

ctk life

SPRING 2022

a season
for new life



CHRIST THE KING
COMMUNITY CHURCH

It's a whole new season.

SPRING IS HERE, and it's sure nice to leave behind the dark days and stormy nights of the past winter.

But the weather wasn't the only thing that made the last few months (and years) a difficult season. There were losses of every kind and changes that didn't come easy. Some of us barely made it (or are making it) through.

Now that life is inching back to normal, we want to help you take steps toward growth, engagement, healing, and deeper devotion to the God who holds all things together. These pages are full of those opportunities, so step out and try something... *new!*

We'd love to hear your story.

Email stories@ctk.church



Scan the QR code to email us your story

A Note from Grant Fishbook LEAD TEACHING PASTOR



My wife Laurel and I love to flip open our Bibles and see where the Holy Spirit takes us.

During one particular quiet time, Jesus directed us to

Ecclesiastes 3. The profound words of Solomon, directed by God, flooded into the reality of our everyday lives:

*There is a time for everything,
and a season for every activity under the heavens:*

*a time to be born and a time to die,
a time to plant and a time to uproot,
a time to kill and a time to heal,
a time to tear down and a time to build,
a time to weep and a time to laugh,
a time to mourn and a time to dance,
a time to scatter stones and a time to gather them,
a time to embrace and a time to refrain from embracing,
a time to search and a time to give up,
a time to keep and a time to throw away,
a time to tear and a time to mend,
a time to be silent and a time to speak,
a time to love and a time to hate,
a time for war and a time for peace.*

When we finished letting the truth of God's Word soak into our hearts, Laurel said, "You should preach that... phrase by phrase."

I believe we can all find ourselves in one, two, or all of these seasons of life. If we're not in one of these life chapters at this very moment, we either have been or most certainly will be.

I wonder what season of life you find yourself in right now? Each phase and biblical phrase brings with it challenges to grow, opportunities to learn, as well as critical decision moments that will either lead us into Solomon's world of "everything is meaningless" or God's world of "everything is meaningful."

Our spring and summer message series, Now is the Time, will challenge us to make the most of every season, and to find Jesus in it all. Join us as we find ourselves in the raw moments of life, and as we hold on to the promise that God makes everything beautiful in its time.

Grant



A Note from Melonie Kemp NETWORK EXECUTIVE PASTOR



Seasons and transitions seem to go hand-in-hand.

They're a natural part of the human experience—whether they're seasons of life, seasons of

nature, or seasons of circumstance. Some seasons we look forward to—like holidays, summer, or the season of building and raising a family. Other seasons we long to move through—like a season of grief and loss. The changes each season brings can feel like something that happens to us, not something we would choose. This is often the case because we fail to recognize that every season contains transition that begins with an ending.

Transitions are times of moving from something old and familiar to something new and unfamiliar. Most transitions are small and pass by almost unnoticed. Some, however, involve major disruptions in routines and force us to reexamine our values and the lives we are living.

Over the last two years, we've collectively experienced an unexpected, protracted season of uncertainty and loss as a result of a global pandemic. Some changes that resulted from this collec-

tive experience were welcomed; others ranged from inconvenient to devastating.

Living in a state of extended uncertainty and loss takes a tremendous toll on even the most grounded and secure among us. But through all of the uncertainty, God has not changed. No matter what season we find ourselves in, we can be certain of his love for us. No matter what loss we have experienced, we are assured of his compassion for us—his longing to give us all we need as we move through this season to what is next.

Looking toward our “next” chapters, we have provided helpful tools and opportunities for you to enter into this transition with intentional reflection. Our Hearing God class will help you recognize and tune into God's voice for wisdom and direction. Our Rooted small group experience will connect you to community with others while establishing spiritual rhythms that create an anchoring for our lives. There is so much more contained in this edition of CTK Life. I encourage you to take time and read it cover to cover, and intentionally choose what you will add to your life as you transition to your next chapter. I'm praying for you as you choose your next.

Blessings,
Melonie

what's inside

- 4 Kids
- 6 Students
- 7 Hospitality
- 8 Young Adults
- 10 Families
- 12 Men
- 13 Women
- 14 Spiritual Growth
- 15 Community Resources
- 16 Adults
- 18 Small Groups
- 20 Outreach Ministries
- 21 CTK Food Share & Farm
- 22 Explore the New ctkserves.org
- 23 RightNow Media
- 24 Service Times



kids

IT'S TIKI TIME!

ALOHA NIGHT FOR 5TH GRADERS

5th Grade Move-up

Tuesday, May 17 at Aloha Night
6:30–8:00 PM in the Meeting Place

Transitions can be tricky, and moving from one ministry to another can sometimes be nerve racking for 5th Graders. We think we can help make that transition smoother and fast-forward the fun by having all the 5th Graders move up to the youth ministry before things change up for the summer. If you have a 5th grader, mark your calendar and plan to join Middle School United (MSU) for Aloha Night. It's a super fun way to get connected to middle school ministry here at CTK.

After May 17th, 5th graders have the option to attend Base Camp during Sunday services or join middle school Youth Church at 11:15 AM (see page 8).

Questions? Contact MacKenzie Granger in children's ministry (mackenzieg@ctk.church) or Caley Whitner, Students Coordinator (caleyw@ctk.church).



Scan QR code
for more info



CTK Kids Sunday Mornings

Every Sunday during the 9:30 & 11:15 AM services

Every Sunday, there's a place for kids—from newborn to 5th grade—to have fun, make friends, learn how much Jesus loves them, and how to love him back!

Questions? Contact MacKenzie Granger (mackenzieg@ctk.church or 360-733-1337 ext. 2273)

Nursery

Infants and Toddlers up to 23 mo

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 attend church. This is their first experience in God's house so we focus on the love and joy of Jesus for these youngsters.

Adventureland

Preschool

Kids age 2–5 year old 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!

Base Camp

Kindergarten–3rd Grade

Every adventurer needs a base to venture out from, and that's what Base Camp provides for Kindergarten through 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.

The Lookout

4th–5th Grade

Life comes at us quickly, which means there are great opportunities for adventure as well as dangers to avoid. The Lookout is designed to help 4th and 5th-grade students grow and discover God's truths and love others. As they develop their relationship with Jesus, they will 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.

visit

kids.ctk.church

for the latest information, events,
and opportunities to get connected



Compass for Kids

For ages 6–12

7 Mondays starting April 25
6:15 PM - 8:00 PM in Base Camp



Have you ever thought to yourself, “If I’d only known then what I know now...”? This can be especially true when it comes to childhood. We like to think that kids are resilient, and they can be. But big changes in young lives can leave deep scars if kids don’t have the skills to process significant life changes. Whether your child has already faced difficult circumstances like divorce of parents, loss of a loved one, being picked on or left out—or you just want to prepare them for the challenges they may face in life—Compass can help.

Through fun activities, relevant teaching, skill coaching and small group connection, kids will have the opportunity to explore topics like dealing with feelings, making wise choices, cultivating a growth mindset, understanding grief, and developing a healthy identity. Compass helps kids apply what they learn about Jesus to their specific situation and gives them tools and skills to make wise decisions no matter what life brings.

Register at kids.ctk.church or contact Katrina (360-733-1337 x2221 or katrinaj@ctk.church)



Scan QR code
to register

The impact goes both ways

Serving kids is a reward in itself for this longtime volunteer

Join a community to change eternity — that’s what our volunteers in CTK Kids experience each weekend. You might get a glimpse of our volunteers gathering over yummy food or catching up after a busy week and praying for one another, but you probably don’t get to see the impact that these volunteers have on the lives of our kids.

It’s been a joy to watch our longtime volunteer, Mary (pictured below), build lasting relationships with the 4- and 5-year-olds she works with. After welcoming them by name and playing alongside them, she teaches Bible stories in a way that sticks. “Mommy! Mommy! Have you heard about Jonah?!” echoes in the Adventureland hallway after an hour with Teacher Mary.

“I continue to be impacted serving in children’s ministry by seeing the children truly understand that God loves them, no matter what!” says Mary. “Watching their faces as we worship or when I tell the Bible story shows that they are sponges soaking up every word. I learn myself from retelling the stories and from the children’s responses during small group time. Serving others serves me!”

Kindergartners that Mary used to teach race back to her room after church just to say hi and show her what they’re learning in Base Camp. Seeing that is a testament to the eternity work that Mary and our other volunteers are a part of.

This could be your story too!

Learn about serving in children’s ministry at kids.ctk.church.

BEST NEXT STEP
GENEROSITY
& STEWARDSHIP



PHOTO: SCOTT SAVERS

“I think my story is one I see week in and week out while volunteering at Compass. A parent will walk up with their kid to drop them off at their station. There’s often a tired or weary look in their eyes. And while I know they all love their kids, Monday is a hard day for most people. When they come back after two hours to pick their child up, they are always excitedly smiling and ready for the week that awaits them. Whether the kids learned something new or not, the parents have the opportunity to put their children into trustworthy, qualified hands that are able to care for them.”

— Alex, Compass Volunteer

students

IT'S TIKI TIME!

MIDDLE SCHOOL UNITED PRESENTS
ALOHA NIGHT
FOR
5TH -8TH GRADE

Aloha Night

Tuesday, May 17
6:30-8:00 PM in the Meeting Place

On Aloha night, Middle School United says hello to all of our incoming 6th graders and goodbye to our 8th graders who are moving on to high school. We would love to welcome new students and celebrate those who have been around as we help send them into high school.

So come join us for a evening of fun, pizza, games, and more! Parents are welcome to come as well. We can't wait to see you there!

No need to register, just show up at CTK at 6:30 PM. FREE!



Scan QR code and add Aloha Night to your calendar!



CTK UNITED
STUDENT MINISTRIES

visit

ctk.church/bellingham/students

to meet the student ministry staff, keep up with events,
and explore student-focused devotional guides



MIDDLE SCHOOL • 6TH-8TH GRADE

Youth Church

Every Sunday
11:00 AM -12:15 PM Meeting Place

Youth Church is a place for the middle school students of CTK to gather as a family and worship God together. The teaching content is specifically designed to meet students where they are so they can learn and flourish in their own relationship with Jesus. Doors open for the pre-party at 11 AM! We can't wait to see you there!

For more info contact Caley Whitner (caleyw@ctk.church). Follow us on social media: @msu_bham

HIGH SCHOOL 9TH-12TH GRADE

High School United (HSU)

Every Sunday Night
6:30-8:00 PM in the Meeting Place

HSU offers a welcoming culture where students can belong to a family that loves them in the same way Jesus does. We engage students where they are & seek to create intentional relationships as we grow in faith together! We participate in games, teaching, worship, and more! We're so expectant for all the ways that God is going to move this school year through high schoolers of Whatcom County.

No need to sign up — just show up Sunday at 6:30 pm! We enter through the side doors that face DSHS.

Middle School United (MSU)

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

MSU is a place for middle school students to encounter God in community! We gather every Tuesday night for a high energy, fun get-together with games, discussion, and small groups. (And you never know when someone might get a pie in the face!)

No need to sign up — just drop off your students on Tuesdays at 6:30 pm at the side doors that face DSHS.

save the date!

END OF YEAR PARTIES

high school united
SUNDAY, JUNE 12

middle school united
TUESDAY, JUNE 14

hospitality



Join the Hospitality Team

We want CTK to be a place where people don't just find a seat, they find a place to be seen, to be welcomed, to belong. That only happens because of our faithful team of weekend hospitality volunteers.

If you call CTK your church home, getting connected to a volunteer team is a great way to take your next steps toward community while helping others do the same. We'd love to tell you more about our greeter, connector, or section host teams.

To learn more, fill out a [Hospitality Interest Form at \[serve.ctk.church\]\(https://serve.ctk.church\)](#) or email Hospitality Director Joe Martinez at joem@ctk.church.



Scan QR code to fill out the interest form

BEST NEXT STEP
GENEROSITY
& STEWARDSHIP

Always a place for you

Hospitality teams members take the first step in helping people connect

BY CRAIG SARGENT, SECTION HOST VOLUNTEER

Like a lot of other people, when I first started attending CTK I sat in the back and soaked up great music and great preaching but left pretty quickly after the service ended.

One weekend, I met someone and we started talking almost every Sunday. But then several weeks went by where I didn't see him. I figured that maybe he wasn't able to make it, or for one reason or another we were just not running into each other.

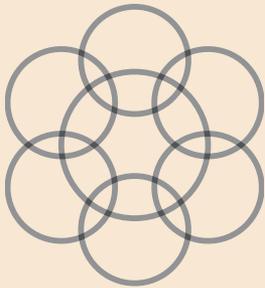
When I finally saw him again, he commented that he had been gone from the church for almost 3 months and nobody had reached out to contact him. I could tell he was very disappointed that nobody had connected to him. How disappointing! He came to church to connect to people, but no one connected to him.

The exchange got me thinking

about the many people that come to church but never get connected to the church, never feel like they belong to the body of believers. We say "there's always a place for you" here at CTK, but sometimes people don't reach out and find it. Sometimes they need someone who's already here to make the first step of reaching out to them and inviting them to participate.

I got involved in the section host ministry because I had the personal experience of meeting someone who didn't feel connected. I see the section host ministry as being a first step to connect with others who have come looking for Jesus, and looking to connect with others who follow after him. It's a great way to show that people matter at CTK, and more importantly, it's a great way to show that they matter to God.





Ekklesia Hubs

Various times and locations

If you want to grow in your faith, we believe Hubs are the best place to start. Hubs are co-ed small groups for young adults that meet at various times and locations throughout the week.

Hubs create space for building habits of Christ-likeness — habits like confession & reconciliation, worship, seeking justice, radical friendship, and disciple making. As we spend time in community, actively building these habits together, we are learning how to holistically follow Jesus and partner with God to see his kingdom come and his will be done on earth as it is in heaven.

Find out more at ekkesiabellingham.com/hubs



Scan QR code for more info

What do I want my life to be about?

Ekklesia helps 18-35 year-olds pursue their own answer

All of us ask this question, and on our best of days we may have a semi-clear glimpse of what that might entail. On most days, the moment we pick up our phone, open our computer, go to class, clock in for work, or turn on the TV, we're bombarded with visions for what our best life could look like. Most people have walked countless paths —including religious ones—following these visions, and found that they really don't satisfy.

Ekklesia is a community where you can discover the joy of following Jesus alongside others who are asking similar questions and experiencing similar tensions.

If you're in college, in your career, single, married, or anywhere in be-

tween, you're invited to be a part of the body of Christ at Ekklesia. We believe that there is a great desire for those in their 20s and 30s here in Whatcom County and beyond to follow Jesus, be a part of a church body, and experience authentic community.

Wherever you are on your faith journey, you are welcome here to ask questions, to have doubts, and ultimately experience the joyful life of following Jesus and being a part of his Kingdom coming in Bellingham as it is in heaven.

Join us Sunday Evenings
6:00-7:30 PM at Norway Hall
1419 N. Forest St

Follow us on Instagram @ekkesiabham
Visit www.ekkesiabellingham.com



PHOTO: MATT GARZA



Restless Hearts Podcast

A podcast about the questions that make you restless

Let's be honest: being a Christian comes with a lot of doubts, questions, and complexity—and it doesn't help that we live in a time and space that is hyper-polarized. It seems that every cultural and religious issue comes with vastly different viewpoints, making it difficult to navigate the world, and ultimately creating a nagging sense of restlessness within us.

That's where The Restless Hearts Podcast comes in. Pastor Garret Shelsta, Kenna Warren, Molly Martin and Josh Lease sort through all of this complexity through the lens of one idea... the way of Jesus is different. In this podcast, we unpack how his profoundly unique vision helps us to find rest, clarity, and hope in the complexity of a polarized world.

Subscribe to the podcast as we ponder a wide range of topics such as *Would a Loving God Send People to Hell?*, *How to Know God's Plan for Your Life*, and *Why Can I Trust the Bible?*

Subscribe at ourestlesshearts.com



Scan QR code
to subscribe



PHOTO: MATT GARZA



Family Spiritual Growth

Food and exercise are necessary for healthy bodies. Reading and writing are important foundations to learning. We invest our time and energy in the things we value most for our kids. If we want our kids to have a thriving relationship with Jesus that shapes their choices, their experiences, and their impact on the world around them, it will take some investment. And as we help them grow, we are likely to grow too.

At CTK we are committed to equipping parents with simple tools, creative ideas, and thought provoking discussion topics to help your family grow spiritually. Join us for a monthly Family Challenge that will give you ideas, tools, and opportunities to have open communication with your family.

Check with your child's ministry leader for the latest growth opportunity or follow us on Facebook and Instagram to have the tools delivered right to your device.



Follow CTK Families on Facebook

Where two or more moms are gathered together...

For nearly 25 years, a moms' prayer group has anchored this CTK family through good times and bad

BY LESLIE POWER PHOTOS COURTESY OF LESLIE POWER



In 1996, I heard a speaker talk about an organization called Moms In Touch International and how it brings together two or more moms to pray

for their kids, teachers and schools each week. My oldest of three kids was starting kindergarten in the fall, and it sounded like a perfect group to help alleviate this anxious mom's heart. Best of all, through several God moments, I found out our school had a group.

It took almost a year for me to finally get up my nerve to go because I had never prayed out loud before. The first meeting I went to was wonderful! The format of praying sentence prayers gave me the confidence to pray out loud along with the two other moms.

A few years later, the other families were zoned to a new elementary, but I knew I had found a life ministry for myself. I found another mom to pray with for our school, and I have been praying consistently with other moms and grandmothers for almost 25 years.



No matter what stage of life my kids are in, they know that they are being prayed for, and it has encouraged them. Through my family's great times and some really hard times, my prayer partners have been amazing and come alongside me. I have seen prayer work miracles, calm fears, and guide us along life's path. It's my desire to see other women find that same support and encouragement for their kids through prayer.

Mothers, join us for Moms in Prayer any Tuesday morning here at CTK Bellingham.

See details, next page.

Moms in Prayer

Every Tuesday Morning
10:00–11:00 AM in Room 214

Moms, come and experience the power of prayer and the way that praying together with other moms brings peace and hope. Praying God's Word over our children replaces any fear or anxiety we may experience for our children or their future as we continue trusting them to him. Moms in Prayer brings moms together weekly to pray specifically and spiritually for our children, our teachers, and our schools.



Whether you've been praying for your kids for years, or you are just getting started, this group is a safe and supportive place to connect with other moms to pray for the next generation.

No need to sign up, just show up any Tuesday. For more information, contact Katrina (katrinaj@ctk.church or 360-733-1337)



PHOTO: NEHEMIAH JONES

Family Skate Night

Sunday, April 24
4:30–6:30 PM at Lynden Skateway
421 Judson Street Alley • \$3 each

Who's ready for a fun family night out? Do your kids have some extra energy they need to burn? Do you have skating moves you want to show off?

We have a great afternoon planned at Lynden Skateway! Bring your family, invite your friends and neighbors and join us for a skate party that includes family-friendly music, door prizes, games, and so much fun. This is a great way to connect with other CTK families.

Cost to you is just \$3 per skater (specialty skates and trainers available for additional fee).

No need to sign up — just show up! Questions? Email Dyona at bh.kidsadmin@ctk.church.

Limited scholarships are available; contact Dyona for more information.

PARENTING TEENS SERIES

The Heart of Parenting

2 Tuesdays, May 24 & 31
6:30–8:00 PM in Room 215

During our kids' teen years, it can feel like the relationship we worked so hard to build with them is slowly slipping through our fingers—one slammed door, little lie, or "I hate you" at a time. Feeling over your head or discouraged is understandable in the midst of challenges that often come with the teenage years. You are not alone.

Join local parent coach Sydel McKim for a 2-session workshop where you'll gain tools for restoring your hope, renewing your stamina, and breathing some life back into your relationship with your teen.



Register at ctk.church or contact Katrina Jones (katrinaj@ctk.church or 360-733-1337)

Communication Strategies that Work (Usually)

Sunday, May 22
11:15 AM–12:15 PM in Room 215

If you have a teenager in your house, you *may* be experiencing challenges in communication. You just want to talk about homework, chores, or friends, and somehow the conversation blows up! During the transition to adulthood, parent/child relationships can become strained, but learning effective communication strategies can help you prevent emotional firestorms, and even put out fires after they have begun. Join local counselor Mike Black for this free 1-hour opportunity to add some effective communication strategies to your parenting tool kit.



Register at ctk.church or contact Katrina Jones (katrinaj@ctk.church or 360-733-1337)

SAVE THE DATE!

Family Picnic in the Park

Sunday, June 26 • 1:30–3:30 PM at Squalicum Creek Park
1001 Squalicum Way, Bellingham

Families, let's kick off summer together! Pack your own picnic lunch, bring your lawn chairs or blankets, and meet us at Squalicum Creek Park to meet new CTK families and reconnect with people you haven't seen in a while. Don't forget your friendly competitive spirit as we'll have some fun lawn games and a scavenger hunt.

No need to sign up — just show up! Questions? Email Dyona at bh.kidsadmin@ctk.church.



Child Dedication at CTK

Offered several times each year based on interest

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.

If you participate in child dedication, you'll 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 classes culminate with a Dedication Ceremony a week later. We encourage you to invite your friends and family to celebrate with you and pledge their support in your commitment to your child.



For more information, complete a child dedication interest form at form.jotform.com/201265297176055

Why child dedication?



My husband and I chose to dedicate our son Yuri at CTK because we wanted a physical ceremony to represent the commitment we are making to raising our family in the Christian faith. We attended the classes to prepare ourselves for the dedication and

had good conversations about what dedication means and how to make our home have a solid foundation in Christ. My husband and I both prepared a reading for the ceremony and our family was able to attend, which was so meaningful.

We are glad to have dedicated our son at CTK and to be starting our journey as parents who raise their children in faith and provide family worship in the home. Our goal is to make our home a discipleship center for strong Christians who will have faith, compassion, empathy, and strong morals.

We have to trust in God every step of the way through this journey as a family. Dedication was the perfect way to realize the challenge of that commitment in today's world and get some practical advice for how to do that. We are so glad we chose to dedicate Yuri at CTK.

— SERGIE & KATIE TRUBNIKOV



Men's Biblical Deep Dive

MONDAYS, 7:00–8:00 AM
at CTK Bellingham

TUESDAYS, 6:30–7:30 AM
at Muljat Group Real Estate

WEDNESDAYS, Noon–1 PM
Online via Zoom

If you want a thriving life of faith with Jesus, the spiritual practice of Bible reading is key. But is your busy calendar getting in the way?

We know the challenge too well. That's why we've created The Biblical Deep Dive to fit within your workweek. We'll use an ancient Jewish practice called *midrash* to “seek with care” practical wisdom from scripture and apply it to our lives today. Each session has three parts: 1) reading 3 chapters of the Bible, 2) open discussion to find meaning together, and 3) applying wisdom to crucial areas of work and home life. Sessions last one hour and start/end on time to easily work into your schedule.

This is an ongoing experience and you're welcome to join any time.

Register and see find the latest added sessions at ctk.church/bellingham/events. Questions? Contact Brian Steele (brians@ctk.church or 360-733-1337)



Learn more
and sign up!

women

Stroller Striders

Every Wednesday, June 1–August 31
New park every month (*schedule below*)

Looking to get outdoors this summer with your little ones? Hoping to connect with a community of moms? Join fellow CTK mamas as we stroll around a local park and talk all things motherhood.

No need to sign up — just show up!
Questions? Email MacKenzie Granger
(mackenzieg@ctk.church).

JUNE Cordata Park
Meet at the first bridge by the covered picnic area

JULY Squalicum Creek Park
Meet by the playground

AUGUST Bender Fields in Lynden
Meet at the south end of the parking lot

Prayer Shawl Ministry

1st and 3rd Thursday of each month
10:00 AM–Noon in Base Camp

Join with others who knit or crochet to create shawls, blankets, hats, and scarves to give away to people dealing with a health crisis or difficult time in life. These lovingly crafted items offer comfort and a reminder that the CTK family cares. The group meets to knit and pray on the 1st and 3rd Thursday mornings of each month. Donations of yarn are always welcome and can be dropped off at the front desk.

If you would like to participate, donate yarn, or know someone who would appreciate a shawl, email Judy Lewis
(dfjpl@gmail.com).



Days for Girls

2nd and 4th Tuesday of each month
6:30–8:00 PM in Room 216

What if not having sanitary supplies meant days without school, days without income, days without leaving the house? Every girl in the world deserves an education, safety, and dignity. Days for Girls helps women and girls gain access to quality sustainable feminine hygiene and awareness by directly distributing sustainable feminine hygiene kits.

You can actively participate by coming together with other CTK women to make these feminine hygiene kits. You can help, even if you don't sew! Just come as you are and participate in the meetings.



Donations are always needed: thin washcloths, Fruit of the Loom panties (sizes 12–16), and new fabric (100% cotton and double-brushed flannel). Simply leave your donation at the reception desk.

No need to sign up — just show up!
Questions? Contact Stacy Koning
(stacyk@ctk.church or 360-733-1337)



SAVE THE DATE • FRIDAY, JUNE 17
women's special event
FIND YOUR VOICE
5:30–8:30 PM in the Meeting Place • \$10

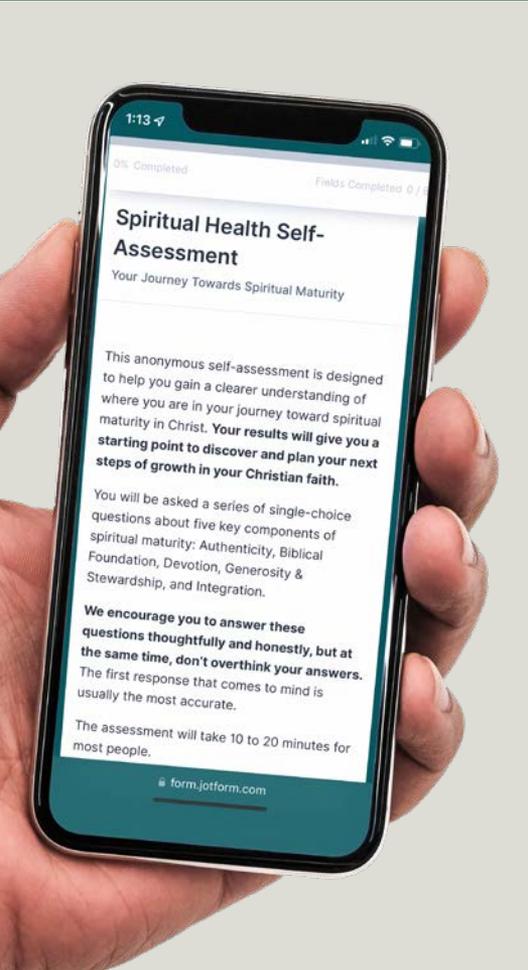
Have you ever wondered what you have to give? As women, we have a unique perspective on the world around us. That perspective is shaped by the ways God has designed us, the things we've been through, and the season of life we are in. He's also given each of us a unique voice so we can share that perspective for his glory and for the benefit of others.

Come hear from a multi-generational panel of women as they share their experiences with God and with his church. You'll have an opportunity to discover more about yourself and your role in the Kingdom of God. And maybe you'll gain a voice of your own!

Food & Drinks Served 5:30–6:00 PM • Program from 6:00–8:00 PM

Watch for registration details in May
Please contact Erin (erinc@ctk.church) **for more information.**

spiritual growth



How do I keep growing?

Every life that encounters the love and forgiveness of Jesus changes its trajectory. But over time, it's so easy to lose momentum...or lose our way. Somewhere along the way we exchange the transforming life of discipleship for a set of beliefs and routines that produce little to no change in us, our relationships, or the world around us. That is the last thing God wants for you!

As your church, we want to point the way to growth and closeness with God and others so that you experience a life full of purpose and meaning that truly makes a difference.

If you feel stuck, bored, or just hoped life would be better, we suggest that you find a trusted friend, mentor, leader, or pastor and go through the **Spiritual Health Self-Assessment** together. This tool is meant to help you identify where you are right now and find the next step God is inviting you to take. Once you've completed the assessment, there are many next steps you can take — anywhere, at any time. You'll find those at [ctk.church/shsa/nextsteps](https://www.ctk.church/shsa/nextsteps).

There are other next steps you can take with us right here at CTK. For example, this spring here are some opportunities we're hosting that help you move forward in a particular area of spiritual health:

- **Authenticity**
Rooted Small Group Experience (p.18)
 - **Biblical Foundation**
Men's Biblical Deep Dive (page 12)
 - **Devotion**
Hearing God class (page 16)
 - **Generosity & Stewardship**
Serve in CTK Kids (page 5)
 - **Integration**
Changes that Heal class (page 16)
- To get started, talk to another trusted believer and see if they'd be willing to meet with you after you take the assessment. Then go to [grow.ctk.church](https://www.grow.ctk.church) to take the assessment (about 15 minutes) and have it emailed to your discussion partner. If you are looking for someone to have this conversation with, you can also call the church and ask for a 30-minute next steps session with the pastor on call that week.

Do you know what's holding you back?

Self-assessment leads to tangible growth for a leader in our young adult ministry

BY J CHAVES



The Spiritual Health Self-Assessment opened my eyes to all the different areas of my faith. It showed me where in my life I tend to run away or not pay attention as much.

One area the assessment measures is integration. I noticed that bottling up my feelings impacted my faith because

I would just throw them at God one day and be angry at him, rather than walking with God and others as I go. Instead of confronting others, I would confront God. I was unaware that my feelings and relationships with others actually have a direct impact on how I understand God.

Having God reveal these areas to me helped me recenter and push myself to grow more in my faith! As a result, I have been communicating with others

and opening up more. I'm being honest with my feelings rather than bottling them up and keeping things inside until I explode.

It makes me feel very vulnerable at times, but I know God is calling me to it and it is growing my trust in him as he guides me through moments of discomfort. I think if I were to take the assessment in a few months my answers would be different—because I know I am growing!

community resources

You are not alone.

Many of us carry family burdens that others don't see — burdens that seem ours to bear alone.

But support and resources are available in our community, and we want to share some of those trusted resources with you.



Parents of Addicted Loved Ones palgroup.org

Parents of an adult child dealing with substance use disorder (either drugs or alcohol) can find hope and support through Parents of Addicted Loved Ones (PAL). PAL meetings help you find others who can walk with you. It's not an easy journey, but you don't have to go it alone.

A PAL group meets regularly in Blaine, and they invite you reach out for support. Contact Bev or David for more info at wamillards@comcast.net



Dementia Support Northwest dementiasupportnw.org

Since 1983, Dementia Support Northwest (formerly known as the Alzheimer Society of Washington) has served Whatcom County as an organization of volunteers, family, and friends of persons affected by Alzheimer's disease and other dementia-related illnesses. Their mission is to educate people about dementia-related diseases by supporting people with dementia and their caregivers, families, and friends. Dementia Support NW offers education, support groups, memory screenings, dementia training, and more.

Find out more at www.dementiasupportnw.org.
Email alz@dementiasupportnw.org or call 360-671-3316.



NW Regional Council Aging and Disability Resource Center

Since 1978, the Northwest Regional Council Senior Information & Assistance program has been helping seniors and their families access a wide range of public and private resources. Their goal is to support the independence, dignity, and health of older adults and people with disabilities. Their services are free of charge to adults age 60 and over, people with disabilities, and friends and family members on their behalf. These include connection to needed resources for long or short-term care, caregiver support, housing, and more.

Contact the Northwest Regional Council at (360) 676-6749 or visit www.nwrcwa.org/aging-and-disability-resources-adr



all adults



PHOTO: SCOTT SAYERS

Baptism Classes

In Person

After any service on April 23 & 24 in Room 210 • 1 hour class

Online via Zoom

Tuesday, April 26 at 7:00 PM
Visit baptism.ctk.church for link

If you've decided to follow Jesus and would like to be baptized in one of our services on April 30 or May 1, be sure to come to one of our baptism classes either in person after services on April 23 or 24, or join us online Tuesday, April 26. We look forward to hearing your story and explaining what baptism is all about.

No need to register, just show up!

Parents of children who want to be baptized should sign up with Dyonab Robson (dyonab@ctk.church or 360-733-1337).



Baptism
web page

Get Connected Dessert

Wednesday, April 20
7:00-8:00 PM in the Meeting Place

Are you looking for the next step in your walk with Jesus, or do you want to connect more with others at CTK as you grow in your faith? Whether you've been here a long time or you're new to CTK, you're invited to join us for our Get Connected Dessert. You'll have a chance to hear more about our groups, classes, and events for adults, meet some of our pastors, and get to know other CTKers. The event is free, and we would love to see you there!

No need to sign up—just show up!
Questions? Contact Julie (360-733-1337 or julieb@ctk.church)

Rooted

IN PERSON & ONLINE

8 Mondays, April 25-June 13
(not meeting on Memorial Day)
6:15 to 7:45 PM in the Meeting Place
and also online via Zoom • \$15

Our relationship with Jesus is supposed to be personal. But it doesn't always feel like that for many of us. Join the 8-week Rooted Experience to establish life-giving rhythms. Turn boring routine into actual encounters with the God who loves you. Rooted helps your faith in Christ grow with others in a small group setting. Your comfort zone will be stretched for all of the right reasons, whether you are new in your faith or have known God for a long time. We're offering both in-person and online options. If you're tired of being stuck, register for Rooted today!

Register and find out more at ctk.church/rooted or contact Erin Cron (erinc@ctk.church or 360-733-1337) with questions.



Register

Changes that Heal

BEST NEXT STEP
INTEGRATION

IN-PERSON

5 Sunday Mornings starting May 15
11:15-12:15 AM in Room 216 • \$15
or

ONLINE

5 Wednesdays starting May 18
7:00-8:00 PM via Zoom • \$15



As humans (*Jesus followers included*), we suffer from a wide range of emotional problems: anxiety, loneliness, grief over broken relationships, resentment, and feelings

of inadequacy. Some of us struggle with those problems for years.

In this 5-session group, we'll use Dr. Henry Cloud's book *Changes That Heal* to find biblical solutions for struggles with depression, anxiety, panic, addictions, and guilt. Together we can identify some of the gaps we each have that make it difficult for us to grow, and start on our journey of healing.

Watch for registration at ctk.church.
Contact Erin (erinc@ctk.church or 360-733-1337) for more information.



Senior's Lunch

2nd Thursday of Every Month
10:30 AM-Noon in the Meeting Place

Seniors meet monthly for fun, fellowship, and to enjoy lunch together. Invite a friend (50+) and join us. We will be meeting on April 14, May 12 and June 9. \$2 donation for lunch is appreciated.

Questions? Contact Kevin Brearley (kevinb@ctk.church or 360-733-1337).

FEATURED SPRING CLASS

hearing GOD

BEST NEXT STEP
DEVOTION

One of the most common questions Christians ask is, “How do I hear the voice of God?”

Many of us have never been taught how to listen in prayer—only how to talk. We don’t have much practice discerning God’s voice as distinct from our own, the enemy’s, other people’s, or the noise of our world.

In this 10-session class taught by Pastor Wendy Powell, you’ll not only learn the Scriptural basis for listening

to God in prayer, you’ll also be given time and space to practice listening and responding to God.

Join us as we lean into the promise of John 16:13: “But when he, the Spirit of truth, comes, he will guide you into all the truth. He will not speak on his own; he will speak only what he hears, and he will tell you what is yet to come.”

Two sessions of the class are offered in a Saturday morning workshop, *Finding God’s Help to Forgive* (see next column).

Hearing God

8 Mondays, May 9–June 27
6:15–8:00 PM in The Meeting Place

Plus Saturday morning workshop
June 4, 8:30 AM – 12:30 PM

Register by Wednesday, May 4 at
ctk.church or contact Daylee Hames
(dayleeh@ctk.church or 733-1337)



Register

HALF DAY WORKSHOP

Finding God’s Help to Forgive

Saturday, June 4
8:30 AM–12:30 PM
in the Meeting Place • FREE

Forgiveness... always hard, always God’s plan. *Always.*

Join Pastor Wendy Powell for a Saturday morning workshop that walks through receiving forgiveness as the foundation from which we can then forgive ourselves, others, and even God. The open invitation of the cross is a powerful path to freedom, joy, and healing for all who will humble themselves to walk it.

This workshop comprises the final two sessions of our Hearing God Class (see *left*) but is open to everyone regardless of participation in that class.

Find out more and register by Wednesday, June 1 at ctk.church or contact Daylee Hames (360-733-1337 or dayleeh@ctk.church) for more information.

Sorry, childcare is not available for this workshop.



Register

Childcare During Select 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, and Compass for ages 6–12 on Monday nights. Pre-registration is required. Registration may close prior to the deadline if childcare classes fill up.

Register for childcare online along with your adult class registration or contact Katrina (katrinaj@ctk.church or 360-733-1337)

small groups

BEST NEXT STEP
AUTHENTICITY /
BIBLICAL FOUNDATION

Rooted Small Group Experience

IN PERSON & ONLINE

8 Mondays, April 25–June 13

(not meeting on Memorial Day)

6:15 to 7:45 PM in the Meeting Place
and also online via Zoom • \$15

Childcare available (see below)

Our relationship with Jesus is supposed to be personal. But it doesn't always feel like that for many of us. Join the 8-week Rooted Experience to establish life-giving rhythms. Turn boring routine into actual encounters with the God who loves you.

Rooted helps your faith in Christ grow with others in a small group setting. Your comfort zone will be stretched for all of the right reasons, whether you're new in your faith or have known God for a long time. We're offering both in-person and online options. If you're tired of being stuck, register for Rooted today!

REGISTER at groups.ctk.church

by Mon., April 18 or contact Erin Cron
(erinc@ctk.church or 360-733-1337).



Scan QR code
for more info

What about my kids?

Childcare and Compass are available along with the in-person session

If you'll be attending the in-person Rooted Small Group Experience, free childcare is available for 5 and younger with RSVP in advance (see page ??). For kids age 6–12, Compass runs concurrently with Rooted, so it's a great option for older kids (see page 5).

Working together to serve a hurting community

Caring for one another reaches beyond the circle of friends for this small group of “Golden Girls”

SHARED BY CAROL ZOET

The disastrous floods in Whatcom County last November moved many to want to help. The opportunities to reach out were everywhere and were projected to last well into the coming year. So many people needed help pushing their lives back together.

Seeing this need, our CTK small group reached out to be the hands and feet of Jesus. When Samaritan's Purse set up a base camp at Sonlight Church

in Lynden, four of our ladies signed up for orientation and volunteered to help. Ivy, Sharon, and Arlene spent time helping in the kitchen preparing meals for the volunteers. Sandy joined a team to head out to Everson to help clean a home that was full of mud.

“We were welcomed,” says Ivy, “even though we didn't think, as seniors, that we could actually work on the flooded home! We worked very well as a team,





spending time in prayer before starting our shift and making new friends.”

Arlene especially enjoyed the fellowship with the other volunteers from several different churches. Everyone worked together for one goal of serving the hurting community.

Sharon was impressed with the professional management of the out-

reach. Everyone was so well organized.

Sandy will always remember how the lead supervisor had all the volunteers write a message and sign a Bible that was given to the homeowner when their home was completely gutted and ready for the contractors. The homeowner was encouraged to read the Bible and to give their hearts to God.

Meanwhile, I met Mari, a flood victim from Sumas at Lynden Manor. This assisted living facility had become home for a few Sumas and Everson residents who were displaced by the flood while their homes were being restored.

Knowing that my small group had a generous desire to serve, I brought Mari’s story to our group. We agreed to pool our resources to buy a Lowe’s gift card to help purchase supplies needed to make Mari’s home livable again.

When you see your home of 66 years and all your belongings covered in mud and thrown into a dump pile, the trauma and pain is deep. Shock and numbness can set in. When you are elderly, so many of your memories are tied to these belongings. Gone was



Small group superheroes Sandy, Arlene, Ivy, and Sharon.

the grandfather clock that Mari and her late husband received as a wedding present. Gone was his special chair.

Grieving takes time; so does rebuilding a home. Hopefully, in some small way, our small group was able to bring some comfort, encouragement, and the hope of Jesus to those who have experienced such life-changing loss.

**Have your own story to share?
Email it to stories@ctk.church.**



Scan the QR code to email us your story



visit
groups.ctk.church
to find out how CTK can help you start a new small group or get connected



outreach ministries

CTK Response Team Info Meetings

IN PERSON Sunday, June 5
12:30-2:00 PM in Room 215

or

ONLINE Wednesday, June 1
7:00-8:00 PM via Zoom

Come meet the team of CTK volunteers coordinating these opportunities and get a lot more of the specifics, as well as the heart behind this ministry.

No need to sign up—just show up!
To join the online meeting, visit ctkserves.org/respond.



CTK Response Teams leaders Ed Schild, Scott Roberts, and Ray Elliot

NEW! CTK Response Teams

Familiar opportunities—new name and expanded team!

Serving can take us many places—just across the church aisle, into our community, or even across the country. The people of CTK have been serving in these ways for many years, and now we have a new volunteer leadership team coordinating all these efforts under a new name: **CTK Response Teams**.

When a church family member needs a helping hand, some know-how, or a team of extra hands, would you make yourself available to help? It could be with a home repair, yard work, or moving as the need arises.

We also want to continue to be a “go-to” church for our community—a group of people they know they can call for practical, boots-on-the-ground help. When our Community Partners reach out to us to build a fence, assemble a playground, re-floor a group home, clear a playfield, or paint/clean/organize a space, we want to be able to say yes! Can we reach out to you to join the effort?

When disaster strikes both here at

home and in other parts of the country, we recognize that God has blessed us to be a blessing for those in need. We plan to send 3-4 disaster relief teams for a week of meaningful work, good fellowship, and making a difference as we serve others. Could you see yourself on one of those teams?

Upcoming Service Opportunities

We plan to have response teams serving here in Whatcom County every couple weeks June through October meeting needs of the CTK family and our Community Partners. We're also organizing two disaster relief trips—one in August, one in October. If you're interested in either opportunity, please attend one of our **Response Team Info Nights** (see col. 1). If you're not able to attend either info meeting, go to ctkserves.org/respond and click **I'm In!** We'll add you to the list of those willing to help and invite you to be part of response teams as they come up.

NEW!

YES CARDS FOR EDUCATORS

Are you a CTK'er who works within the educational system?

Whether you're a custodian, a superintendent, or anything in between, you are touching the lives of kids. We want to support you in the important work you are doing. So whether it's stickers, craft ideas, or a new coat or shoes for a child, we want to help you meet the needs that you see—up to \$250.

For example, we received a YES Card request from Bethany Yuly, a teacher at Skyline Elementary School who noticed

a lack of First Nations picture books in their library. She requested our help to purchase books so that their stories and history would be represented at the library. She provided a list of options for appropriate books and we were able to meet that need and deliver the books to her.

To apply for a YES Card, visit us at ctk.church/blessing and click on CTK'ers in Education.



Not sure if the need you see fits? Fill out the form and let's have a conversation!

ctk farm & food share

COMMUNITY PARTNERS

Introducing our newest Community Partner, World Relief

CTK is proud to launch a new partnership with the recently-opened Whatcom County office of World Relief, a Christian organization that has been resettling refugees in Washington State for the last 30 years. We're excited to engage with their mission to equip the local church to serve the most vulnerable.



The Bible paints a compelling picture of the safe haven, the just ways, and the abundant generosity of God and his people. As we seek to live this out, we could not be more pleased to have the infrastructure, expertise and support of World Relief.



In forging this partnership, we are blessed to have four CTK'ers informing the dialogue and shaping our initiatives. Aiching, Babafemi, Dolapo, and Malissa have their own life experience, relevant professional expertise, and huge hearts that make them invaluable collaborators as we develop what it will look like for CTK to play a part in welcoming refugees to Whatcom County.

For more information, visit ctkserves.org/worldrelief

360-733-1337

Come and See: CTK Food Share & Farm

Have you ever wondered what the CTK Farm actually looks like? Or where all the food we grow and collect goes? Are you looking for a community to get your hands dirty with? The CTK Farm deploys 100+ volunteers to grow and harvest 115,000 pounds of food each year that we distribute to our partners throughout Whatcom County. Come and see what God is up to through the CTK Food Share & Farm.

Sign up to come take a tour and learn what we're all about. At the end of the tour, stay for an hour or two to jump in and do some work in the field.

Come and See dates:

Monday Mornings, 9:30 AM-Noon

- May 23 • June 6
- May 30 • June 20

Thursday Evenings, 6:00-8:00 PM

- May 26 • June 2

Visit ctkserves.org/farmteam for more information and to sign up. Questions? Email Faith (faithw@ctk.church).



Sign up for a tour



"I'd love for you to come out to the farm and see the variety of veggies that we've started. Everyone at the farm is friendly, helpful and welcoming whether you have a green thumb or not. We look forward to seeing you there!"

SUE, HEAD GROWER

"Don't hesitate to 'Come and See' and work alongside enthusiastic volunteers in full view of Mount Baker at the CTK Farm. We'd love to meet you and share in our enjoyment."

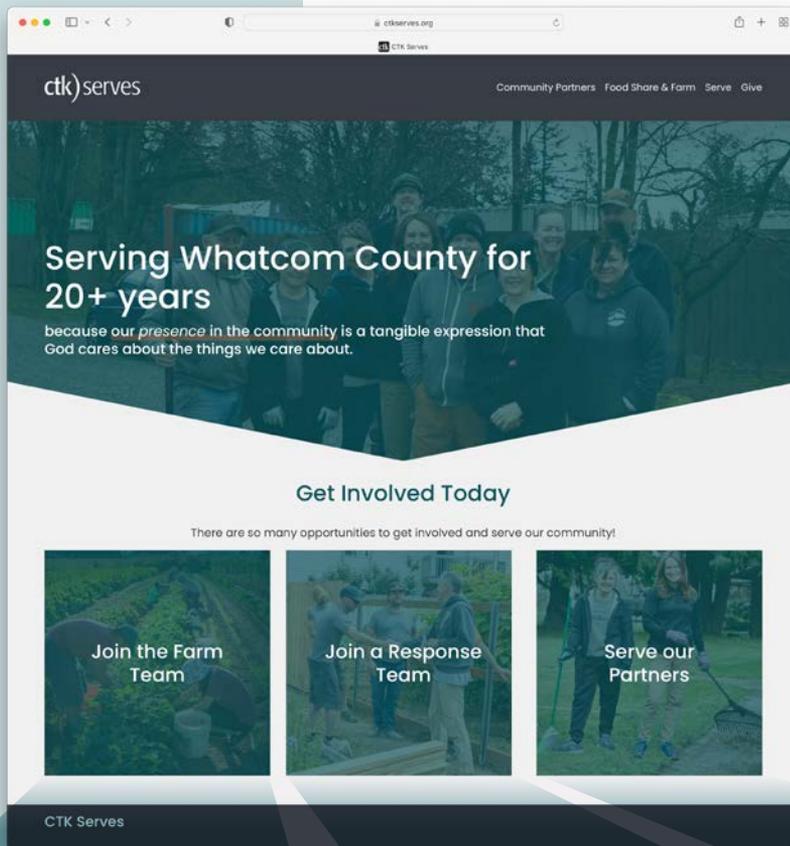


JOHN, FARM MANAGER

Follow us on Facebook facebook.com/CTKFoodShareFarm



Explore the all-new ctkserves.org

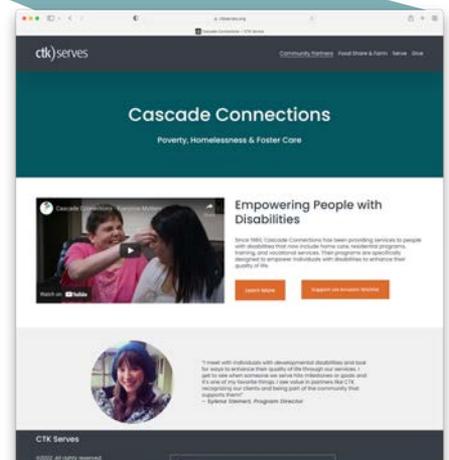
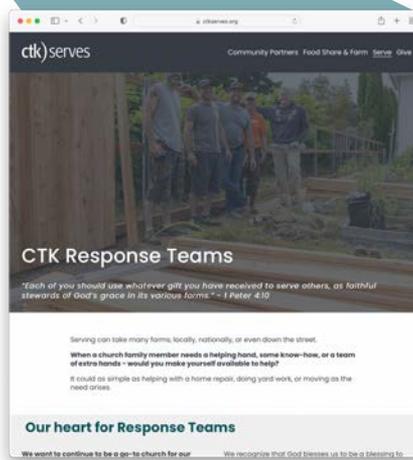
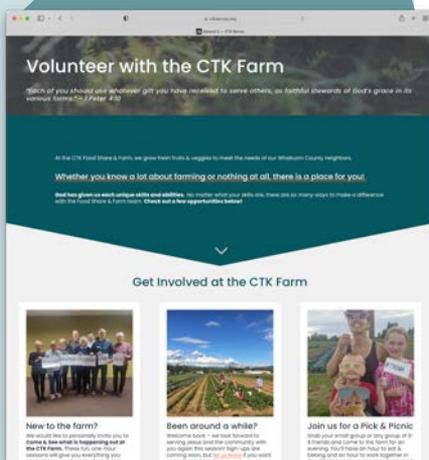


SERVING OTHERS is a spiritual practice that can fast-track your spiritual growth like nothing else!

And when it comes to serving our community and beyond, **ctkserves.org** is your hub for serving opportunities, information, and and inspiration.

Stop by and learn how you can get involved with the CTK Farm, CTK Response Teams, and with any our community partners... and that's just the beginning!

Visit **ctkserves.org** today!



rightnow media

rightnow MEDIA

CTK's Bible study library is now digital...

AND GIGANTIC.

Over 20,000 discipleship videos for kids, youth, and adults.

android chromecast  iPhone & iPad **Roku**  tv fireTV

www.rightnowmedia.org



RightNow Media is a great tool for taking the 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 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 groups or one-on-one Bible study.

To get started with RightNow Media go to **ctk.church/rightnowmedia** or ask at Reception for assistance.



service times

Saturdays at 6:00 PM

Sundays at 9:30 & 11:15 AM

All services are offered in-person and online

Children's program for 5th grade and younger
at both Sunday morning services



CHRIST THE KING COMMUNITY CHURCH

BELLINGHAM CAMPUS

4173 Meridian St • Bellingham, WA 98226

360-733-1337 www.ckk.church

Follow us on Facebook & Instagram

@ctkbellingham