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# ❖ Faith Builder ❖

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*"A Church with a Heart for People"*

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## Spiritual Exercise of the Month

Oh NO! not one more thing to do. This is how a lot of us feel about a lot of things in our lives. Whether it is work, family, or our spiritual life, we just don't know how we can do one more thing. This month, we want to invite you to do one more thing that can help change some of the 'Oh no's!' in your life.

Oh No's are magnified when we are too pressed for time. Something as simple as realizing you need to put gas in the car, replace a lightbulb, or having to stop for a red light can put us 'over the edge.' If you have ever felt you are too busy or have too much to do, you have experienced an 'Oh no.'

This month's exercise is to reduce our calendars. Jesus calls us to a simpler way of life. When our lives are packed so full, we not only feel the stress of being overwhelmed, we also miss many of the signs of God's presence. The old adage is, "You need to stop and smell the roses." No spiritual words in that phrase, but a profound reminder that God is always present and we can walk right past him if we our calendar is too full.

How can we engage this exercise? Take inventory of your day. Is there any activity that is unnecessary or that someone else could do? Is there something that does not need to be done RIGHT NOW? Is there a different way to use your time (radio, tv, internet)? Try for a day, a week, or the whole month, to free yourself of the activity you have identified. DON'T immediately fill it in with something else. Use the time to pay attention to God, to arrive a few minutes early, or to sit and be still.

You can also give yourself permission to say, "No," to things that will create stress and undue pressure. Elective activities, even fun and good ones, can crowd out the sense of peace God wants us to enjoy. When we have a healthy margin in our lives, we can actually say, "Yes," to new opportunities that bring joy and fulfillment to our lives.

God's instructions are clear, "Be still and know that I am God." What can you do to still your life and be more mindful of God's presence?



## Vision House Tea

Tuesday, May 8, Faith Church is hosting a Tea to honor the women at Vision House. As a part of the event, we are creating gift bags and raffle prizes to give to the women in attendance. If you have a connection or idea for items for the gift bags, please contact Sue Holmes or the church office.

So far, we have two gift baskets from Starbucks, \$50 gift card from Bartels, two \$25 gift cards from Café Ladro, a gift certificate from CVS pharmacy, a 'free book' coupons from Spangler Book Exchange, coupon from Edmonds Bookshop, coupons from Domino's Pizza in Shoreline, free haircut and supplies from James Alan Salon, tickets from the Edmonds Theater, MOD Pizza, Days for Girls, Pagliacci Pizza, QFC, items from Sally's Beauty Salon in Lake Forest Park, Walgreens, Café Louvre, McDonalds in Lake Forest Park, Rite Aid in Shoreline, and Sephora.

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## Scholarships

The Scholarship committee is accepting applications for scholarships for the next school year. This is open to any student in our church who will be attending an institute of higher learning. See Clarice Duffy or Brian Parkhurst for an application. Deadline for applications is May 20.

## Childhood Trauma

Understanding Childhood Trauma is a one-day seminar being provided by Bethany Christian Services on Saturday, May 5 from 9 to 3 at Doxa Church in Bellevue. Learn more about the effects trauma has on the life of a child, while gaining practical tools to understand and meet their unique needs. This seminar is designed with pastors, teachers, child care workers and caregivers in mind. The event is free. To learn more or register, go to: <https://www.bethany.org/seattle/events/understanding-childhood-trauma-2>

## Collage Sunday

We need people to bring picture magazines for a special service on Sunday, June 3. We will be making these unique art pieces as a part of our Family Sunday Celebration at 9 AM. You may bring magazines any Sunday after May 20. We will also celebrate communion at the service. This Sunday, we will be launching a special congregation-wide 100 Days of Prayer. Watch the bulletin and Faithbuilder for details about this listening experience.

## National Day of Prayer

Westgate Chapel is hosting the annual prayer breakfast in cooperation with the National Day of Prayer. The breakfast and prayer gathering will be Thursday, May 3 at 7 AM. The cost for the full breakfast and program is \$8 per person. Please contact the office if you are interested in attending.

## Baptism

Baptism is a special celebration in a church family reminding us of God's promises to his people. If you are interested in baptism at Faith Church, please contact Pastor Phil ([phil@faithedmonds.org](mailto:phil@faithedmonds.org)). Our annual celebration of baptism at Klahaya will be Sunday, August 26 following our regular service. text.

## Upcoming Dates

Church Camp: This year our VBF will morph into something a little different, a camp (similar to a summer sports camp or art camp) that happens at church. The dates for this are July 9 through 13, and the event is accompanied for the older kids with a retreat, July 13-15. We hope your kids can make it!

Sunday, August 26, We will have our annual Klahaya Swim Club outing. If anyone is interested in baptism on that date, please Contact Pastor Phil.

## NEXT STEP Gala

Next Step Crisis Pregnancy Center is hosting their annual fund raising gala. Saturday, May 19, doors open at 5 PM, dinner served at 6. The gala will be held at Holy Rosary Parish Hall. Guest speaker, Gianna Jessen, has a compelling testimony of her life. She survived an intended abortion and now shares the story of her life. The cost is \$55 per person. Go to <https://nssupport.org> to register.

## SOS

The World Concern 10<sup>th</sup> Annual Walk to fight human trafficking will be Saturday, May 12 at 9 AM. The event begins at the CRISTA headquarters just west of Fremont Ave. at 193<sup>rd</sup>. You can register for the event on line. You may join the Faith team by registering under Faith Fighters. The registration fee is \$48. Participants are invited to solicit additional pledges, but this is not required. If you pre-register, you will receive a race kit that includes a special T-shirt.

## Inquiring Minds

This summer, we will have a sermon series based on questions people have about God, about the Bible, or about the Christian life. You are invited to send Pastor Phil your questions at [phil@faithedmonds.org](mailto:phil@faithedmonds.org). All questions will be kept anonymous. Your name is requested on the original so we can follow up to clarify the issue. Please reply by May 20.

## Apple Pie Project

The youth of our church are selling homemade apple pies as a fund raiser for their mission trip to Panama this summer. Cost is \$25 for a 10 inch pie. The pies come frozen with complete baking instructions. They hope to have the pies ready by Mothers Day on May 13. If you would like to order a pie, you may contact the office or Paul Shaw, 425-775-6533.