



# 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>

Monday, February 15, 2010

## Upcoming Events:

Saturday, February 20th  
*Ruth Smith Memorial Service & Reception*  
5:00 p.m.

Sunday, February 21st  
1st Sunday in Lent  
*Chi Rho Meeting*  
11:30 a.m.  
*Christian Ed Team Meeting*  
11:30 a.m.  
*Personnel Committee Meeting*  
11:30 a.m.

Monday, February 22nd  
*Handbell Practice*  
7:00 p.m.

Tuesday, February 23rd  
*U.S. Census Bureau Testing*  
Noon

Sunday, February 28th  
2nd Sunday in Lent

Sunday, February 21, 2010  
Love on the Cross, Part 1  
**"Love Calls Us to Follow"**  
Mark 8: 31-38  
*"He called the crowd with his disciples, and said to them, 'If any want to become my followers, let them deny themselves and take up their cross and follow me.' "*  
Mark 8: 34



# February

Nonprofit Org.  
US POSTAGE  
PAID  
Kent, WA  
Permit No. 111

## Our Staff

Pastor:  
Bob Brooks

Office  
Administrator:  
Kathy Muggy

Choir Director:  
Andrew Schmidt

Accompanist:  
Pat Bannwarth

Childcare  
Coordinator:  
Becky Hutchins

Custodian:  
Dan Lenhart

## 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

February 21, 2010  
Pastor Brooks,  
Preaching:

Love on the Cross, Part 1  
"Love Calls Us to Follow"

Mark 8: 31-38

February 28, 2010  
Pastor Brooks,  
Preaching:

Love on the Cross, Part 2  
"Love Calls Us to Follow"

John 6: 66-71

# THE HEARTBEAT



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(Disciples of Christ) 253-852-1930  
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ADDRESS SERVICE REQUESTED

## QUOTE:

"A great attitude does much more than turn on the lights in our worlds; it seems to magically connect us to all sorts of serendipitous opportunities that were somehow absent before the change."

Earl Nightingale



*Boundry Bob's  
Truths & Tales*

I'm in the middle of a journey that has been very important to me. It's my journey of weight loss, getting into shape, and learning about the place of food in my life.

So far it's a successful journey, in that, I have lost weight and learned a lot about the place of food in my life. It's been far from perfect with a few slips and lapses along the way. However, overall, it has been a very fulfilling endeavor.

I've had a number of people ask me what has been the secret behind my success and I've been challenged as to what my response would be. My first thought is to give credit to the 20/20 program that I'm part of. Then I've wanted to say it has been the work of my dietician and trainer. Then I looked at it again and I think I must say that it has been remembering that God is my source of strength and being disciplined is what has been behind all of this. It's trusting God and making the right choices on an hourly basis. But you know that's what life is all about - making the right choices or making the "wise" choices as I like to say.

When I am canoeing most everything we do are choices that affect the trip and even one's well being. It begins with the choice of where to go and who to go with. One of the rivers I've always wanted to paddle is one in northern Ontario known as the Winisk River. It is an isolated river that flows north into Polar Bear Park and the Hudson Bay. I've got a friend who feels we can do the trip on our own and



*Boundry Bob's  
Truths & Tales*

(con't)

just take our time. Translation - we can save lots of money not paying a guide. And there's a side of me that likes that idea. But this river is hundreds of miles from any civilization and contains a few rapids that are "big water." A guide will be one who has traveled this river before and/or has much more experience than we do and carries some equipment we just can't afford - a satellite phone for instance. So there's desire, money saving, the adventure of doing ourselves on one side. On the other side are personal safety and a trip with less personal angst. I must choose. And this choosing is repeated each day on the trip. How long do we paddle? Do we go paddle through the rapid or portage around the rapid? There's fresh bear paw prints in the sand - do we camp there or not? Choices and the discipline to stick with the wise choice.

It has been that way with losing weight and learning to treat food in a different way. The temptations are always there. The rebellious voice in my head telling me to eat what I want and not pay attention to anyone else is talking to me. Then on the other side are the benefits from weight loss and learning to eat and live in a healthy way. When I do that - I lose weight and feel better. I use less medication. I feel more energetic and confident. And I feel successful and have a victory. To enjoy this payoff I must make the right choices and be disciplined in living out those choices.



*Boundry Bob's  
Truths & Tales*

(con't)

In my own life the scripture that my body was God's temple or residence and that I was to be an example to others became very important to me. I knew that God would give me the vision and the daily strength to be that. It was all right there but alas when I prayed that I wanted to be victorious in this area of my life God's way was not my way. I wanted God to take away my desire for tempting foods and to become fit without working out but it didn't happen. God is giving me the vision of what I am to be and the strength to be victorious. God is also allowing me to make the right or wrong choices and the choice to be disciplined or not.

So far most of the time - I've found God's way to be my way of choice and I feel so blessed!

*Your Pastor  
PB*



## More Upcoming Events:

**Monday, March 1st**  
***Handbell Practice***  
7:00 p.m.

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

***U.S. Census Bureau Testing***  
Noon

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

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

**Sunday, March 7th**  
***3rd Sunday in Lent***  
***Senior Saints Dinner***  
Noon

***Weatherly Inn***  
3:00 p.m.

**Monday, March 8th**  
***Handbell Practice***  
7:00 p.m.

**Tuesday, March 9th**  
***Craft/Handiwork Group***  
10:00 a.m.

***U.S. Census Bureau Testing***  
Noon

***Executive Team Meeting***  
6:00 p.m.

***Cabinet Meeting***  
7:00 p.m.

## EASTER FLOWERS

Easter is early this year... April 4th... If you would like to share in decorating the church with fresh flowers for Easter, please make your donations by March 21. You can donate in memory or in honor of friends, family, loved ones, or for any reason you choose. Look for inserts in upcoming bulletins.

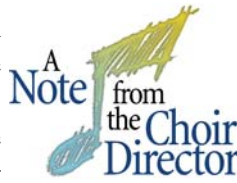


## LETTER FROM ANDREW SCHMIDT

Dear Friends, Colleagues, and Kent Congregation,

This June I will have been your Choir Director for the better part of 4 years, and as many of you may have heard, I will not be returning in the fall. When I came to First Christian Church, it was with the intent that I serve you until the time where I had completed my master's degree. One might say that this day is coming sooner than anticipated, however I have come to believe that most things happen as they do for a reason. I have greatly enjoyed serving this congregation, and hope that you know your ministry to me over these 4 years far exceeds what I have been able to give to you. I look forward to our final months together, and extend you my ear for any questions, comments, or concerns you may have. I will certainly announce my future plans when they are finally set.

Best Wishes to you all,  
Andrew Schmidt



## PERSONNEL COMMITTEE MEETING

There will be a Personnel Committee Meeting on Sunday, February 21st at 11:30 a.m. This is an important meeting please plan on attending. We will be discussing agenda and scheduling. Our new personnel team is: Bill Yoast, David Orth, Lori Millar, Steve Riordan, Frank Osness and Tena Gifford.



## VALENTINE DINNER

WOW!! What an amazing evening. Pastor Bob is such an excellent cook. The chicken alfredo was sooo delicious, mixed veggies, salad, breads and ice cream for dessert. There were 53 in attendance and the men did a fantastic job. That's one of the best Valentine's Days, I loved listening to stories of how some of us met our spouse and the little antidotes that Pastor Bob shared too. I am sure that everyone there enjoyed it as much as we did. God Bless us all. Thank you guys for a job well done and pampering us ladies.

## A THANK YOU FOR DINNER

Thank-You very much for putting on the Sweetheart Dinner served on Valentine's Day! It was a really nice evening, and the dinner was DELICIOUS! Daniel said, "This is like a 5-star Restaurant!". - Much Love, Gowins



## GRADUATES

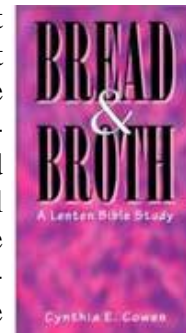
We would like to get plans underway for our graduates this year. If you know of any High School or College graduates coming up in June, please let us know soon so we can get ready for their celebration in June. You can send an email to the church office or myself. Graduates name, school graduating from, school colors, parent or guardian for contact. Thank you for all your help in making this happen.



Brenda Barnes

## BREAD, BROTH AND BIBLE

Each Wednesday during Lent beginning February 24<sup>th</sup> at noon and again at 6:30 we will be offering a Lenten Series called "Bread, Broth, and Bible." Each week we will gather for sixty minutes We will begin with some homemade soup and bread. We will follow this with a Bible Study. Our study will focus on our Love On The Cross Series and each week we will look at a different definition of Love. The studies will look at the following themes:

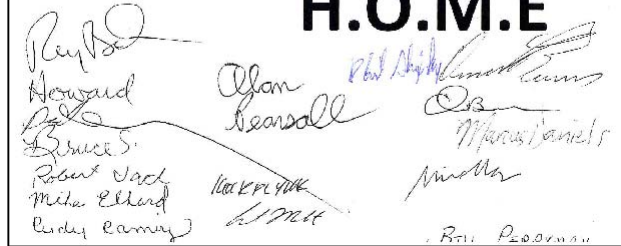


- Love Shows The Way
- Love Calls Us To Follow
- Love Is Rejected
- Love Must Rule Us
- Love Gives Life
- Love Is Exalted

# THANK YOU

Kent First Christian Church  
You fed us and housed us.  
We Thank You Again

## H.O.M.E



## ANNUAL PLEDGE STATEMENTS AND GIVING ENVELOPES

If you have NOT received your 2009 Year-End Tax Statement – please contact me. They have been distributed both by mail and by hand at church. If there are any errors, spelling, address, or financial, PLEASE let me know. If for some reason you did NOT receive Giving Envelopes, again let me know. I think between Kathy and I, we have "spackled" most of the cyber-cracks and computer discrepancies, so everyone should have a Member Number and Envelopes.



Laurie Gowin (253) 852-6091

## OUR UPCOMING EVENTS

Spring Luncheon is Saturday April 10th at 11:00 am. All ladies of the church are invited of all ages. Bring your daughters, granddaughters, niece's and friends. Watch for more details as plans get underway.



The next 5th Sunday potluck is May 30th. We know it is memorial day weekend, but we don't all leave for the weekend and what better way to spend it than with church family in fun, food & fellowship together.

We are collecting Secret Prayer Sister forms so we can get them sorted and given out to get our year started. There are blank forms in the Narthex or you can see Laurie Gowin if there are none there. Please remember that if you sign up, to be committed to the program. It's as simple as a card or note on holidays, birthdays, anniversary's, or whenever you feel like dropping a note. You can also leave a note for your Secret Sister if you need prayers with out letting her know who you are. Please sign up soon if you haven't yet.

## EARLY BIRDS

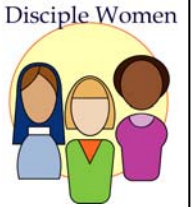
The Early Birds held their meeting on Thursday, February 4th. Those in attendance were: Dave Turner, Jerry Lindsey, Sharon Penwell, Don Hanson, Jack Becvar, Roy Smith, Don Goodale, Bill Yoast, Bob Brooks, Dean Jacot and Larry Shepard.



## DISCIPLE WOMEN'S CHATTERBOX!

### Attention Ladies

The Disciple Women's Board is searching for new faces to participate as an officer or committee chair for 2010. If you or if someone you would like to nominate wants to run for an office, please contact Brenda by email or phone. (harasann@comcast.net or 253-632-5290). Our current officers are: Chair: Brenda Barnes, Co-Chair: Laurie Gowin, Secretary/Treasurer: Gloria Dollarhide, Historian: Elinor Osness, Worship: Nancy Turner. We will be voting at our March meeting, Wednesday 3/10/10 5:00pm, and can take nominations through that time. **All women of the church are Disciple Women and are welcome at all of the meetings.**



### Women's Retreat

We had a fantastic and blessed Women's retreat Feb. 5-7. 37 women made this a part of their Spiritual Journey, with 3 unable to make it due to hospitalization. As always we held **all** of our absent "sisters" in prayer and thought. Pastor LouAnn Houle was a blessing as always as our resource person. Our theme was "The Masters Voice" and we definitely felt his presence as we learned to "Listen", and "See and Feel" him in our lives. The Retreat Banner will be hanging in the Sanctuary on Sunday the 21st and we will be sharing our theme song in service. If you haven't been to our retreats yet or it's been awhile, please mark you calendars for next years Retreat, February 4th - 6th, 2011 at Lake Retreat Camp & Conference. It is such a gift and a blessing to participate.



### Love Gift – Service Project

We are collecting our Love Gift for February. It was a dream of Ruth Smith's that we collect new and gently used blankets or money to help Church World Service and World Vision. Please place them in the Labeled Box in the Narthex through the end of the month. They will then be collected and donated to both organizations. Help us to make Ruth's dream a reality in her loving memory.



### UPCOMING EVENTS:

**Ladies Spring Luncheon** is Saturday April 10th at 11:00 am. All ladies of the church of all ages are invited. Bring your mothers, aunts, daughters, granddaughters, nieces, and friends. Watch for more details as plans are underway.

Next **5th Sunday potluck is May 30th.** What better way to spend Memorial Weekend in town, than with church family in fun, food & fellowship!

Disciple Women provides Fellowship on **Graduation Sunday**, coming in June. If you know of any High School or College graduates in 2010, please let us know soon so we can be prepared. You can send an email to the church office or Brenda with : Graduates name, school, school colors, parent or guardian for contact. Thank you for all your help in making this happen.

### Disciple Women's Meeting

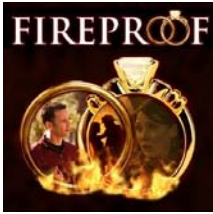
**REMEMBER!! Wednesday, March 10<sup>th</sup>, at 5:00 PM**

Please keep Phyllis, Judy, Brenda, Bernice, Dottie, and their families close in prayer. Prayers for **all** that you feel the comfort and peace of God's love with you during the upcoming Lenten Season!

*Brenda Barnes & Laurie Gowin*

## FIREPROOF YOUR RELATIONSHIP WORKSHOP

Fireproof Your Relationship is a workshop we are doing for six Sunday evenings, beginning February 21 at 6:30 p.m. It is a series to help the participants develop a strong, God centered, loving, lifetime relationship. Each session will use video clips from the movie Fireproof and follow with a thought provoking discussion on how to live this out in daily life. The sessions include:



- He Said/She Said
- He Loved First
- Love For A Lifetime
- Breaking Free
- Forgiveness
- A Better Way Of Loving

The Workshop will challenge you to love better, to love first, and to love for a lifetime. We still have some room so join us on Sunday evening.

## WITHIN THE CHURCH FAMILY

**Harrie and Virginia Young** have a new address and phone number. They are now at: 112 Kennebeck Ave. N. #405, Kent WA 98030 and their new phone number is 253-854-0025.



## LOVE ON THE CROSS

Christians from ancient times onward kept the 40 days of Lent for penitence and prayer. They used meditation on Christ's suffering, crucifixion, death, and resurrection as a spiritual resource. Our Lenten worship focus "Love On The Cross" attempts to help us grow in God's love during the Lenten Season. This six week program is designed to be a step by step understanding of God's love as revealed in Jesus. Each week the program progresses with new themes, symbols, and daily devotions. On the first Sunday of Lent we will display a cross with a heart in the sanctuary and on the church lawn as we begin our Lenten series and then each week we will add further symbols to the cross/crosses. Also every worshiper will receive a replica of the public cross with a heart and each week a new symbol to add to it. It is an inspiring series that we hope you will invite friends to participate in. In fact we have 250 wooden crosses that we would like to run out of because so many people are in attendance. Want to help us succeed?



## SECRET PRAYER SISTERS

If you would like to participate in 2010, there are blank forms in the Narthex. Please fill one out and give it to Brenda or Laurie. We will inform you of your new sister soon, and you will keep her through next February's Women's Retreat. Keep her in your thoughts and prayers with a note or card on holidays, birthdays, anniversaries, or whenever you feel like dropping a note that she is in thought. Gifts are fun, but not required. You can also leave a note for your SS if you are in need of prayers throughout the year.

Here are the 2009 Secret Sisters revealed at Retreat:

- Colleen sister to Amanda
- Amanda sister to Rachael
- Rachael sister to Susan
- Susan sister to Amie
- Amie sister to Patti
- Patti sister to Nancy
- Nancy sister to Laurie
- Laurie sister to Ruth
- Ruth sister to Margaret
- Margaret sister to Maria
- Maria sister to Phyllis
- Phyllis sister to Brenda
- Brenda sister to Christine
- Christine sister to Kami
- Kami sister to Teri
- Teri sister to Julie
- Julie sister to Becky
- Becky sister to Dottie
- Dottie sister to Caroline
- Jimmie sister to Joyce
- Secret sister to Jimmie
- Joyce sister to Dorothy
- Dorothy sister to Colleen

Please sign up for 2010 soon if you haven't yet! It's lots of Fun!



**WEEK OF COMPASSION  
DAILY GIVING DEVOTION**

- At a time appropriate for your household, read the day's entry in the sharing calendar. Discuss the situation described and its relationship to your household.
- Read John 21:15-17, 19, the theme scripture for Week of Compassion 2010:  
When they had finished breakfast, Jesus said to Simon Peter, "Simon son of John, do you love me more than these?" He said to him, "Yes, Lord; you know that I love you." Jesus said to him, "Feed my lambs." A second time he said to him, "Simon son of John, do you love me?" He said to him, "Yes, Lord; you know that I love you." Jesus said to him, "Tend my sheep." He said to him the third time, "Simon son of John, do you love me?" Peter felt hurt because he said to him the third time, "Do you love me?" And he said to him, "Lord, you know everything; you know that I love you." Jesus said to him, "Feed my sheep." After this he said to him, "Follow me."
- Invite each member of the household to describe one experience they have been part of or have seen since the last daily giving devotion of someone caring for someone else.
- Consider your household's sharing calendar contribution for the day, and add the contribution to your coin box.
- Offer a prayer for the people and situations highlighted in the sharing calendar, and for the people your household will meet in the coming hours:  
Thank you, O God, for being our shepherd, ever present and ever loving. Thank you for determinedly seeking us out, for guiding us through the dark valleys in our lives, for carrying us gently in your arms. May we share that love and care with others. Today we offer a gift to Week of Compassion and pray especially for [the day's highlighted group]. We ask that you would strengthen them, provide them with the assistance they need, bless their lives, and show them your love. Help us to see the needs around us today/tomorrow, and to show your love through our actions. In Jesus' name we pray. Amen.
- Remember to take your coin box to church on the day when the Week of Compassion offering is given.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NUTRITION	Jesus said, "Feed my sheep." Tell of a time when someone showed care for you by giving you food. Give two units in thanksgiving.	One in four children in developing countries is underweight. Give one unit for each pound you weigh.	Demand at food banks across the United States increased by 30% the most recent year for which statistics are available. Give one unit for every five cans of food in your kitchen.	The cost of "a night on the town" for a couple can provide emergency food supplies for a family of five for a month. Give one unit for each "date" or celebratory outing you had last month.	In the U.S. each month, 28 million low income people receive government supplemental nutrition assistance ("food stamps"). Give one unit for each time you ate out last month.	Maternal and child malnutrition cause more than one-third of child deaths. Give one unit for each meal you eat today.	In the United States, 40-50% of all food ready for harvest never gets eaten. Give one unit for each meal you ate today where you did not finish what was on your plate.
HEALTH	Jesus said, "Tend my sheep." Tell of a time when someone cared for you when you were sick. Give two units in thanksgiving.	Close to half of all people in developing countries suffer at any given time from a health problem caused by water and sanitation defects. Give one unit for each faucet in your home.	More than a billion people worldwide do not have access to clean water. Give one unit in thanksgiving for each glass of water you drink today.	More than 2.1 million people die each year from water-borne diseases. Most of them are children. Give one unit for every time you turn on the faucet today.	Between 2000 and 2007, measles deaths dropped 74% worldwide, primarily due to increased vaccination. Give one unit if you have been vaccinated for measles.	Worldwide, 4 million newborns die each year within the first month of their life. Give one unit for each child you consider part of your family and extended family.	Two-thirds of U.S. Americans are overweight, and half of those are considered obese. Give three units as a sign of commitment to help improve U.S. health.
REFUGEES, POVERTY	Jesus said, "Tend my sheep." Tell of a time when someone helped you through a rough time. Give two units in thanksgiving.	Worldwide, 11.4 million people have become refugees—fleeing conflict and persecution by escaping across international boundaries. Give one unit for each year you have lived in your home.	The United States admits approximately 50,000 refugees each year. Give one unit for each person you know who came from another country.	Worldwide, 26 million people are "internally displaced"—fleeing their homes because of conflict and persecution by escaping to another part of their own country. Give one unit for each time you have moved in your life.	2.5 billion people live on less than \$2 per day—less than the cost of many mealtime beverages. Give one unit for each cup of coffee or soda you drink today.	400 million fewer people live in absolute poverty today than in 1990. Give one unit in gratitude for this improvement.	Many poor villages still lack reliable electricity. The United States uses 22% of all electricity consumed in the world. Give one unit for each electrical appliance in your home.
EDUCATION, BASICS	Jesus said, "Tend my sheep." Tell of a time when someone taught you something you have found helpful in life. Give two units in thanksgiving.	Nearly a billion people entered the 21 <sup>st</sup> century unable to read a book or sign their name. Give one unit for each time you write your name today.	Providing an education to girls and young women is one of the strongest ways to end cyclical poverty. Give one unit in thanksgiving as you name each girl and woman important in your life.	The cost of a video game console can provide a sewing machine and job training so a poor family can start their own business and become self-sufficient. Give one unit for each video game your family owns.	Worldwide, over 100 million elementary school-aged children do not attend school. Give one unit for each year of formal education you have received.	One out of every three urban dwellers lives in slum conditions. Give one unit for each bedroom in your home.	Clean water reduces disease and improves nutrition. 1.6 billion more people can get safe drinking water today than in 1990. Give one unit in gratitude for this improvement.