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First Christian *Chimes*

...CALLED BY GOD TO LIVE AS A BLESSING...

January-March Mission Focus on Hunger

Our monthly mission projects were wildly successful. Now we're building on that success with an expanded mission opportunity. For the first three months of 2008 we'll be gathering support for hunger-related work in our area.

We're on our way to meeting our goals for this quarter. We've already collected nearly \$300. We've logged in over 20 volunteer hours with Fish Food Bank and Lunch with a Friend. We have one small box of donated nonperishable food items in the narthex that will need to be filled to overflowing if we are to meet our goal of 500 items by the end of March.

Want to become more involved? Contact Katie Peterson or the church office for ways to get connected in our community.

Our Hunger Mission Goals

- \$500 for hunger agencies
- 50 volunteer hours for food and hunger related activities
- 500 donated food and other nonperishable items including non-food stamp household need items (paper towels, soap, cleaners, detergent, etc.)



Thom Crabb, Carol Wilson and Joyce Wolff walk the outdoor labyrinth as part of our 2007 Week in Mission: Fighting Hunger.

Online shopping can raise funds for church

WHEN YOU BUY FROM AMAZON.COM THROUGH OUR CHURCH WEBSITE:
WWW.FCCPUYALLUP.COM/FCCSTORE/FCCSTORE.HTM



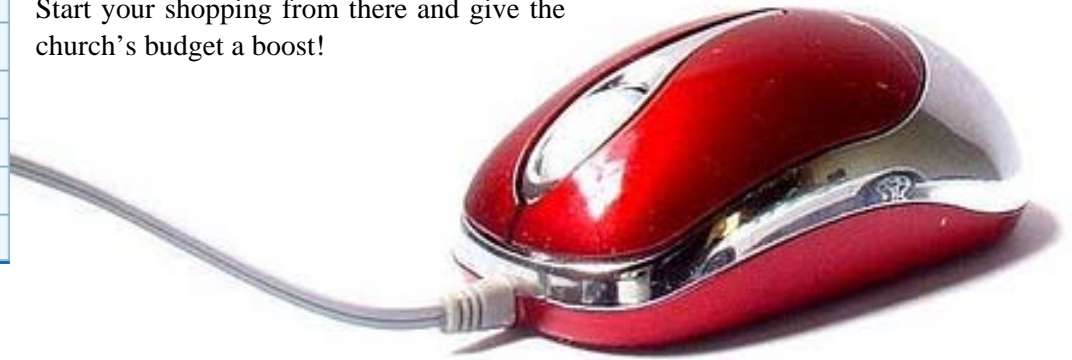
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Apparel, Shoes & Jewelry	>
Health & Beauty	>
Sports & Outdoors	>
Tools, Auto & Industrial	>

Based in Seattle and founded in 1994, Amazon.com began as an online bookstore but soon expanded its product lines by adding videos, DVDs, music CDs, MP3s, computer software, video games, electronics, apparel, furniture, food, toys, and more.

Amazon took their marketing strategy one step further by giving public groups, known as Amazon Associates, the opportunity to sell Amazon products through their own websites while garnering a percent of each sale made via those sites. First Christian Church's website now has such a page and any purchases made on or through it will result in a deposit in the church's bank account.

Next time you are shopping online, go to FCC Puyallup's Amazon.com store at www.fccpuyallup.com/fccstore/fccstore.htm.

Start your shopping from there and give the church's budget a boost!



PaTh Notes

Becoming a Missional People

is a new congregational Bible study asking questions about the role of mission and the church. We'll look at the biblical witness of the early church and ask questions of ourselves and our current context. Join us March 24-April 4 for this important Bible study.

Missional Workshop, April 26

Anyone and everyone who wants to be a part of the process of crafting our congregational missional strategy should plan now to attend this Saturday workshop led by our regional consultant, Connie Robey.



What is Missional?

The word "missional" shifts the focus of the church away from itself, and onto the greater mission of God. Mission is no longer one of many programs of the church but becomes the core identity of the church.

Thinking in the Apostle Paul's terms, since the church is the body of Christ, the missional church exists as an incarnation of God's work in the world.

We are the hands and feet of Christ.

Ministry Opportunities

Looking for a way to give of yourself? Take a look at these areas of ministry within our congregation. See where you might match your gifts and passions with the exciting work of First Christian.

Audio/Visual Team

No experience necessary, only a joyful and willing spirit! The addition of a new sound system and video projector has opened up a new ministry opportunity. Team members will work on a rotation schedule. Join the audio/visual team and help make worship a welcoming experience for everyone. Contact Robin Crabb or Pastor Nancy for more information.

Lunch with a Friend (3rd Saturdays)

Coordinator needed for monthly lunch served to low-income individuals from our community at Peace Lutheran Church. Plan menu; coordinate donations with food purchases; recruit volunteers, oversee meal preparation and service.

Contact Pastor Nancy or church office to find out more.

Needed—willing hands to help prepare lunches and serve to guests. No experience needed.

Freezing Nights

People needed to fix meals, spend the night (shifts allow for time to sleep), and visit with guests. Applications available in the church narthex. Contact the church office or David Patterson for more information.

Website

Do you know your way around a computer? We're looking for someone with an hour or two a week who would update the latest news pages on our website. Training is available. Contact Robin Crabb for more details.

Communion Bread Baker

Do you like to bake bread? Currently one person generously bakes our communion bread. Interested individuals may bake occasionally or on a rotating schedule. Contact the church office for more information.

Coffee Hour

Cookie bakers are always welcome. Hosting the coffee hour table is a great way to meet people. A quick tour of the kitchen, including the coffee and tea making equipment is available. Contact the church office or Joy Clark for more details.

life of the church

Worship with us.....Sundays - 11 am
Studies for all agesSundays - 9:45 am
Freezing Nights (if 37°) Friday nights
5Shrove Tuesday Pancake Dinner - 6 pm
6Ash Wed. Sacred Space - open 9 am-7 pm
7Lenten Book Study - 7 pm
7Wee Gowns Workshop - 10 am
9Wee Gowns Workshop - 9:30 am
10Youth (5th - 12th) - after Worship
14Wee Gowns Workshop - 10 am
14Lenten Book Study - 7 pm
15 - 17Lenten Retreat
19Board Meeting - 7 pm
24Youth (1st - 4th) - after Worship

birthdays

1.....Katheryn Kusick
3.....Vicki Smith
7.....Mary Raup
10.....Lester Foster
12.....Jarad Scott
13.....Becky Schilling
14.....Luetta Patton
15.....Jesse Stumpf
25.....Kristin Dexter
25.....Elnore Hall
25.....Kim Clark
25.....John Isch
26.....Ryan Schmitt
27.....Mitzie Turner
28.....Don Turner

anniversaries

6.....Willette & Ed Wonser
25.....Terrie & Ken Maas
26.....Lisa & Corky Peterson
28.....Mark & Ward Archer

Exploring the Practice of Prayer: A Journey Through Lent

FEBRUARY 6TH THROUGH MARCH 16TH

The 40-day season of Lent (not counting Sundays between Ash Wednesday and Holy Saturday) draws from the practices of the ancient church which used the weeks leading up to Easter as a time of final preparation for those who were to be baptized during the Easter Vigil. Individuals would engage in times of fasting, prayers, almsgiving, and continued instruction in the faith.

From those early beginnings Lent has continued to be a time for the church to focus on spiritual disciplines: fasting, prayers, repentance, acts of compassion and generosity. The journey of Lent reminds us of the call of Jesus to follow. In small ways our intentional observances during Lent invite us to take the journey not only in our Sunday times of worship, but as we go about our lives every day of the week. These ancient practices add richness to our spiritual lives by opening up occasions for those who are seeking after God.

Who Me, Fast?

Recovering an Ancient Christian Tradition

To our 21st century ears fasting may seem to be an archaic, self-denying practice from the Middle Ages. Or maybe you have memories of sour-faced individuals who had given up chocolate or caffeine for Lent. The Catholic and Eastern Orthodox branches of Christianity have continued the observance of fasting; however many Protestants are discovering the power of this ancient spiritual practice.



Rather than looking at fasting as a time of self-denial, a biblical fast is centered upon God and opens us up to a deeper understanding of God's presence. As a spiritual discipline, fasting is to be practiced not for itself, but as a *method* for freeing us to live more fully in God's love. In Matthew's version of the Sermon on the Mount Jesus gives instructions to his followers on prayer and fasting.

So too when you fast, do not look gloomy like the hypocrites: they make their faces unsightly so that everybody may see that they are fasting... But when you fast, anoint your head and wash your face, so that no one sees that you are fasting, but only your Father who is in secret...

If you would like to experience fasting, you might try a partial fast, a 24-hour fast from lunch to lunch. In this fast you would miss two meals: evening dinner and breakfast. Remember to drink plenty of fluids such as fresh fruit juice and water.

During your fast continue with your daily routine. The physical feeling of hunger and other changes in your body serve as a reminder to, in Paul's words, "*Pray without ceasing.*" Remember if you have an ongoing medical condition, ask your doctor before attempting any fast.

Other Forms of Fasting

Richard Foster, author of the *Celebration of Discipline*, offers insight into the practice of fasting in contemporary society. He suggests that with our affluence, fasting can be a welcome corrective. We can fast, not only from food, but from other things in our lives that have power over us. Here are some of the areas he suggests to consider for a fast.

Exploring the Practice of Prayer

Who me, fast? con't.

Fasting from the Media

In our information-driven culture, it can be nearly impossible to tune out completely the media cacophony. TV news, magazines, newspapers, blogs, and radio—constantly plug us in to the latest news. Is it any wonder we feel pressured? With antagonistic political talk shows and 24-hour news, we can fill our heads with an overwhelming sense of anger and brokenness leaving no room for God to speak to us. Consider a media fast this Lent. If a total fast

seems too drastic, choose a day of the week to refrain. Turn off the TV, recycle the newspaper immediately, and feast upon the rich pleasure of silence.



Fasting from Our Gluttonous Consumer Culture

You may have missed it, but Reverend Billy and the Church of Stop Shopping debuted their DVD *What Would Jesus Buy?* last fall just in time for the U.S. holiday shopping frenzy. William Talen, better known as Rev. Billy, preaches a warning of the "shopocolypse" in which everything, every person, every value will be reduced to a commodity.

Rather than rack up more debt and fill our homes with more stuff, Rev. Billy encourages Americans to buy less, buy locally, and decrease their financial debt. Lent may be a time to fast from an endless cycle of consuming.

These are a few ideas for exploring the spiritual practice of fasting this Lent. Choose one of these or listen to God's leading in an area of your life in which God is already at work.

Fasting from the Telephone (and email)

What if you took a day to fast from your telephone and email? For centuries people lived contented lives without instant global communication. How would you spend that extra time in your day? Play board games. Enjoy a longer dinner conversation. Take a walk. Explore prayer or meditation. Meet a friend for coffee.

Fasting from Billboards

Somehow we have been transformed into a society of consumers. If our constitution were to be written today, instead of "We the People," it would more likely begin, "We the consumers, in order to form a more perfect economy..." Everywhere we turn there are advertisements telling us what cell phone will make us most productive, what skin care product will make us look younger, or even what hair color will make us feel gorgeous. Perhaps Lent would be a good time to take a fast from society's best efforts to shape us into the perfect consumers. Which leads to our next fast....

*"fasting is a
voluntary denial
of an otherwise
normal function for
the sake of intense
spiritual activity."
—Richard Foster*

Exploring the Practice of Prayer

DAILY PRAYER



During Lent you may wish to add daily prayer to your spiritual disciplines or use the time to explore new resources for your current prayer life.

Following the ancient Jewish tradition of fixed-hour prayers, Christians have paused for prayer at set times during the day for centuries. Known as the Daily Office or the Divine Hours, the practice of was

seen as holy work by the early church fathers and mothers.

These moments intentionally set aside for time with God provide a break from our daily activity. They are also a powerful reminder of the connectedness of the body of Christ, as we realize that Christians around the world are together in prayer throughout the day and night.

Ever need ideas on how to pray for others?

Try this prayer based on the ancient Celtic *caim* (encircling) prayer.

*Lord, encircle _____,
Keep hope within
and despair without.*

You may change the words to better fit the situation. Such as,

*Keep peace within,
and anxiety without.*

*Keep strength within,
and weakness without.*

*Keep love within,
and fear without.*



A Few Daily Prayer Resources (On-line and Print) to Get You Started on the Journey

The Divine Hours by Phyllis Tickle, www.explorefaith.org/prayer/fixed/

Fixed-hour daily prayers for morning, mid-day, evening, and compline prayers.

Also available in a print edition.

Sacred Space by the Jesuits in Ireland, www.sacredspace.ie.

Daily prayer and reflection resource. Also available in book form.

Celtic Daily Prayer, by the Northumbrian Community,

www.northumbriacommunity.org/PraytheOffice/index.html.

Fixed-hour daily prayers from a modern-day Celtic tradition. Also available in book form.

Pray as You Go, www.pray-as-you-go.org, from the Jesuits in Great Britain.

Daily prayer for your mp3 player with prayer, music, Scripture and reflection, 5 days a week.

www.rejesus.co.uk/spirituality/daily_prayer/index.html,

A contemporary daily prayer resource, with prayer, Scripture, reflection, and action ideas.

Praying the Psalms: A Year of Daily Prayers and Reflections on the Works of David, by Eugene H. Peterson.

A devotional prayer book on the psalms with honest and timely prayers.

Celtic Treasure: Daily Scriptures and Prayer by J. Philip Newell.

A wonderful collection of Scripture reading and prayers to be used individually or with a family. Includes images from the *Book of Kells* as well as illuminated pictures drawn by children.

The Practice of Prayer Lenten Retreat

February 15-17

Frog Creek Lodge Retreat Center

Arrival after 7pm on Friday.

Departure after lunch on Sunday.

Cost is \$50.00

(Retreat is underwritten by the Lilly Foundation)

Escape from the busyness of life and find space to breathe deeply. At your own pace explore prayer practices and share with others seeking to grow in their spiritual lives.

The retreat offers times of shared worship and prayer, and options for creative prayer practices. Meals will be prepared and shared communally. There will be ample free time to explore the area, visit with others, or spend time relaxing on your own.

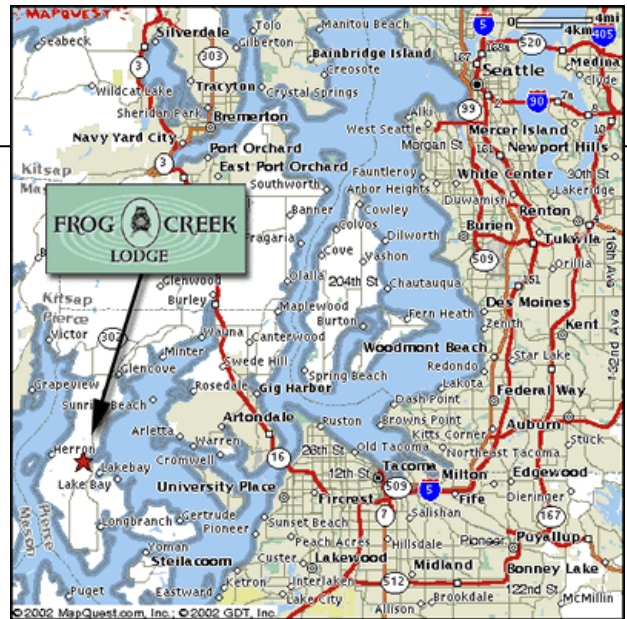
The retreat will be held at the Frog Creek Lodge Retreat Center in Lakebay, Washington. The lodge is a 3-story, 5,000 square foot facility on 10 acres with wooded trails. There are two fireplaces, plenty of gathering room, outdoor labyrinth, and 7-person Jacuzzi on the deck.

Space is limited, and all lodging is shared. No private rooms are available. Participants may stay one or two nights; preference will be given to those who register for the entire weekend. Use the registration form below, additional forms are available in the church office.

Directions to Frog Creek Lodge Retreat Center

15003 64th. St. KPN - Lakebay, WA 98349

From I-5 take exit 132 to Highway 16. Follow Hwy. 16 across the Narrows Bridge to the Purdy, Shelton, Key Center exit. Take that exit. Go to the stoplight and turn left. Go over the Purdy Bridge. Stay on that road for eight miles to Key Center. When you reach Key Center there is a flashing yellow light. Keep going 1.9 miles to 64th St. Turn left on 64th St. and go a little over a half of a mile. You will see a log cabin mail box on your left and a sign next to it that says Frog Creek. You are there.



LENTEN PRAYER retreat registration

February 15-17

Arrival after 7pm on Friday.

Departure after lunch on Sunday.

Cost is \$50.

(Our retreat is underwritten by the Lilly Foundation.)

Name _____

Address _____

Friday & Saturday nights

Friday night only

Saturday night only

Payment included _____

Phone _____

email _____

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First Christian Church of Puyallup (Disciples of Christ)
Pastor Nancy Gowler Johnson
623 - 9th Ave. SW
P.O. Box 516
Puyallup, WA 98371
(253) 845-6232

ASH WEDNESDAY - FEB. 6TH - OPEN 9 AM - 7 PM *IN THE ASHES*

Responding to the needs of individuals with different work and school schedules, this year's Ash Wednesday Worship will be an open house worship setup. You may come at any time during the day between 9 am and 7pm. The stations are self-directed, printed instructions and reflections will be available throughout the sanctuary. Individuals, families or groups may visit the various worship stations at their own pace.

Interactive stations throughout the sanctuary invite you to begin your Lenten faith journey with a moments of personal reflection.

Take your time and wander among the worship areas. Spend time reflecting on our humanity, our spiritual condition, shortcomings, wilderness times, and blessings.

Come as you are.
Come when you can.
Come,
stay as long as you need.
Come.



Sand worship station
at the 2007 Ash
Wednesday installation

Lenten Worship Series

LIVING THE PSALMS: PAYING ATTENTION

*"In the Psalter you learn about
yourself.
You find depicted in it all the
movements of your soul,
all its changes,
its ups and downs,
its failures and recoveries."*

--St. Athanasius, 4th Century

As a treasured prayer book of both Jews and Christians, the book of Psalms offers a rich guide to the many dimensions of prayer: from times of great joy and celebration to moments of anguish, grief and despair. Our worship services will center on the wisdom of the psalms as a way of practicing prayer.

Join us on a journey through the psalms during Lent.

WORSHIP THEMES

- Feb. 10 Paying Attention to our Shortcomings (Ps. 32)
- Feb. 17 Paying Attention to the Presence of God (Ps. 121)
- Feb. 24 Paying Attention to Moments of Joy (Ps. 95)
- Mar. 2 Paying Attention in Everyday Living (Ps. 23)
- Mar. 9 Paying Attention in Times of Trouble (Ps. 130)