

# ctk life

YOUR GUIDE TO CHRIST THE KING CHURCH

WINTER 2020

Classes & Workshops

Opportunities to Serve

Age-based Ministries

Special Winter Events

**ctk** Christ the King  
Community Church

# Welcome to CTK Life

## In This Issue

### 4 Small Groups

Community that works for you  
**NEW:** Small Group Experience

### 5 Community Partners

Joining forces for good with other local organizations

### 6 CTK Kids

Weekly activities and events for kids age 5th grade and younger

### 7 Students

Middle School & High School

### 8 Young Adults

Post-high school, college age, and young professionals

### 8 Outdoor Recreation

Hit the trails with CTK's Hiking & Snowshoeing Community

### 9 Serve this Easter Season

Make the big weekend a great experience for all our guests

### 10 Women

Classes, groups, and events to help women grow and connect

### 12 Men

Classes, groups, and events to help men grow and connect

### 14 Adults

Coed classes and workshops

### 14 The 12 Steps

A time-tested spiritual journey for anyone who feels stuck

### 15 Seniors

Faith, fellowship, and food for age 50+

### 16 Marriage

Classes & workshops to strengthen and invigorate your marriage

### 17 Families

Events and programs for parents and kids

### 18 Food Share and Farm

So that no one goes hungry

### 19 Care Ministries

Helping people in times of need

## A Note from Pastor Grant Fishbook LEAD TEACHING PASTOR



**T**ransparent moment: *I don't like election years.* My reason? Civility seems to go out the window as we choose who will lead our country.

For the next eleven months, you and I are going to be inundated with brochures, mailers, commercials, debates, candidate profiles, mudslinging, accusations, promises, hopes and fears... all for the express purpose of swaying our minds — and our votes — toward a specific political platform.

So, this year, I'm going to try and get out ahead of the mayhem! I am going to call our church to a higher ideal... the platform of Jesus.

Jesus didn't have a political platform. He had an eternal platform. Jesus didn't come to build a government. He was building an eternal kingdom. Jesus stood in the face of incivility and called people to a better way.

How did he do it? He challenged the cultural assertions with simple words: "You have heard it said...but I say to you."

Don't get me wrong. I believe that government is important. I believe your voice is important. But I believe that the Kingdom of God is more important than anything!

So, what if we could do this year differently? What if we could act differently and become an inspiration instead of just another voice in the angry crowd? What if we could join the Prince of Peace, in his mission, and call people into a better way? What if we could actually choose to live under the gracious rule and reign of Jesus?

Here is my promise: I am not going to tell you what to think. I would love to allow Jesus to show us how to think. In doing that, maybe we could honor God and each other in our love, hope, differences, and humanity. This could get interesting!

## A Note from Pastor Melonie Kemp LEAD EXECUTIVE PASTOR



**O**ne of our five stated values here at CTK is *simplicity*, which can be defined many different ways. At CTK we choose to live out the value of simplicity in a very specific way: *we choose the least complicated approach to our beliefs, decision-making, ministry processes, language, and engaging people. We will not make access to truth, knowledge, leading or serving difficult.*

What that often means is that we choose not to use overtly academic or insider language or create complicated processes when it comes to communicating about how we live out the Gospel of Jesus Christ.

I recently attended a training that was all about missiology (big academic word). I was so struck by how important it is to intentionally choose how we will engage the current and future culture with the transformational message of the Gospel. This will require ways that are simple and accessible, coming from a place that tears down walls versus hiding within them.

Missiology happens at the intersection of the Gospel, culture and the church. It is saying yes, as the church, to the act of being sent to the culture, on behalf of the Gospel of Jesus Christ.

Missiology is how my theology is practically lived out. Will I choose to get to know my neighbor? Will I seek to understand someone who is very different from me? Will I cross religious, ethnic, and other cultural barriers to show compassion to someone I would rarely engage with because of the way my life is structured?

In the story of the good Samaritan, Jesus teaches us that love is more than a feeling or an abstract idea. It's an action that can be risky. Loving this way will cost us something. It may cost us money, time, comfort, or control. But this is the Gospel in action.

My challenge for you this season is to get to know one person who is different from you. Learn their name and something about their life. Be kind. Be curious. Show compassion. Then watch and see what Jesus does through his Church! Blessings to you!



# What's Your Next Spiritual Step?

## Spiritual Health Self Assessment

As children, we develop in a fairly predictable way. We learn how to sit up before we crawl, and we walk before we run. But when it comes to our spiritual development, those same stages aren't as easy to see. We have ideas and hopes of what a God-centered life could be like but we're not sure what it means to sit, crawl, walk, or run—spiritually speaking.

To help you figure that out, CTK has created a Spiritual Health Assessment. This tool gives you a clearer view of your progress in four areas of spiritual maturity:

- 1. Authenticity:** *learning to be real with God, yourself, and others*
- 2. Biblical Understanding:** *growing in your knowledge and acceptance of biblical truth*

- 3. Devotion:** *building a living relationship with God through spiritual disciplines and practices*
- 4. Integration:** *aligning every area of your life with your understanding and beliefs about God*

Your assessment results will show if you're sitting, crawling, walking or running in each of these four areas. Armed with that information, you can begin to pursue steps forward. In the fall, winter and spring editions of CTK Life, classes, groups and workshops map directly to the four areas above and indicate which stage of growth they're best suited to.

Try the Spiritual Health Self Assessment today and take a step toward a life-changing relationship with God that could impact your world and the world around you.

## Next Step Classes Key

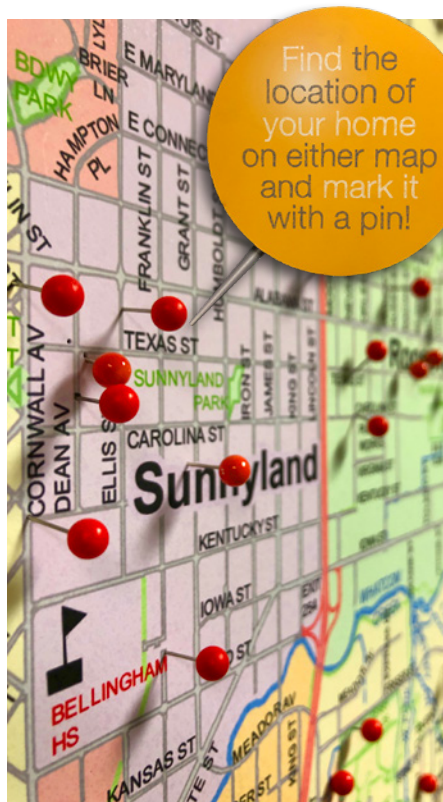
To make choosing a next step easier, many classes and events in this flyer are coded with the symbols below. Once you've taken the assessment, match your result from any of the four areas to a next step suited to that stage of growth.

**S** Sit      **C** Crawl      **W** Walk      **R** Run

Take the Spiritual Health Self Assessment at [ctk.church](http://ctk.church), on the **CTK App**, or pick up the paper version at the Connection Point.

# Neighboring

Take a step toward a life-changing relationship with God that could impact your world and the world around you.



One of the best starting points for living like Jesus is to begin loving like Jesus. When Jesus was asked what the most important commandment was, he summed up all the biblical laws and words of the prophets pretty simply: *love God and love your neighbor as yourself*. At CTK, we take Jesus' reply seriously.

The first step in loving your neighbors is to know who they are. Jesus knows your neighbors' names. Do you?



The **Neighborhood Block Map** is a handy tool to write in the names of the neighbors around you. Whether you live in an apartment or on a 40-acre plot, it's a simple and useful way to take

stock of who you know and who you don't. Pick one up at the Neighboring display in the east hallway and begin asking God to give you a genuine love for the people who live right around you.

## READING SUGGESTIONS

Want to explore neighboring more? Check out these two books:



**The Art of Neighboring**  
Building Genuine Relationships Right Outside Your Door

by Jay Pathak and Dave Runyon. Available in paperback, Kindle, and audio book from Amazon and other booksellers.



**The Neighboring Church**  
Getting Better at What Jesus Said Matters Most

by Rick Rusaw and Brian Mavis. Available in hardcover and Kindle from Amazon and other

booksellers.

# Small Groups

## the Small Group Experience

**3 Sundays: February 23, March 1 & 8  
11:15 AM - 12:15 PM in Room 216**

**THE SMALL GROUP EXPERIENCE** is for adults who haven't yet found a home small group. Come for three Sunday mornings and learn what biblical community is meant to be and — better yet — experience that community for yourself around small group table discussions.

At the end of the three weeks you'll have an opportunity to connect with an ongoing small group that works for your schedule.

Register at [ctk.church](http://ctk.church), the Connection Point, or contact Jayne (x272 or [jayned@ctk.church](mailto:jayned@ctk.church)).

### Small Group Host Orientation

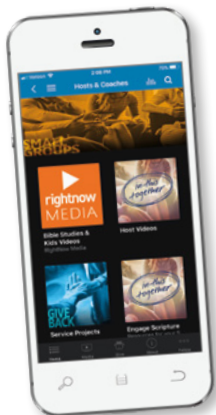
**Sunday, February 9  
During Sunday Services in Room 210**

If you think you're ready to host a small group, don't miss our next Small Group Host Orientation. If you'll give us just one hour, we'll give you the training and resources to start hosting, and you'll walk away ready to start a new group.

**Choose one of two sessions:**

- 9:30 - 10:30 AM
- 11:15 AM - 12:15 PM

For more information, please contact one of our small group pastors: Ryan Ervin ([ryane@ctk.church](mailto:ryane@ctk.church) or x261); Julie Burlison ([julieb@ctk.church](mailto:julieb@ctk.church) or x217) or Brian Steele ([brians@ctk.church](mailto:brians@ctk.church) or x228).



## Small Groups on the CTK App

Everything small groups — right at your fingertips!

Where can you find small group resources for coaches, hosts, and group members all in one easy-to-access place? On the CTK App for smartphones, tablets, and Apple TV. Includes great resources for engaging scripture in your groups.

**Download the CTK App today and tap on Small Groups.**  
Available everywhere you download apps.

# Giving

## Give on the go!

In today's world, many of our purchases, payments, and everyday banking transactions are done online. If you enjoy that convenience, you also have that option for giving tithes and offerings. Not only is this convenient for you, online giving saves time and money for your church. Just visit [give.ctk.church](http://give.ctk.church) to get started.

In addition to online giving, you can give by cash or check during services, by mail (Attn: Finance, 4173 Meridian St; Bellingham, WA 98226), or in person at the church any time we're open.

Other giving options include online bill pay through your financial institution, or with planned giving through stocks, real estate, retirement assets, and life insurance.

**For detailed help with online giving, contact Victoriya ([victoriyak@ctk.church](mailto:victoriyak@ctk.church)).**

**Beyond giving during services, you can drop off tithes and offerings at the church during business hours or give online at [give.ctk.church/bellingham](http://give.ctk.church/bellingham).**

### Did you know?

*Online giving allows more of your gift to go to ministry than with any giving method because it has the lowest processing fees (even lower than cash).*





# Community Partners

## CTK Hosts Severe Weather Shelter

Sharing What We Have is the Right Thing to Do

BY **WENDY POWELL**  
COMMUNITY OUTREACH PASTOR



Hosting the Severe Weather Shelter is a collaborative effort of staff and volunteers from CTK Bellingham, CTK Downtown, and Ekklesia.

**T**HE ISSUES OF HOMELESSNESS AND AFFORDABLE HOUSING have come front and center for our community in the last several years. Many agencies and nonprofits work to address these issues but their finite resources are being stretched thinner and thinner. Much of the community's debate is around who should step in, who can help, who should pay for the kinds of services that are needed to rebuild lives.

We know that we cannot meet every need or fill every gap, but after thoughtful discussion and much prayer, we believe God is showing us what we can do—open Norway Hall as a place for people experiencing homelessness to get in out of the cold this winter.

On nights when the temperature falls below 28° and the Lighthouse Mission and the Winter Overflow Shelter have reached capacity, we will provide a warm place for 50 men to sleep. When we have been blessed with so much, Christ makes it very clear that sharing what we have is the right thing to do.

### Here are the ways you can help:

1. **Pray** for our volunteers, for our guests, for their interactions, and that peace would reign in that space each time we open.
2. **Give** financially. Despite our best planning efforts, we underestimated the cost of hosting a shelter like this. To make sure your giving gets to the right place, use a green CTK Blessing envelope or choose Blessing if you give online.

Although, an overnight shelter is something we've never done before, our learning for this type of ministry began in February 2019 when we began hosting the Lighthouse Mission's shower trailer every Friday. Over the last year, we've learned a lot about how to build trust and create relationship with people experiencing homelessness, even as we endeavor to be wise and empowering in our interactions.

If you'd like to volunteer, contact Wendy Powell, Community Outreach Pastor at ext 212 or [wendyp@ctk.church](mailto:wendyp@ctk.church).

It's criminal to ignore a neighbor in need, but compassion for the poor — what a blessing!

PROVERBS 14:21  
(THE MESSAGE)



CTK volunteers offer food, conversation, hygiene supplies, clothes and a hot shower to guests experiencing homelessness.



Explore our community partnerships in depth at [ctkserves.org](http://ctkserves.org)



## Lookout Trampoline Night

Friday, January 10

6:00–8:00 PM at Summit Trampoline Park  
4329 Meridian St (Old Costco) • \$5

Attention all 4th and 5th graders: we're having our first off-site Lookout event of the new year! Come bounce with us for an evening at Summit Trampoline Park. If you have a 4th or 5th grade friend, feel free to invite them as well! \$5 admission includes pizza.

RSVP to Kyle Quintanilla  
([kyleq@ctk.church](mailto:kyleq@ctk.church)).

## Awana AGE 2-1/2–HIGH SCHOOL

Every Wednesday through May 20  
6:15–8:00 PM at CTK Bellingham

Awana encourages families to learn, grow and serve God together through a weekly program for ages 2 1/2 through high school. Awana provides a safe place to play games, learn scripture and hear truths from the Word of God.

Register at [ctk.church/bellingham/awana](http://ctk.church/bellingham/awana) or email [ctkawana@gmail.com](mailto:ctkawana@gmail.com). For 2019–2020 schedule, email [ctkawana@gmail.com](mailto:ctkawana@gmail.com) or follow CTK Awana on Facebook.

## Compass for Kids

9 Mondays, January 20–March 16  
6:30–8:15 PM in Base Camp

(See full details on page 15).

There's no such thing as a perfect family. Still, it can be hard for kids to accept when their family is different than they wish it was—whether it feels too big, too small, too perfect or not perfect enough. Compass is a place for kids ages 6–12 to discover that all families face challenges and to explore how every family member has an important contribution to make, even kids!

Register at [ctk.church](http://ctk.church), the Connection Point, or contact Katrina Jones (x221 or [katrinaj@ctk.church](mailto:katrinaj@ctk.church)).

## CTK Kids Service Project

Monday, April 6  
9:00 AM–Noon in Base Camp

Faith is more than believing something in our minds—it's taking what we say we believe and putting that into action. One way we put our faith in Jesus into action is by learning to serve others, so this April, kids (and an adult chaperone) will have a chance to serve the CTK family by helping clean the church and prepare for our Good Friday and Easter services. It's a great way to kick off spring break, and lunch will be provided at noon. No need to sign up—just show up!

If you have any questions, email Dyona Robson at [bh.kidsadmin@ctk.church](mailto:bh.kidsadmin@ctk.church).



Saturday, February 8 • 3:30–5:00 PM  
or  
Sunday, February 9 • 12:45–2:15 PM  
Both Sessions happen in Base Camp

If you serve in children's ministry or want to explore what it's all about, join us at one of these two identical training events. You'll hear the mission and vision of CTK Kids and be equipped to follow the great commission in bringing the Good News of Jesus to kids. It'll be an adventure!

Let us know you're coming!  
Email Dyona Robson  
([bh.kidsadmin@ctk.church](mailto:bh.kidsadmin@ctk.church)).



## Every Weekend at CTK *during each service*

### Infants and Toddlers NURSERY FOR 0–23 MONTHS

Your newest family members are very precious to you—and to us too. That's why we're intentional about creating a clean, safe environment where they will be loved and cared for while you are in the adult service. This is their first experience in God's house so we focus on the love and joy of Jesus for these youngsters.

### Preschool ADVENTURELAND

Kids age 2–5 are ready to move, worship, and learn in much more active ways. Adventureland helps them discover the love of Jesus through games, musical worship, and Bible lessons that come to life. During this curious stage of their lives we want to encourage them to explore and discover a God who delights in them!

For more information about our early childhood ministries, contact Dyona Robson (x246 or [bh.kidsadmin@ctk.church](mailto:bh.kidsadmin@ctk.church)).

### Kindergarten–3rd Grade BASE CAMP

Every adventurer needs a base to venture out from, and that's what Base Camp provides for K–3rd graders. As this age group launches out on new adventures, they are learning to be open to God, discovering their ability to care and pray for others, building friendships and exploring God's Big Story. They'll discover that following Jesus is the best adventure in life.

### 4th–5th Grade THE LOOKOUT

Life comes at us quickly, which means there are great opportunities for adventure as well as dangers to avoid. The Lookout helps 4th–5th graders grow, discover God's truths, and love others. As they develop, they grow in their identity in Christ and learn to look out for "God opportunities" as well as pitfalls that can hinder their role in God's Big Story.

For more information about our elementary ministries, contact Bren Weatherby (x264 or [brenw@ctk.church](mailto:brenw@ctk.church)).



# Students

## WINTER & SPRING SPECIAL EVENTS

MIDDLE SCHOOL UNITED

### March Madness Overnighter

Friday, March 20, 7:00 PM to  
Saturday, March 21, 8:30 AM  
at CTK Bellingham • \$40

Middle schoolers—join us for our annual March Madness overnight event! For the small price of \$40 you get an all-night party with your friends from all over the county. Check in starts at 7:00 pm on Friday and students will have night full of fun activities all over the county, then spend the night at CTK Bellingham. We'll serve everyone breakfast before pickup at 8:30 am on Saturday. You can not miss this!



HIGH SCHOOL UNITED

### Summit Night

Sunday, March 27  
6:00–8:00 PM at Summit Trampoline  
4329 Meridian St (Old Costco) • \$10

High schoolers—join students from all the CTK United campuses for a night of jumping around at Summit Trampoline Park. Carpool from your church campus at 5:30 pm or meet us there at 6:00 pm. Parents should pick up students at Summit at 8:00 pm or at their campus at 8:30 pm.

### Carry the Love: Whatcom Youth Worship Night

Sunday, January 26  
6:00–8:00 PM at CTK Bellingham

All middle school and high school students: join us for a powerful night of worship and celebration! Be a part of this unifying night as we join together in worship of what God has done, is currently doing, and is going to do. We are excited to announce this event as a formal partner of Carry The Love 2020 and The Circuit Riders. You won't want to miss out on this event, so join us on the last Sunday of January here at CTK Bellingham!.



## CTK UNITED STUDENT MINISTRIES

**CTK UNITED** is a coordinated student ministry made up of middle schoolers, high schoolers, adult leaders, and staff from the Bellingham, Blaine, Ferndale, and North Bay campuses.

Led by a unified leadership team, each campus offers groups, gatherings, and activities of their own—plus, we all come together for big events several times throughout the year.

Follow **CTK United** on Facebook and Instagram for the latest updates. For more information, contact Student Ministries Director Ashley Nikonchuk ([ashlynn@ctk.church](mailto:ashlynn@ctk.church)).

## Weekly United Gatherings

### Middle School Midweek

Every Tuesday  
6:30–8:00 PM  
in the Meeting Place

Middle School Midweek is a community that empowers students to encounter the living God through relationships with peers and mentors. Students can expect a high energy, fun atmosphere with an opportunity to connect with God, with grade/gender based small group leaders, and with their fellow peers.

### Youth Church for Middle School

Every Sunday  
10:45 AM–12:15 PM  
in The Meeting Place

Youth Church is a gathering that's building a community where middle schoolers can worship and encounter the living God. There's plenty of free time to hang out with friends and leaders, and also time to worship, listen, discuss, and take action steps with everything that God's saying to 6th–8th graders.

### High School United

Sundays, 6:30–8:00 PM  
at CTK Bellingham

New for 2020, our high school Sunday night gathering is happening right here at CTK Bellingham. We'll come together every week for dinner, worship, small group discussion and more. If you previously were part of our High School Houses in Bellingham or Lynden, this is now the place to be on Sunday nights!

### High School Small Groups

Meet in homes on a variety of days, times, and locations

High school small groups happen all throughout the week at various locations. These small groups are designed to be a safe space to ask questions, talk through life and grow deeper in faith alongside a small group of friends. Contact us if you would like to join a small group or would like more information.

# Young Adults

**EKKLESIA** is CTK's ministry for young adults, college students, young professionals — basically anyone in the 18 to 26-ish age range. If you're looking for a community where you can build friendships, explore the person of Jesus, or go deeper with him, Ekklesia would love to be that community for you.

Most of Ekklesia's gatherings take place at Norway Hall in downtown Bellingham. Check out what's happening this winter!

For more information, email Ashley Ranson ([ashleyr@ctk.church](mailto:ashleyr@ctk.church)).



## Ekklesia Community Groups

Now through June 12

Wanting to grow closer to Jesus in a more personal way? Join an Ekklesia community group and get connected with others in the community. It's the best way to create relationships and grow together in who Jesus is calling you to be. Community groups meet on various days and times throughout the week. We'll help you find a group that works for you.



## Ekklesia Winter Launch

Wednesday, January 8  
8:00-9:30 PM at Norway Hall

At Ekklesia, CTK's college/young adult ministry, we believe you were made good for good. We'd love to help you discover what that means specifically for you, wherever you are in your spiritual journey. Join us starting Wednesday, January 8th for the winter launch of our weekly gathering. We'll be introducing a new series, Theology of Sex. All college-age and young adults welcome!

## NEW: Kingdom Labs: Eikons

10 Tuesdays, January 14 – March 17  
7:00 – 9:30 PM at Norway Hall

The Christian life is about more than showing up to a church service, singing some songs, hearing a sermon, and going home. Are you longing for a more holistic understanding of what it looks like to truly follow Jesus? Are you looking for thoughtful answers to your toughest questions? Are you in search of a community that learns and practices together?



Kingdom Labs is a series of courses that address relevant topics for young adults who want to follow Jesus. The program starts with Eikons, a course dedicated to learning the story of God and the basics of what it means to be a disciple who makes disciples — in a way that may just shake up what you thought you believed.

Once you've taken the foundation course, you'll be eligible to participate in a wide variety of topical classes taught by passionate teachers who will guide participants through how their faith interacts with the realities of race, sexuality, social media, the growing pains of adulthood, and more.

Register and find out more at [www.kingdomlab.org](http://www.kingdomlab.org).

# Outdoor Recreation

## Hiking & Snowshoeing

Experience the majesty of God's creation on trails throughout Whatcom and Skagit counties. Beginner to experienced — all skill levels are welcome. Join us and let's take advantage of living in one of the most beautiful places on earth! Open to age 18+.

Join **CTK Hiking Community** on Facebook for regular updates and request to receive email announcements of upcoming adventures.

Check our website for more details: [www.ctk.church/bellingham/sports-rec](http://www.ctk.church/bellingham/sports-rec)





# Easter Season Serving

## Easter Volunteer Connect Weekends

**Two Weekends Only!**  
**Before and After Every Service on**  
**March 7/8 and March 14/15**

For many of us, Easter or Christmas Eve was the first time we set foot inside CTK. These seasonal celebrations are two of the best entry (or re-entry) points for people who aren't part of a church family.

During the Easter season we'll welcome hundreds of new people into our "home" at CTK. In fact, Easter weekend attendance is usually double that of a normal weekend. And to serve all those people really well takes about double the volunteers!

The first two weekends of March will be Easter Volunteer Connect Weekends. This new approach to connecting people in meaningful volunteer roles worked so well this past Christmas that we decided to do it again for Easter!

Here's how it works: before and after weekend services, a number of our ministries will have tables out in the Commons with information about their Easter season needs and lists where you can sign up. This gives you an opportunity to explore all the volunteer roles for the Easter season, meet leaders of those ministry areas, and find a place to serve that fits you and your schedule.

### Look for opportunities with...

- **Hospitality** (*Greeters, Ushers, Coffee Helpers*)
- **CTK Kids** (*Helping leaders in the Nursery, Early Childhood and Elementary ministries on Good Friday or Easter weekend*)
- **Facilities** (*Easter Cleaning Day - see below, Easter Weekend "Housekeeping"*)
- **Communion Prep** (*Filling / restocking / cleaning up Communion trays for Good Friday services*)
- **And more!**

If you'd find a way to serve right now, fill out a **Volunteer Interest form** at [www.ctk.church/bellingham/serve](http://www.ctk.church/bellingham/serve).



## Volunteer Cleaning Day for Easter

**Saturday, April 4**

**8:00 AM – 2:30 PM at CTK Bellingham**

To get ready for Easter Services, our facilities team is looking for volunteers to help with general cleaning and maintenance throughout the building.

If you'd like to help with window cleaning, carpet steaming, vacuuming, gardening, minor repairs or more, sign up on Easter Volunteer Weekend or contact Eric Coutts at [ericc@ctk.church](mailto:ericc@ctk.church).

## RightNow Media

Our church's Bible study library is all online – and it's gigantic!



RightNow Media is a great tool for taking a next small step in your spiritual growth. Like a Netflix of Christian Bible study, RightNow has more than 10,000 Bible study videos, sermons, and kid's videos online.

As a CTK attendee, you have free unlimited access from your computer, mobile device, and even newer Apple TVs. Take advantage of RightNow Media for your personal study and growth or share with friends and family in small group or one-on-one Bible study. Look for specific study suggestions on our website.

*To get started, go to [ctk.church/rightnow](http://ctk.church/rightnow) or ask at Connection Point or Reception for assistance.*

# Women

## WOMEN'S EVENING BIBLE STUDY

### Finding God Faithful

Biblical Understanding **SCWR**

8 Mondays, January 20–March 9  
6:30–8:15 PM in Room 216 • \$25

How do we hold on to our faith in times of hardship and tragedy? Can we see God in the midst of trials and trust he is working all things for good? Join us for a study through the life of Joseph and see how God's sovereignty reigns even in the darkest moments of life—yours included. Learn to recognize God's handiwork during moments when life doesn't make sense and rest in the sufficiency of his provision and promise.

Free childcare (ages 0-5) and Compass program (ages 6-12) with registration before January 13.

Register at **ctk.church**, the Connection Point or contact Missy (x240 or [missym@ctk.church](mailto:missym@ctk.church))

## WOMEN'S MORNING CLASS

### Wait For It

Integration **SCWR**

8 Wednesdays, January 22–March 11  
10:00 AM–Noon in Room 215 • \$25

WAIT FOR IT... Most of us hate waiting. We can get stressed and frustrated in a long line, in traffic, waiting for that package from Amazon or a reply to our last text. But "waiting on the Lord" is different. God says it results in renewed strength, an ability to walk and run without getting tired, and even more. Come discover what he's talking about, and how to do it! A class by Karolyn Merriman.

Free child care for 5 and younger available with RSVP by January 15.

Register at **ctk.church**, the Connection Point or contact Jayne (x272 or [jayned@ctk.church](mailto:jayned@ctk.church))

## WOMEN'S MORNING BIBLE STUDY

### Armor of God

Biblical Understanding **SCWR**

8 Wednesdays, January 22–March 11  
10 AM–Noon in The Meeting Place • \$25

A war rages around us, unseen and unheard, yet it can be felt throughout every day. The enemy seeks to wreak havoc on everything that matters to us—our emotions, our family, and our future. But the devil will always fail miserably when he meets a woman dressed for the occasion... wearing the Armor of God! Join us for a study that will bring to light the war around you and challenge you to stand firm and secure in the victory of Christ.

Free child care for 5 and younger available with RSVP by January 15.

Register at **ctk.church**, the Connection Point or contact Missy (x240 or [missym@ctk.church](mailto:missym@ctk.church)).

## WOMEN'S SPRING EVENT



TREASURED

"For where your  
treasure is, there your  
heart will be also."

MATTHEW 6:21

**FRIDAY, MARCH 27**  
**6:00–9:00 PM**  
IN THE MEETING PLACE

*Doors open at 5:30 for  
mingling & mocktails*

In the busyness of life, it can be difficult to create space to hear from God and connect with other women. To make that easier, CTK Women's Ministry invites you to Treasured, an evening of dinner, mingling and interactive fun!

Discover what it means to be a treasured daughter of the Most High King, and receive an inheritance that can only be found in the Kingdom of God. Join us for this special time!

\$15

RSVP at **ctk.church** or email Missy ([missym@ctk.church](mailto:missym@ctk.church)).



## Divorce Care for Women

Authenticity **SCWR**

10 Mondays, January 20–March 23  
6:15–8:15 PM in the Mother's Room • \$20

Divorce affects every area of life. Many times we trudge forward doing what needs to be done to regroup without ever taking time to process and find support. CTK invites you to join other women for expert video teaching, discussion and prayer around the topic of divorce. For a sample of the topics covered, visit [www.divorcecare.org](http://www.divorcecare.org).

Free childcare (ages 0-5) and Compass program (ages 6-12) with registration before January 13.

Register at [ctk.church](http://ctk.church), the Connection Point or contact Missy (x240 or [missym@ctk.church](mailto:missym@ctk.church))

## Simple Moments for Single Moms

Tuesday, January 14  
6:00–8:00 PM in Room 215 • \$5

As a single mom, life can feel hectic and busy. We would love to spend an evening with you, blessing you with dinner and childcare so you can take a few moments to breathe, enjoy time with other single moms and learn about ways to get involved in upcoming events. We will chat, learn some tools for navigating life as a single parent and have some fun. Please invite other single moms to join you! Dinner and childcare for kids 12 and younger provided with an RSVP. To guarantee childcare, contact Katrina Jones ([katrinaj@ctk.church](mailto:katrinaj@ctk.church) or x221).

Register at [ctk.church](http://ctk.church), the Connection Point or contact Missy (x240 or [missym@ctk.church](mailto:missym@ctk.church)).

## Days for Girls

2nd & 4th Tuesdays, January 28–March 24  
6:30–8:00 PM in Room 216

In many countries, girls and women miss days of school or work every month because they lack access to and awareness of hygiene supplies. This often leads to dropping out, falling behind, or having no means to support themselves. We've found a way to help. Supporting the international nonprofit Days for Girls, CTK has a group of women who meet to sew, cut, iron, assemble and pack hygiene kits. You can also donate supplies of thin washcloths, hotel size soap and new fabric (100% cotton and double brushed flannel) at the reception desk.

Visit [ctk.church](http://ctk.church) for more information or contact Cindy Enriquez ([werfamily98@gmail.com](mailto:werfamily98@gmail.com)) for details.

## Become a Women's Mentor

Information Meeting: Sunday, February 23  
11:15 AM–12:15 PM in Room 211

Women's mentoring is all about growing in faith through one-on-one relationships. We pair women who have a mature relationship with Christ with another woman who may be new to Christianity or looking for encouragement and tools along the way to spiritual growth. Mentors lead other women deeper in their faith by sharing time together, talking about the important things in life and encouraging them as they grow.

You don't have to have life figured out to be a mentor. We would love to have you join this information meeting where you can learn how you can make a big difference in another woman's faith journey. No need to register, just show up!

Please RSVP by February 19 to Cassy Oliver ([cassyh@ctk.church](mailto:cassyh@ctk.church) or x223).

# How about my kids?

Childcare is available for many adult classes!

Planning to attend a Monday evening or Wednesday morning class? We offer free children's programs for kids 5 and younger during these times.

Pre-registration is required; **RSVP by January 13th for Monday classes and by January 15th for Wednesday classes.**

Registration may close prior to these RSVP deadlines if childcare classes fill up.

Register at [ctk.church](http://ctk.church), at the Connection Point, or contact Katrina ([katrinaj@ctk.church](mailto:katrinaj@ctk.church) or 360-733-1337 x221).





## Men's Mentoring

Authenticity

### FIND A MENTOR **S C W**

We were never meant to walk out our faith alone, but many men have no one to turn to for spiritual guidance. To help young men live God-centered lives and fulfill their potential, we offer one-on-one mentoring where younger guys can be mentored by another mature, spiritually healthy man. If you're age 19-40, we encourage you to consider being mentored.

To learn more, watch an video overview at [ctk.church/bellingham/men](http://ctk.church/bellingham/men) or contact Stan ([stanchron@hotmail.com](mailto:stanchron@hotmail.com) or 360-739-2457).

### BECOME A MENTOR **R**

Are you a guy who's been walking with Jesus for a while? Are you willing to be open with your victories and challenges? Consider being a mentor. Having seasoned, experienced believers come alongside less experienced ones is the biblical model for spiritual maturity. There's a young man right now who needs the guidance you could give.

## Stand Firm

Authenticity **S C W R**

13 Tuesdays, February 4 - April 28  
6:30 - 8:30 PM in Room 213 • \$25

Men, are you struggling with poor personal choices that are damaging your relationships and your life? If you're stuck in an addictive cycle, come join this class to help you gain the understanding, skills and support you need to find freedom. Stand Firm will help you understand the root causes of destructive behaviors, then it will help you find God's grace and strength to change and grow. 13 week class with workbook. If you've already attended, come back for a refresher for just \$5.

Register at [ctk.church](http://ctk.church), at the Connection Point, or contact Dave Zollner at 360-224-9009.

## MEN'S SUNDAY MORNING CLASS

### Be a Godly Man

Integration **C W R**

5 Sundays, February 23 - March 22  
9:30 - 10:50 AM in Room 213

God has created men to have incredible strength. But today's culture has hijacked masculinity, distorting strength into dominance, aggression, and even abuse.

In this 5-part video Bible study series, Pastor Joby Martin invites men to embrace God's definition of masculinity and to step into his calling upon their lives to wield their strength on behalf of others. God has designed men to be protectors, providers, and defenders. When men embody these qualities in humility, everyone flourishes.

Register at [ctk.church](http://ctk.church), the Connection Point, or contact Jayne (x272 or [jayned@ctk.church](mailto:jayned@ctk.church)).

## NEW MINISTRY OPPORTUNITY

### Serve a Meal at the Lighthouse Mission

Integration **S C W R**

2nd Tuesdays of Jan, Feb, Mar & Apr  
4:15 - 6:30 PM at Lighthouse Mission

On the 2nd Tuesday of the month, CTK Men's Ministry helps serve a meal at The Bellingham Lighthouse Mission (910 W. Holly Street). Choose one or more dates, and RSVP today if you'd like to help.

JAN 14 • FEB 11 • MAR 10 • APR 14

If you'd like to help, please RSVP to Ron Walton ([ronw@ctk.church](mailto:ronw@ctk.church) or x218).



## MEN'S BREAKFASTS

Saturdays, January 18 & March 21  
8:30-10:15 AM in The Meeting Place

Guys: our men's breakfasts keep getting bigger and better as more men discover this fun and meaningful launch point for a deeper relationship with God and other men. Besides a delicious free breakfast, we'll serve up a short, inspiring video and provide details about upcoming men's events.

**FREE!** RSVP to Ron Walton ([ronw@ctk.church](mailto:ronw@ctk.church) or x218).





Guys -  
save the date!

## 2020 Men's Retreat

### Putting On the Armor of God

**May 1-3 at Camp Casey**

Men — make plans now to join us May 1-3 at Camp Casey on Whidbey Island for a weekend of worship, outdoor recreation, and authentic Christian community with other guys. These three days away could change the course of your life.

The weekend includes worship, small group breakouts and prayer time. Camp Casey offers tons of recreation options — golf, hiking, pickleball, cornhole, billiards and much more.

**JUST \$99!**

Register online at  
**[ctk.church/bellingham/men](http://ctk.church/bellingham/men)**

**T**HE 2018 MEN'S RETREAT was my first. I had only been a believer for five months and I hadn't really spent any time with other men who were Christians. I had no idea how they treated each other or how they even acted.

I was truly amazed at the brotherhood and support that these men willingly displayed at the retreat. The group leaders were so honest about their struggles in lives — some of the same struggles I was having myself. That was inspiring to hear, and it made me feel that I was not that different from them.

But the courage those men showed is the most inspirational. I left there with hope. Up to that point, I still doubted I was even worthy of forgiveness or salvation. I learned that there was no condemnation for those who are in Christ, and with God's help I could become more like him.

The men's retreat was (and is) one of the most beneficial things I have done in my walk with Jesus. I also met a lot of men I call friends still today. That's one of the reasons I'm planning to go again this year. You see, even Jesus needed help carrying the cross. Proverbs 27:17 says, "As iron sharpens iron, so one man sharpens another." And we, as Christian men need each other.

I am very thankful that CTK offers the men's retreat.

— BARRY, 2018 MEN'S RETREAT ATTENDEE

# Adult Classes



## Baptism Classes

Devotion **SCWR**

CHOOSE FROM 3 TIMES:

**Saturday, January 11 • 7:15 PM**

**Sunday, January 12 • 10:40 AM**

**Sunday, January • 12:30 PM**

Baptism is one way Jesus taught to publicly declare our decision to trust and follow him. If you're ready to take this important step, we'll be baptizing during all services on January 18 & 19. To be included, come to one of our baptism classes after any service on January 11 or 12. The class lasts 1 hour, and we look forward to hearing your story and explaining what baptism is all about.

**No need to register, just show up. For more information, visit the Connection Point or contact Jayne (x272 or [jayned@ctk.church](mailto:jayned@ctk.church)). Children 12 and under, please register with Pastor Charles (x270 or [charlesm@ctk.church](mailto:charlesm@ctk.church)).**

## Wait For It

**8 Mondays, January 20 – March 9  
6:30 – 8:15 PM in Room 215 • \$25**

WAIT FOR IT... Most of us hate waiting. We can get stressed and frustrated in a long line, in traffic, waiting for that package from Amazon or a reply to our last text.



But "waiting on the Lord" is different. God says it results in renewed strength, an ability to walk and run without getting tired, and even more. Come discover what he's talking about, and how to do it! A class by Karolyn Merriman.

Free childcare (ages 0-5) and Compass program (ages 6-12) with registration before January 13.

**Register at [ctk.church](http://ctk.church), the Connection Point, or contact Jayne (x272 or [jayned@ctk.church](mailto:jayned@ctk.church))**

## Financial Peace University

Integration **SCWR**

**9 Sundays, January 26 – March 22  
11:00 AM – 12:30 PM in Room 215**

In the years that CTK has offered Financial Peace University, participants have eliminated more than \$1.2 million in debt combined. Within the first 90 days, the average household that participates in FPU adds \$2,300 to their savings and pays off \$5,700 of debt.

Does that sound impossible to you? It is, if you always do what you've always done. But the principles taught in FPU show you how to make wise choices with money today that will build financial security for the future.

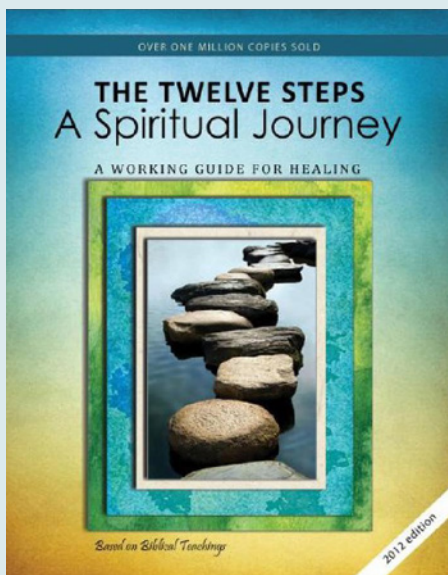
In this 9-session class, you'll gain budgeting insights, build a step-by-step financial plan, and enjoy an atmosphere that helps and celebrates progress.

**\$99 per household. Register early to make sure you get your materials before the first week of class. Register online at [financialpeace.com/groups/1106606](http://financialpeace.com/groups/1106606) or contact Missy ([missym@ctk.church](mailto:missym@ctk.church) or x240).**

## SCHOLARSHIPS FOR REGISTRATION FEES

We never want money to stand in the way of your learning and spiritual growth. **Scholarships** are available to cover registration and/or materials fees for many of our classes and workshops.

**Contact Jayne (360-733-1337 x272 or [jayned@ctk.church](mailto:jayned@ctk.church)).**



## The Twelve Steps

A SPIRITUAL JOURNEY Authenticity **SCWR**

**12 Mondays, January 20 – April 6  
6:30 – 8:15 PM in The Meeting Place • \$25**

When it seems like you've tried everything but your life is still not what you wish it was, it's easy to give up hope. *That's just the way I am. That's just the way things are. No one and nothing ever really changes.* But is that really true?

**The Twelve Steps: A Spiritual Journey** is the ideal opportunity for those who long for God's grace and healing from the inevitable injuries and pain that life events and experiences bring. It combines the time-tested 12 steps with biblical principles and begins the process for a journey toward lasting change and renewal. Each gathering includes teaching time, confidential small group discussion (men with men, women with women), and an opportunity to pray for each other if you feel comfortable doing so.

Whatever freedom you're seeking, we invite you to join us this winter for *The Twelve Steps: A Spiritual Journey*. Free childcare (ages 0-5) and Compass program (ages 6-12) with registration before January 13.

**Register at [ctk.church](http://ctk.church), the Connection Point, or contact Jayne Doll (x272 or [jayned@ctk.church](mailto:jayned@ctk.church))**



## The Whatcom Dream Financial Literacy Program

8 Mondays, January 27–March 16  
6:00–7:30 PM at Roosevelt Resource Ctr.  
2303 Moore Street in Bellingham

If you wish you could get your finances together but you have no idea where to start, you're not alone. The Whatcom Dream is a local nonprofit organization founded on the belief that with access to the right resources, every person can become empowered by their own abilities and gain the confidence to fulfill their potential. Their 8-week classes cover basic financial principles in a casual, relaxed atmosphere.

Classes are offered all year long in various times and locations throughout the county. The winter session begins the last week of January in Bellingham.

Visit [www.thewhatcomdream.org](http://www.thewhatcomdream.org) and click on "Find A Class" for details. For more information call 360-319-3759.

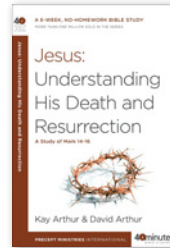
## Jesus: Understanding His Death & Resurrection

BIBLE STUDY FOR MEN & WOMEN

*Biblical Understanding* **SCWR**

8 Sundays, February 16–April 5  
9:30 AM–10:45 AM in Room 210 • \$10

Heading into the Easter season, there's a question worth asking: why would Jesus, who knew beforehand all that would happen, submit to being tortured and ultimately killed? In this powerful Bible study centered on the final chapters of the book of Mark, you'll consider for yourself all that Jesus endured to bring forgiveness to sinners and hope to the hopeless. Our Sunday morning study teaches a Bible study method that you can use with any passage and has no homework. It's a great way to start or deepen your Bible reading journey.



Register at [ctk.church](http://ctk.church), the Connection Point, or contact Jayne (x272 or [jayned@ctk.church](mailto:jayned@ctk.church))

## How about my kids?

Childcare is available during many of our adult classes!

Planning to attend a Monday evening or Wednesday morning class? We offer free children's programs for kids 5 and younger during these times.

Pre-registration is required; **RSVP by January 13th for Monday classes and by January 15th for Wednesday classes.**

Registration may close prior to these RSVP deadlines if childcare classes fill up.

Register at [ctk.church](http://ctk.church), at the Connection Point, or contact Katrina ([katrinaj@ctk.church](mailto:katrinaj@ctk.church) or 360-733-1337 x221).

"The path of spiritual growth is a path of lifelong learning."

– M. SCOTT PECK

## Senior Adults

### Seniors' Lunch

2nd and 4th Thursdays  
10:30 AM–Noon in the Meeting Place

Are you a senior (50+) looking for friends and fellowship? Seniors meet on the 2nd and 4th Thursday of every month for fun, fellowship and to enjoy lunch together. Most weeks include a guest speaker or an inspirational/devotional video. We'd love to see you there, so please join us! Always feel free to invite a friend or two.

**\$2 donation for lunch is appreciated. No need to sign up; just show up! To find out more, contact Bev (360-733-8675).**

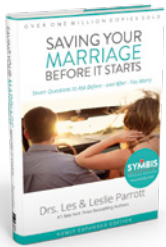


# Marriage

## Saving Your Marriage Before It Starts

Orientation: Tuesday, February 25  
6:30-8:00 PM at CTK Bellingham • \$59

Are you engaged or considering marriage? Couples who participate in premarital counseling reduce their risk of divorce by more than 30%. **Saving Your Marriage Before it Starts** (SYMBIS) is personalized premarital work that will strengthen your relationship.



You'll be paired with a mentor couple who will meet with you 5 times. Mentor couples are not professionals but are carefully chosen and work under the leadership and coaching of a CTK pastor. Don't miss this chance to earn practical, high-leverage

relationship skills, and become better prepared for a lifetime together.

Register at [ctk.church](http://ctk.church), the Connection Point or contact Missy (x240 or [missym@ctk.church](mailto:missym@ctk.church)). RSVP before February 21 so you have time to complete assessment before mentoring begins.



## MARRIAGE RECHARGE

**MARRIAGE RECHARGE** is a series of one-topic, one-hour talks designed to refresh couples in the challenging work of marriage.

### Finances in Marriage

Sunday, January 26  
11:15 AM-12:15 PM in Room 216

Finances are cited as the #1 reason for marital discord and divorce. Conversely, it's also one of the most practical aspects of a relationship that creates a powerful team. In our January Marriage Recharge, learn biblical insights into money management, and practical steps that create unity.

Register at [ctk.church](http://ctk.church), the Connection Point, or contact Missy (x240 or [missym@ctk.church](mailto:missym@ctk.church)).

### The Fruit of Married Life

Sunday, February 16  
9:30-10:30 AM in Room 216

Our February session explores one of the best (and hardest!) realities of marriage — the regular opportunities for feedback. Whether or not we're

in a place to receive this feedback, there is real opportunity to observe the fruits of our marriage and make adjustments. Come learn some practical feedback strategies, and how to make appropriate changes.

Register at [ctk.church](http://ctk.church), the Connection Point, or contact Missy (x240 or [missym@ctk.church](mailto:missym@ctk.church)).

### Making Life Dreams Come True

Sunday, April 26  
11:15 AM-12:15 PM in Room 216

Our April session gets to the heart of understanding each other's often unvoiced aspirations. Our spouses have dreams, hopes and visions of an ideal future, and a really fun aspect of marriage is discovering these and helping them become a reality. Join us for this Marriage Recharge as we help couples get on the same page about what excites us about the future.

Register at [ctk.church](http://ctk.church), the Connection Point, or contact Missy (x240 or [missym@ctk.church](mailto:missym@ctk.church)).



## reconnect

### MARRIAGE WORKSHOP

There are times in every marriage where couples struggle to stay connected. Join us for this one evening/one morning couples' workshop with Dr. Steve Call, author of *Reconnect*, and his wife Lisa.

You'll discover how you and your spouse can change the dynamics that disrupt connection; gain insight into the effects of hurt, shame, blame and trauma; learn strategies for staying connected even in the midst of conflict; and cultivate intimacy through play. Come get the tools you need to navigate a hopeful path toward deep connection.

*Sorry, no childcare available.*

\$65/couple. Register at [ctk.church](http://ctk.church), at the Connection Point, or contact Missy Matteson (x240 or [missym@ctk.church](mailto:missym@ctk.church)).

FRIDAY, MARCH 6  
6:00-9:00 PM

and

SATURDAY, MARCH 7  
9:00 AM-1:00 PM

IN THE MEETING PLACE  
\$65/COUPLE

Partial  
scholarships  
available.

Contact Keri Allen  
(360-733-1337 x242  
or [keria@ctk.church](mailto:keria@ctk.church))  
for an application



# Families

## Compass for Kids

9 Mondays, January 20 – March 16  
6:30 – 8:15 PM in Room 116

There's no such thing as a perfect family. Still, it can be hard for kids to accept when their family is different than they wish it was — whether it feels too big, too small, too perfect or not perfect enough. Compass is a place for kids ages 6-12 to discover that all families face challenges and to explore how every family member has an important contribution to make, even kids!

Families come in all shapes sizes and situations. We want to help kids appreciate what's good about their family right now, right where and how it is. Through fun activities, relevant teaching, and small group interaction, kids learn foundational truths and valuable skills that they need to navigate many life circumstances.

Because building relationships in the Compass program is important, and each weekly teaching builds upon the previous weeks, families must commit their child to attend 7 of the 9 sessions.

Register at [ctk.church](http://ctk.church), the Connection Point, or contact Katrina Jones (x221 or [katrinaj@ctk.church](mailto:katrinaj@ctk.church)).

## Family Skate Night

Sunday, February 9  
4:30 – 6:30 PM at Lynden Skateway  
421 Judson St Alley in Lynden

Are you a parent who grew up showing off your moves at the roller rink? Looking for a way for your kids to burn off some energy? We're renting out Lynden Skateway!

Load up the kids, invite some friends, and join other families for a skate party complete with family-friendly music, door prizes, games, and so much fun. Don't miss this chance to have fun together and connect with other CTK families.

Cost is \$4 per skater (specialty skates and trainers available for additional fee). Those who pre-register will enter through the express line.

Register at [ctk.church](http://ctk.church), the Connection Point, or contact Missy (x240 or [missym@ctk.church](mailto:missym@ctk.church)).

## SCHOLARSHIPS FOR REGISTRATION FEES

We never want money to stand in the way of your learning and spiritual growth. **Scholarships** are available to cover registration and/or materials fees for many of our classes and workshops.

Contact Jayne (360-733-1337 x272 or [jayned@ctk.church](mailto:jayned@ctk.church)).

## FAMILY SERVICE PROJECT Foster & Adoptive Family Night Out

Integration **S C W R**

Friday, February 14  
5:30 – 8:30 PM at CTK Bellingham

Each year CTK hosts a parent night out for foster and adoptive families as a way of saying thank you to those who've opened their hearts and their homes. We have a great time with the kids and give the parents a couple hours to recharge.

We want to invite you to be a part of this event. You and your older kids can help serve dinner, guide kids through crafts, and engage in fun activities. We hope you'll join us and show some love to these valuable kids and their families.

To volunteer, email Katrina Jones ([katrinaj@ctk.church](mailto:katrinaj@ctk.church)). If you are a foster or adoptive family, please register for the event on our Marriage & Family page at [www.ctk.church](http://www.ctk.church) or contact Missy (x240 or [missym@ctk.church](mailto:missym@ctk.church)).



## Parenting Teens

Integration **S C W R**

Tuesday, February 18  
6:30 – 8:00 PM in Room 215

The teenage years are a time of adjustment for the whole family. Kids are experiencing the stresses of school and social pressures while trying to establish independence. Parents are trying to figure out how to support and motivate kids who aren't sharing as much of their life as they used to. It's a challenging and sometimes frustrating experience for everyone. Join local counselor Mike Black for an evening that will help you learn skills to de-escalate conflict and strengthen communication with your teen.

Register at [ctk.church](http://ctk.church), the Connection Point, or contact Missy (x240 or [missym@ctk.church](mailto:missym@ctk.church)).



## Child Dedication Class

Devotion **S C W R**

2 Class Sessions: Sundays, March 15 & 22  
9:30 – 10:30 AM at CTK Bellingham  
Dedication Ceremony: Sunday, March 29

When it comes to raising our kids, the list of responsibilities is long. But nothing we do is more important than pointing them toward Jesus. Child dedication at CTK is about helping you demonstrate your desire and commitment to do just that.

Join other families with young children for two class sessions that will prepare you to dedicate your child to God — and yourself to godly parenting.

The class culminates with a dedication ceremony the following week; invite your friends and family to celebrate with you and pledge their support in your commitment to your child.

Pre-registration required by Mar. 9 at [ctk.church/bellingham/childdedication](http://ctk.church/bellingham/childdedication)

## Emotion Coaching

Integration, Authenticity **S C W R**

Saturday, April 4  
9:00 AM – Noon in Room 215  
\$20/household

Big feelings are a big part of life — look at any toddler, teenager, or stressed out adult! Whether it's joy, sadness, anger or frustration, how we navigate feelings has a huge impact on the quality of our life.

More than 30 years of research has found that, even more than IQ, our emotional awareness and ability to handle feelings determines success and happiness in all walks of life. Drs. John and Julie Gottman have developed Emotion Coaching, a 5-step approach to help parents respond moment-to-moment when children's feelings run high. Whether you're new to parenting or navigating the emotional minefield of the teen years, emotion coaching can strengthen your relationship and equip your child with tools for life.

This 3-hour workshop features video teaching from Dr. John Gottman along with fresh insight and explanations from Marriage & Family Pastor Angel Finsrud.

Childcare available for 12 and younger with RSVP by March 28. Register at [ctk.church](http://ctk.church), the Connection Point or contact Missy (x240 or [missym@ctk.church](mailto:missym@ctk.church)).

# Food Share & Farm

## About the Ministry

### CTK Food Share

Our Food Share ministry collects donations from CTK, local businesses and the CTK Farm and delivers them to the areas of greatest local need. It's all about pulling our resources together in partnerships that help those in need in our neighborhoods, our communities and our county.

### CTK Farm

At the CTK Farm, a team of faithful volunteers manages several acres of donated farmland and greenhouses to provide fresh produce for 17 different local partnerships who serve people in Whatcom County.

Over the last 9 years the CTK Farm has seen tremendous growth both in pounds grown and in the number of volunteers showing up to serve (see chart, right). We are celebrating not only the growth of the ministry but also that God is showing up in our relationships with our Food Share & Farm partners and we are able to better plan for their actual needs through those relationships.



## Ways to Help

Integration **SCWR**

**Join us out at the farm.** Planting starts mid-January. More opportunities to volunteer (thinning, weeding, upkeep, etc.) will come up as we move toward spring. To find out how you can help, email John Williams (farm@ctk.church).

**Donate the Food Share item of the month.** We collect specific dry good items every month (see below) to share in our community. What can you donate to meet the needs of the community?

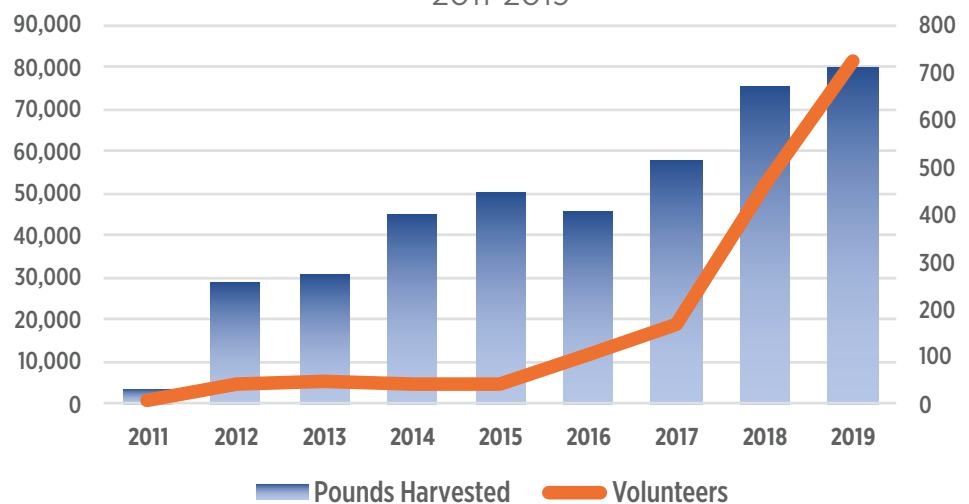
**Give toward the cost of gas and supplies.** Choose Blessing when you give online or use a green Blessing envelope.

TOTAL POUNDS HARVESTED

## CTK FARM GROWTH

NUMBER OF VOLUNTEERS

2011-2019



## CTK FOOD SHARE

# Item of the Month

Have you ever wondered what we do with the Items of the Month you donate in the Commons?

In 2019, they went to children served by Open Hands ministry in Lynden, Nooksack and Ferndale School districts, as well as the Mt. Baker School District's spring and winter break boxes to kids who depend on school lunches. We also stocked some smaller food banks that are less systematized but meet needs in unique niches of our community.

Your contribution of a few items, combined with the donations of other CTKers, makes a big impact on the community around us!

Next time you're grocery shopping, why not pick up something for our Food Share. You can drop off donations at the canvas bin in the Commons any time the church is open. Thanks in advance for your kindness!



January  
Crackers



February  
Applesauce Cups



March  
Cereal



April  
Granola Bars



## About the Ministry

Many of us are facing moments when we need someone to walk with us, give a helping hand, and make a difference in our life. God describes the community of believers as family and says that our defining characteristic will be our love for each other. That's why we want to be a church that cares for people—and equips people to care for one another.

CTK Care Ministries offers a number of ways to receive care in your time of need as well as opportunities to serve others with your gifts.

### Prayer Shawl Ministry

**1st and 3rd Thursdays, 10:00–Noon**

Be a part of some happy crafters as the sweet sound of tapping needles and hooks create projects that bless so many people. Whether it's tiny hats for preemies in our county, hats, scarves and gloves for children in foster care, or a lovely shawl to bless someone going through a difficult life challenge – there's a project that suits your ability. You're invited to help create these tangible reminders that our CTK family cares and is praying for them.

**If you'd like to participate, donate yarn, or know someone who would appreciate one of these items, contact Judy for details ([dfjpl@gmail.com](mailto:dfjpl@gmail.com)).**

### Prayer Team

What can you do when you want to serve but your schedule or situation prevents you from attending regular volunteer gatherings? Join a group of dedicated people who spend time at home in conversation with God—sharing the requests of our CTK family and asking God to intervene in a way only he can! Prayer requests

are emailed every week for you to make a priority in your schedule.

**To join the Prayer Team contact Julie Scherer (x279 or [julies@ctk.church](mailto:julies@ctk.church)).**



### Do you need prayer?

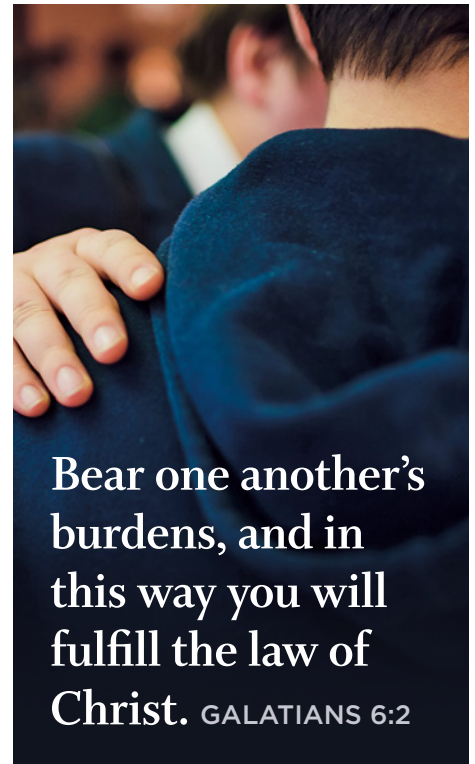
Perhaps things are difficult right now—there's a health concern or crisis, life is hard, or relationships are strained. What's on your heart that needs God's attention? Please allow the CTK Prayer Team to join you by submitting a prayer request.

**Requests can be submitted at The Connection Point on weekends, at reception midweek, or online 24/7 at [www.ctk.church/bellingham/care](http://www.ctk.church/bellingham/care).**

### Hugs in the Mail

In a day when most of our communication is electronic, a handwritten note of care and concern in the mail can have a profound impact on the person who receives it. If this speaks to a way you would like to serve at CTK please contact Julie ([julies@ctk.church](mailto:julies@ctk.church)) to become part of our team. Cards are mailed out every week and make a difference to those receiving them.

**If you or someone close to you would appreciate receiving a note of compassion, sympathy or encouragement, please submit their information on a Prayer Request form at [www.ctk.church/bellingham/care](http://www.ctk.church/bellingham/care).**



**Bear one another's burdens, and in this way you will fulfill the law of Christ.** GALATIANS 6:2

### Stephen Ministry

If you or someone close to you is experiencing a difficult time—an ongoing illness, loss of a job, family challenges that are difficult to navigate alone, grief or loss of other relationships—we would like to offer the companionship of a caring friend for a season.

A Stephen Minister, thoroughly trained here at CTK, could be the person you have been looking for—someone to meet weekly, listen, encourage, and pray with and for you.

**Contact Julie Scherer ([julies@ctk.church](mailto:julies@ctk.church) or x279) to explore the possibility.**



## Do you know someone living in extended care?

From time to time, we or someone we know needs a longer visit to rehabilitation, assisted living, or long term care. This can result in isolation from friends and family, loneliness, and discouragement.


CTK has a team of trained volunteers with caring hearts who would like to come by with a regular word of encouragement and an offer of prayer.

To request a visit contact Julie ([julies@ctk.church](mailto:julies@ctk.church) or x279).

# Connect

Stay connected with CTK in a variety of ways—from social media and the web to traditional contact methods.

We provide free Wi-Fi so you can access the CTK App during weekend services.

 [ctkbellingham](#)

 [ctkbellingham](#)

 [www.ctk.church](#)

 [ctkchurches](#)

 CTK App in your mobile device's app store

 360-733-1337

 4173 Meridian St  
Bellingham, WA 98226

# Find a CTK

## CTK Locations

CTK is a multi-site church—one church in a number of locations. This outward focused strategy allows us to serve more of Whatcom County (and beyond) with a single mission, custom tailored to fit each unique location.

The six campuses below are part of the CTK network based in Bellingham. You'll find even more CTKs throughout Washington, the U.S., and worldwide.

Visit [ctk.church](#) and choose a campus to learn more!

**BELLINGHAM** 4173 Meridian St  
Saturdays, 6:00 PM  
Sundays, 9:30 and 11:15 AM

**BLAINE** 549 Cherry St  
Sundays, 10:00 AM

**DOWNTOWN** 1419 N Forest  
Sundays, 10:00 AM

**FERDALE** 5627 3rd Ave  
Sundays, 9:30 and 11:00 AM

**NORTH BAY** 4895 Birch Bay-Lynden Rd  
Sundays, 9:30 and 11:00 AM

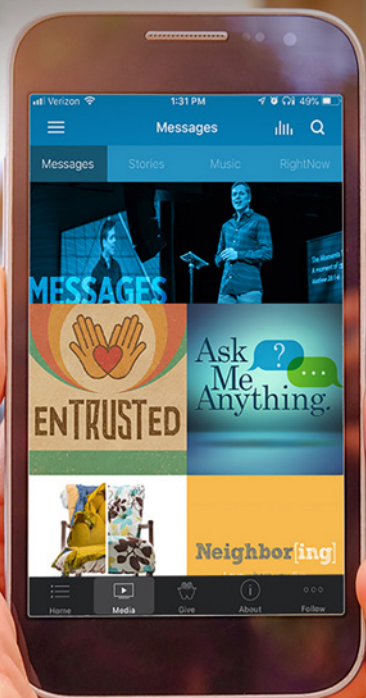
**SUDDEN VALLEY** 8 Barn View Ct  
Sundays, 10:00 AM

The songs we sing...  
anytime, anywhere.



Find our playlist on the CTK app or at [ctk.church](#)

Stay connected on the go  
with the CTK App



The CTK App makes it easier than ever to access sermon audio and video, sermon notes, built in Bible, small group resources, and more!

Visit [subsplash.com/ctkbellingham/app](#) to download the CTK App for iOS, Android, Windows, Roku, & Amazon devices.