



THE PIPER

JANUARY 1, 2008

15003 - 14TH AVE SW SEATTLE 98166 (206) 242-6023
LAKE BURIEN PRESBYTERIAN CHURCH

Community Emergency Response Training

A Citizen Corps program

As a Community Emergency Response Training (CERT) member, one is trained by firemen and police officers over a seven-week period to help during the early stages of a catastrophic disaster. CERT members are not a replacement for their services and are to practice what was taught only in safe conditions until professionals arrive.

The course covered disaster preparedness, fire safety, disaster medical operations such as triage, light search and rescue, disaster psychology, and terrorism. We practiced in teams while conducting operations, particularly search and rescue. This is very important so as to prevent being trapped and therefore an emergency victim as well.

CPR is not performed because it takes time and resources that aren't available when there are many that may need assistance. The motto for this program is "to do the greatest good for the greatest number of victims."

A CERT member takes care of one's family first, their neighbors and finally their community. Here are some simple tips to practice that may make a difference:

- Do a trial evacuation (*i.e.*, climb out your bedroom window using a fire ladder) of your house to see what it's like and what obstacles you will encounter.
- Put a pair of shoes under your bed, since many injuries are caused by stepping on broken glass and/or debris. Don't touch lines that are down because some electrical lines look like phone or cable but they can be live.
- Don't turn off the gas unless necessary. The gas company has to turn it back on which may take days.
- Be cautious. Slow down and think before you act to keep from making things worse.
- Shake your fire extinguishers and turn them upside down and tap them with a rubber mallet occasionally to keep the contents from caking at the bottom.

I have put two backpacks together (one for our house and one for our car) with all the supplies I've collected to initiate a CERT mission. Backpacks are easy to grab in a hurry and to wear while assisting others. If you are interested, my CERT Participant Manual is available to look at.

The main thing is to be prepared for and aware of potential disasters. One will probably happen in your lifetime.

—Rhonda Duncan

Quilt Raffle

At the Christmas Music and Memories program held Dec. 8, John Mantle was the winner of the quilt raffle. The raffle raised \$328 for Presbyterian Women's mission projects. A second quilt donated by the quilters was won by Gerry Flaten in a drawing from those attending the program.

A big THANK YOU to all who participated in the raffle.

—The Quilters

Rummage Sale

Are you out there? We are hoping to find a person or persons to head the April 5 rummage sale.

Mark your calendars and start saving your used items. We will let you know when items can be placed on the stage. For information contact Gail Lane (206) 246-5898 or Lucille Wheeler (206) 246-2097.

Removing the Greens

Help take down the decorations and pack them for next year. Immediately following the worship service on Sunday, Jan. 6, the decorations must come down. Please plan to stay for an hour or two to help. We'll go out for lunch about 12:30 if you'd like to come along.

Lake • Burien • Presbyterian • Church \ [aka LBPC]

1 : where all the generations worship together **2** : intentionally growing people deeper into the five G's – Glorifying God, Gathering, Growing, Giving, and Going **3 a** : We value diversity, inclusiveness and multigenerational worship. **b** : We value, wisdom, civility, mercy, integrity, laughter, and striving for excellence. **c** : We are focused outward toward discipleship development, creation care and social justice. **d** : We practice active listening. And to that end we value the awe, wonder and mystery of God **4** : Where ALL are welcome in the name of Jesus Christ **5** : The urban-village Church



THE PIPER

The Piper is published monthly by Lake Burien Presbyterian Church.

The deadline for articles is the **third Sunday** of each month. Articles and notices may be left in the church office, or mailed to:

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PRESBYTERIAN CHURCH**
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Pastor

Greg Sojka
Director of Music Ministries

PACTO DE PODER
Pedro Godoy
Hispanic Pastor

Continuing Adult Faith Enrichment

Come feed your soul at the

C.A.F.E.



Sunday Mornings - In the Lounge

All Classes Are Open to Newcomers Anytime!

WHOA... WINTER SUNDAYS 2008

*I prefer winter and fall,
When you feel the bone structure of the landscape
The loneliness of it
The dead feeling of winter,
Something waits beneath it
The whole story doesn't show.*

*—Andrew Wyeth
American artist*

- Jan. 6:** Kristy Lonheim and Jonathon Acker our member emissaries from Amman, Jordan are here with stories and pictures and enthusiasm to share.
- Jan. 13:** Lynn Magnuson, Regional Director, Church World Service. Lynn will give us a refresher course on CWS and the disaster assistance, contacts and work we can provide to our brothers and sisters in the flood zone in southwestern Washington.
- Jan. 20 –** With a few exceptions – we'll watch and discuss Philip Yancey's video series, *The Jesus I Never Knew*. This series is based on his book by the same name. Philip Yancey's study of Jesus began with a class he taught at LaSalle Street Church in Chicago. He uses movies about the life of Jesus, discussions from class members and his personal study to give him a new view of Jesus – *The Jesus I Never Knew*. This is a series that uses movie clips as a springboard for discussion (clips that Yancey recommended), a teaching segment with Philip Yancey and a variety of exercises and questions to help us discover the Jesus we never knew.
- March 9:**

Kaleidoscope Begins

Kaleidoscope begins again Jan. 9, 2008, with dinner and programs for adults and children.

Now in DVD Format

Worship services are now being recorded in DVD format as well as on VHS tapes. These recordings are kept in the Northwest Lounge and are available for you to borrow.



As I sit and write, I am still in the throes of Christmas preparations. So it only seems appropriate to push back for a moment to create some space and put into writing something of what I have been feeling for the last month. Just below the veneer of the outer expressions of my pastoral ministry in your midst is an overwhelming sense of gratitude and thanks to God and to you. When you read this, it will have been almost one year since you voted unanimously to call me as your next pastor. It is hard to believe that that Sunday was one year ago. I have very deep feelings of thanksgiving and praise for what God has been able to accomplish in and through us in a short amount of time. We have grown

together and made significant steps to live more fully and faithfully into God's kingdom purposes for us, Burien, Seattle and the world.

So I say from the deepest recesses of my heart, Thank you! Thank you for your prayers, your expressions of love, gratitude and grace. Thank you for the cards at Christmas, the cookies, flowers, jam, candy and the many smiles and well wishes. I believe that we make a good team and I am really looking forward to the next year.

I came across this writing by *Chaucer* that expresses much of what I have simmering just below my emotional surface.

There is at the back of all our lives an abyss of light, more blinding and unfathomable than any abyss of darkness; and it is the abyss of actuality, of existence, of the fact that things truly are, and that we ourselves are incredible and sometimes almost incredulously real. It is the fundamental fact of being, as against not being; it is unthinkable, yet we cannot unthink it, though we may sometimes be unthinking about it; unthinking and especially unthanking. For he who has realized this reality knows that it does outweigh, literally to infinity, all lesser regrets or arguments for negation, and that under all our grumblings there is a subconscious substance of gratitude.

It is this last phrase which captures my attention. The phrase that under all our life situations there is a "subconscious substance of gratitude." This, to me, is a magnificent picture of how gratitude can transform even the most difficult life situations and circumstances. It is a most precious gift that a soft heart will bloom and emerge into one that is grateful, thankful and appreciative. So in this writing I allow to become conscious what is present within me in the subconscious—that I am honored and extremely thrilled to be your Pastor. Today the subconscious substance of gratitude that is ever present in my life is God at work—in you!

May the New Year be a time when your subconscious gratitude will be given the water to bloom forth in a conscious expression of praise and gratitude in the way of Jesus, the way of faith and the way of transformation! May you experience the joy of the journey and carry this with you to everyone you meet. Peace of Christ to you and your family this new year!

Tobin

continuing....

FINDING MY STORY IN A STORY-LESS WORLD

**A sermon series through
the Gospel of Luke**

January 6

Epiphany of the Lord

A Day in the Life of Jesus

Luke 4:31-44

January 13

Baptism of the Lord

Work with Me, Work with Me!

Luke 5:1-11

January 20

Top Billing

Luke 5:12-31

January 27

Questions from Skeptics

Luke 5:33—6:11

February 3

Transfiguration of the Lord

Living the Dream

Luke 6:12-16

February 10

Leveling the Playing Field

Luke 6:17-26

February 17

Extravagant Love

Luke 6:27-38

February 24

A Picture Is Worth 1,000 Words

Luke 6:39-49

March 2

First of Four Words: Remember

Luke 22:1-23

March 9

Second of Four Words: Pray

Luke 22:39-46



**PRESBYTERIAN
WOMEN**

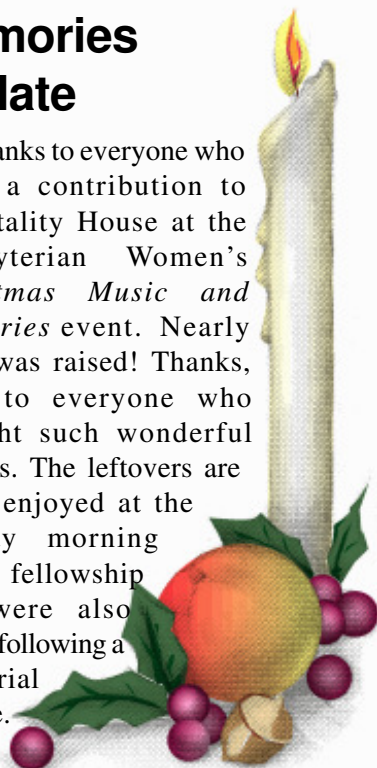
Thank Offering to Help Rebuild New Orleans School

The Presbyterian Women Creative Ministries Offering Committee has chosen the Lakeview Presbyterian Church Weekday School in New Orleans to receive funds from this year's Thank Offering. This licensed daycare center was flooded during Hurricane Katrina with over eight feet of water for two and one half weeks. Everything but the outside shell of the building was destroyed. A grant from the Thank Offering will help rebuild the facility, restore equipment and aid in the demand for childcare in this area.

Another grant will go to the Presbyterian Church of the Congo to supply new school structures, roofing, teaching materials and technical assistance to improve the quality of instruction. The funds will also increase production of Moringa trees which are used to improve family nutrition.

Music and Memories Update

Thanks to everyone who made a contribution to Hospitality House at the Presbyterian Women's *Christmas Music and Memories* event. Nearly \$800 was raised! Thanks, also, to everyone who brought such wonderful cookies. The leftovers are being enjoyed at the Sunday morning coffee fellowship and were also served following a memorial service.



Outriggers Plans

Outriggers will meet at 7 p.m. Saturday, Jan. 12, to plan our activities for the New Year. The meeting will be at the home of Tom and Rhonda Duncan, 13660 - 17th Avenue SW.

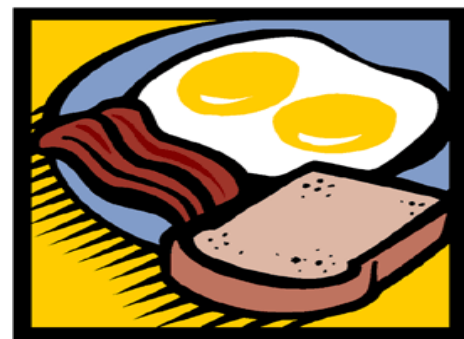
From the Finance Department

2007 BUDGET:
\$335,515

2007 INCOME THROUGH Nov. 30:
\$277,511

2007 EXPENSES THROUGH Nov. 30:
\$280,625

BREAKFAST



FELLOWSHIP

Breakfast and Bible Bunch on Jan 13

Join us at 8 a.m. on Sunday, Jan. 13, in the Northwest Room for our next session on *Hearing God's Call in Jonah and Ruth*. The scripture reading is Jonah 3. Jonah is offered a second chance to respond to God's call to preach to the people of Nineveh. He is not enthusiastic. Imagine his surprise when the people respond. God's purposes are often accomplished through the most imperfect people. This can be encouraging when we feel inadequate to answer God's challenges to us. The Holy Spirit does work wonders through us even when we have a bad attitude. We will often make excuses to avoid God's call. The book of Jonah shows us that God forgives us and loves us and offers us second chances.

Thank You

Thanks to everyone who helped decorate our facilities for Advent and Christmas! Everyone had a good time and enjoyed working together and the fellowship over lunch provided by Judy Todd. A special thank you to those who donated Christmas trees for decorating. We will enjoy them for years to come.



Tips to ease neck and shoulder pain

Do your neck and shoulders feel stiff when you awake in the morning? Or do they seize painfully with no warning? If so, you have plenty of company. Doctors estimate that seven out of ten people will be troubled by neck pain at some point in their lives, often causing daily aching in the neck and shoulder area.

Sometimes pain starts with the bang of a rear-end collision, but more commonly, the neck and its surrounding structures begin to ache after years of normal use, overuse, and misuse. Without knowing it, you may be encouraging neck and shoulder pain by the way you perform everyday activities. In general, try to keep your neck in a neutral position, which means your head balances directly over your shoulders and is not leaning forward or cocked to one side. Here are some hints for achieving a healthy neck posture in common activities.

At the computer or desk

When working at the computer or at a desk, keep your head balanced directly over your spine as much as possible. That means setting your chair height so both your feet can rest on the ground, and sitting with your buttocks far back in your chair, using a small pillow to support your lower back if needed. Properly adjusting the key-board and monitor may be difficult or impossible with a laptop computer. You can plug a separate, full-size keyboard into a laptop to help you achieve better positioning. No matter how perfect your office-chair posture, it's important to get up, stretch, and move around every half hour. If you tend to get lost in your work, program your computer to flash a reminder.

Telephone use

If you spend a lot of time on the phone, try to avoid leaning your head to one side. This is also important when you use a cell phone and aren't sitting at your desk while you speak. A headset or speakerphone is a good option to help keep your head in a neutral position for hands-free talking. Headsets are available for both your desk phone and cell phone.

Reading at home

If you are sitting in a chair, try to maintain an upright posture. Hold the book so that you don't have to lean down or forward to see it. A pillow on your lap may help. If you must read in bed, sit up straight or use a specially designed wedge pillow. Or lie on your side with your neck straight and hold the book in front of you.

Walking

Avoid high heels, which change the alignment of your body from the ground up, characteristically ending in a head-thrust-forward position that stresses neck muscles. This may be one reason women have neck pain more than men do.

Carrying a bag

Choose a light-weight purse or backpack, and don't overload. Don't sling a backpack over one shoulder. Try switching to a fanny pack or a backpack designed to put weight on the hips instead of just the upper back. With heavier loads, use a wheeled pack or briefcase. If you must hoist a purse on your shoulder, alternate which shoulder you use.

Driving

Your posture is a factor in whether a crash will cause whiplash. To work properly, your headrest should be high enough and close enough to catch your head in a rear-end collision. Position the seat so you can sit up straight with your head no more than two to four inches in front of the headrest. Adjust the headrest so its upper edge is level with the top of your head: the back curve of your skull should meet the cushion of the headrest.

Lifting

Improper lifting techniques put stress on the neck as well as the lower back. Bend your hips and knees instead of your back. Keep the object close to you while straightening your legs. When lifting something over your head, don't tilt your neck back. Strengthen your arms to make proper lifting easier.

Watching TV

Sit far enough from a TV or movie screen that you can watch without tilting your head back. Don't sit off to the side, forcing you to turn your neck for long periods.

Source: Neck and Shoulder Pain, a Special Health Report from Harvard Medical School, 2007.



The Jesus Study Group
Lecture Series of
University Congregational United Church of Christ
present

John Dominic Crossan

John Dominic Crossan was an ordained priest from 1957 to 1969, and taught at DePaul University for 25 years. Former co-director of the Jesus Seminar, he has written more than 18 books. *The Birth of Christianity* was a Publishers Weekly 1998 "Best Book of the Year." Four recent titles—*The Historical Jesus*, *Jesus: A Revolutionary Biography*, *Who Killed Jesus* and *The Birth of Christianity*—were national best-sellers. He received the American Academy of Religion Award for Excellence in Religious Studies and the Via Sapientiae Award, DePaul University's highest honor.

“God & Empire”

Friday, February 1, 2008, 7 - 9 pm

“Celtic Christianity”

Saturday, February 2, 2008, 9 am - 3 pm

Three Lectures on Saturday

“Patron Saints & Celtic Crosses”

“Bog Bodies & Thin Places”

“Hermit Cells & Monastic Towns”

Friday & Saturday Series tickets \$60; Advance sales \$50 by Jan. 15

Individual Tickets Friday evening only \$15; Saturday only \$50

For ticket information, contact:

University Congregational United Church of Christ

4515 - 16th Ave., NE, Seattle, WA 98105-4201

(206) 524-6255, ext 3447 or jsg@universityucc.org

Sun Mon Tue Wed Thu Fri Sat

January

		1 New Year's Day	2 8:45 Exercise 11:00 HealthCare 12:00 HH Board	3 10:00 Prayer & Bible Study 7:00 Scouts	4 6:30 Men's Friday Bible Study 8:45 Exercise 12:30 Lawnbowling	5
6 Communion 9:30 Worship 9:45 Children in Worship 10:30 Fellowship	7 8:45 Exercise 10:00 PW Team 7:00 Book Group	8 8:00 Spiritual Renewal 1:00 Quilting 7:00 Deacons 7:00 All Committees 7:30 Scouts	9 8:45 Exercise 2:00 PW Council 5:30 Kaleidoscope 7:00 Choir	10 10:00 Prayer & Bible Study	11 6:30 Men's Friday Bible Study 8:45 Exercise 12:30 Lawnbowling	12
13 8:00 Breakfast and Bible 9:30 Worship 9:45 Children in Worship 10:30 Fellowship 11:00 CAFÉ 7:00 The Well	14 8:45 Exercise 7:00 Craft Night 7:00 HM Team	15 8:00 Spiritual Renewal 12:00 Deborah Cr. 1:00 Quilting 7:00 Anchor Club 7:30 Scouts	16 8:45 Exercise 5:30 Kaleidoscope 7:00 Choir 7:00 AIDS Team	17 10:00 Prayer & Bible Study 6:30 Pulpit & Pew	18 6:30 Men's Friday Bible Study 8:45 Exercise 12:30 Lawnbowling	19
20 9:30 Worship 9:45 Children in Worship 10:30 Fellowship 11:00 CAFÉ 7:00 The Well Piper Deadline	21 8:45 Exercise	22 8:00 Spiritual Renewal 1:00 Quilting 7:00 Session 7:30 Scouts	23 8:45 Exercise 5:30 Kaleidoscope 7:00 Choir	24 10:00 Prayer & Bible Study	25 6:30 Men's Friday Bible Study 8:45 Exercise 12:30 Lawnbowling	26
27 9:30 Worship 9:45 Children in Worship 10:30 Annual Meeting 7:00 The Well	28 8:45 Exercise 7:00 Craft Night	29 8:00 Spiritual Renewal 1:00 Quilting 7:30 Scouts	30 8:45 Exercise 5:30 Kaleidoscope 7:00 Choir	31 10:00 Prayer & Bible Study	2008	

January 6

Epiphany of the Lord

Isaiah 60:1-6

Psalms 72:1-7, 10-14

Ephesians 3:1-12

Matthew: 2:1-12

January 13

Baptism of the Lord

Isaiah 42:1-9

Psalms 29

Acts 10:34-43

Matthew 3:13-17

January 20

2nd Sunday in Ordinary Time

Isaiah 49:1-7

Psalms 40:1-11

1 Corinthians 1:1-9

John 1:29-42

*** READINGS ***



January 27

3rd Sunday in Ordinary Time

Isaiah 9:1-4

Psalms 27:1, 4-9

1 Corinthians 1:10-18

Matthew 4:12-23

Remember in prayer: 1) Marta Volz; 2) Bill Parker, Brian Ridder; 3) Mac McCathren; 4) Bridget, Nick, Deane Burnside, Dominic Case, Jim Carpenter, Leanne Durham, Sharon Herman, Arthur Hess, Barbara Hodel, Betty Krogstadt, Kevin O'Boyle, Geri Oas, Amy Parker, Amanda Potter, Ben Towne, the youth of LBPC and New Horizons, Boy Scout Troop 360, residents of Hospitality House, and our military troops everywhere.

And our homebound: Armilda Dillon, Betty Fairman, Mary Giboney, Betty Hamilton, Grace Haynes, Joyce Kobela, Ike Nelson, Evert Plackard, Venice Stampalia, Virginia Vaupel, Doris Wright.

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