Our memories of the "Celebration of Life" and reception following, will forever be enhanced by the warm and loving environment the church provides.



## DISCIPLE WOMEN'S RETREAT

Hello Ladies, retreat is now just a couple of weeks away. Cost is still only \$80.00 and there are a couple of scholarships left for help. Please let me know soon. If you haven't signed up yet please do so on the poster board in the Narthex. Our wonderful resource person this year is Anita Sheneberger's sister LouAnn Houle. I am sooo excited. Our theme is **"My Masters Voice"** and she is in full swing preparing for it. I look forward to seeing you all there and please bring a friend, again be sure to sign up. If you need transportation or need to have a downstairs room, please be sure to mark that on the sign up poster so we can accommodate you. If you have any questions at all, please feel free to call me 253-632-5290 or email me: [harasann@comcast.net](mailto:harasann@comcast.net) or find me on Facebook. It's gonna be a fun, spiritual time together as always. See You There!!



Brenda Barnes

## THANK YOU FROM WORSHIP AND WONDER

In the fall several families in our church sponsored stories and supporting materials for those stories. The Worship and Wonder program wishes to extend appreciation for those sponsorships to STEVE and TERI RIORDAN, for Jesus in the Wilderness, DON and JOYCE GOODALE, Jesus is Baptized, WALTER and SUNG FITZGERALD, The Sower, ARLIS and JO LEYERLY, The Great Pearl, LARRY and BETTY SHEPARD, Exile and Return, PHIL and DEBBIE BONDURANT, Advent, and BRENDA BARNES, The Mustard Seed.



## WORSHIP AND WONDER

December and January found additional volunteers serving in the Worship and Wonder program. Our church says, "Muchas Gracias!" to these dedicated people: ANNIE BROOKS, RONIE TALKINGTON, RUSANNE HYLAND, MARIA LINDSEY, BETTY SHEPARD, DAVE TURNER, GAIL REID, ABBIE REID, AND THERESA LEE.



The children learned about ADVENT, Isaiah 9:2; John 1:5; Matthew 1-2; and Luke 1-2, THE BOY JESUS IN THE TEMPLE, Luke 2:41-52, JESUS IS BAPTIZED, Mark 1:9-11, and JESUS IN THE WILDERNESS, Matthew 4:1-11, Golden Boxes revealed parables of THE MUSTARD SEED, MATTHEW 13:31-32, THE LEAVEN, Matthew 13-33, THE GREAT PEARL, Matthew 13:45-46, and THE SOWER, Matthew 13-3-8

## INTERESTING DATES IN JANUARY

### Month Long Observances

Eye Care Month	Hot Tea Month	National Blood Donor Month
National Braille Literacy Month	National Hobby Month	National Soup Month
National Staying Healthy Month	National Thank You Month	Oatmeal Month

January 20th	Cheese Day Inauguration Day Penguin Awareness Day
January 21st	National Hugging Day Squirrel Appreciation Day
January 22nd	National Blonde Brownie Day
January 23rd	Measure Your Feet Day National Handwriting Day
January 24th	Compliment Day Eskimo Pie Patented by Christian Nelson in 1922. Gold Discovered in California at Sutter's Mill in 1848.
January 25th	Burns Night - Celebrated in Scotland. Opposite Day
January 26th	Australia Day - The day Sydney Australia was settled in 1778
January 27th	Chocolate Cake Day Holocaust Memorial Day - Celebrated in the UK. Lewis Carroll's Birthday - Born in 1832.
January 28th	Ernie's Birthday - Sesame Street Character. National Kazoo Day - Usually celebrated on the last Thursday of January.
January 29th	National Puzzle Day
January 30th	Franklin D. Roosevelt's Birthday - Born in 1882.
January 31st	Backwards Day Jackie Robinson's Birthday - Born in 1919.



## WELCOME MINISTRY TRAINING JANUARY 25<sup>TH</sup> AT 7P.M.

Pastor Bob has shared a number of new initiatives that he is wanting us to begin this year. The first will be our "new and improved" Welcome Ministry. We will meet to introduce the new ministry and the specifics of greeting, ushering, and sanctuary welcomers. We will also get your input into the ministry and offer an opportunity to sign up.



## S-O-U-P-E-R BOWL OF CARING

In Romans 12:13 we are told: Share with God's people who are in need. Practice hospitality. This congregation certainly obeys that command.



As you are probably aware, Sunday February 7th is the FOOTBALL Super Bowl. Our church will also have our S-O-U-P-E-R Bowl (of Caring).

The Souper Bowl of Caring is a grassroots, faith-based crusade against hunger. We are joining other churches, schools, organizations and individuals across the country to fight hunger and poverty by collecting dollars in soup pots next Sunday. What is collected stays in the community to help fight hunger, but we report our total to the Souper Bowl of Caring headquarters so that they can come up with a grand total.

Rev. Dr. Brad Smith, founder and executive director said, "It is a way for young people to put God's love into action by developing a heart for helping others. The goal is for these young people to see they can make a difference and for them to continue contributing through volunteerism when they reach adulthood."

In 2009, over 13,000 groups raised over \$10 million for soup kitchens, food banks and other helping charities. Since the Souper Bowl of Caring began in 1990, over \$60 million has been given to help those in need. The Souper Bowl of Caring most often benefits local food banks and soup kitchens, but world hunger organizations, denominational missions and other international ministries have also been recipients of Souper Bowl of Caring dollars. May God bless our gifts.

## WEEK OF COMPASSION

Dear Friends,

In his final moments with his disciples, the Good Shepherd asks Peter, "Do you love me?" "Yes," Peter replies. Then, "Feed my lambs," Jesus tells him. "Tend my sheep." Three times, Jesus passionately repeats his instruction, pressing his followers: If you love me, take care of the people I love. Live your love for me by actively tending these for whom I have sacrificed everything. (*John 21:15-19*) Soon, you will have an opportunity to offer your gift to Week of Compassion, empowering Disciples' relief, refugee and development fund, meeting basic needs in Christ's name throughout the world, and sharing resources that strengthen people to improve their own lives and communities. Soon, each of us will decide how to respond to Jesus' question, "Do you love me?"

The members of the family of God — from those we know to distant sisters, brothers, and cousins in parts of the world we may never visit — are God's flock, the sheep of God's pasture (*Ezekiel 34:31*). Yet, God's flock is often forcefully scattered and stalked, as people are chased from their homes and livelihoods by brutal expressions of war, as communities and futures are blasted by natural disasters, as societies and countries are ground down by unrelenting hunger, disease, and poverty. Jesus calls us to tend his sheep caught in these situations of deep need. And with love and energy, the Church responds! Through Week of Compassion,

- disaster victims quickly receive shelter, food, water, and medical supplies.
- local communities develop secure sources of food and clean water.
- minds and bodies grow stronger with new schools and medical clinics.
- refugees receive housing and long-term help to construct new lives.

In challenging times, we often wonder how much we can afford to sacrifice to help feed Jesus' beloved sheep, when our needs remain pressing. Perhaps only our prayerful conscience can answer that. But remember the feeding of the 5,000: when Jesus asked the disciples to feed the thronging crowd, the disciples despaired (*Mark 6:34-44*). The five loaves and two fish seemed insignificant compared to the massive need. Yet when each gave sacrificially from what they had, through God's blessing, their gifts turned into a miracle of compassion for all.

Through Week of Compassion, our gifts meet compelling needs, while also bringing the blessing of compassion into our own lives. The current economic situation is challenging for many of us. For many others, it has pushed beyond challenging to be life-threatening. I intend to increase my gift this year, and encourage you to consider doing so, also. Heed Jesus' call to feed his sheep with a generous, even sacrificial, gift to Week of Compassion. Sharing your resources, you will change lives — including your own.

Sincerely,  
Pastor Bob

### Ways To Help With Haitian Relief Efforts Through Week Of Compassion

Checks or cash contributions made out to Week Of Compassion and earmarked for Haitian Relief Assemble Emergency Hygiene Kits and bring them to church for us to ship to Church World Services.

### To assemble a Hygiene Kit you will need:

- One hand towel measuring approximately 16" x 28" (no fingertip or bath towels)
- One wide-tooth comb
- One toothbrush (in original packaging)
- One washcloth
- One nail clipper (no metal files or emery boards)
- Six Band-Aids®
- One bar of soap (bath size in wrapper)

Please do not add toothpaste to the Hygiene Kit. Toothpaste that has an extended expiration date will be added to Hygiene Kit shipments just prior to shipment. Seal all items in a one-gallon plastic bag with a zipper closure.

