

ctk life

WINTER 2023



CHRIST THE KING
COMMUNITY CHURCH

Tap into something deeper.

IN WINTER'S DARK DAYS

most of nature takes a break from showing off its colorful flowers, bright green foliage, and tasty fruit. But beneath the surface, roots are drawing in water and nutrients for the seasons ahead—seasons of warmth, beauty, and bountiful harvest.

This season could feel the same way for you, and it could produce the same fruitfulness in days to come—if you'll root yourself in God's word and community this winter.

In these pages, you'll find many options to connect, grow, and serve. We're always here to help you engage and take your next step of growth.

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



I stepped through the doors of Christ the King Church

just over 24 years ago. One of the first impressions I recall is that the values of authenticity

and transparency were everywhere. There was little tolerance for Christian platitudes or bumper-sticker answers; I saw real people approaching wholeness in Jesus as both a promise and a dream.

When I became the Lead Pastor in 2003, I remember thinking that I should embody and understand these values, so I entered my first season of recovery through *12 Steps: A Spiritual Journey*. Little did I know that God would meet me in ways I never expected. In facing some deep personal wounds and issues, I found a God of grace, a community of acceptance, and new reality that God desired freedom for me—not merely grudging compliance.

I discovered that on the other side of this authentic journey, God had a place of freedom and joy that I never thought possible.

This winter, we are going to face our issues and wounds together. We are going to take God at his word as

we grasp his promise and admonition from Galatians 5:1:

It is for freedom that Christ has set us free. Stand firm then, and do not let yourselves be burdened again by a yoke of slavery.

Have you ever dreamed of being free from that habitual sin that seems to get the best of you at every opportunity? Have you ever imagined what life would be like if you could gain victory over that one stubborn sin area that has defied your best attempts to overcome? Have you ever considered that a life of freedom is not only possible, but also your **right** as a child of God?

I want to invite you on a journey of authenticity, discovery, emancipation, and liberation in this season! Together, we're going to reclaim some territory that has been stolen from us because Jesus is going take back all that the enemy has taken.

Don't let the daunting nature of the journey keep you from pursuing the freedom Jesus promises. He will be with us every step of the way. I can't wait to hear the stories of how Jesus helped us all break free!

In this as a family,
Grant





CTK has been a part of my life for over 27 years

(24 of those as a staff member). Part of what drew me and my family to Christ the King

was the church's willingness to be honest about the reality of the human struggle and about the complexity of everyone's story. There was an unusual commitment to naming reality *while* extending the greater reality of the healing, restorative presence of Jesus.

For the first time in my Christian walk, I encountered a community where it felt safe to be honest about my struggles without being made into someone's project. I could be transparent about where I doubted and what I feared without someone calling into question my faith in Jesus. I think for the first time I had hope that a community could not just *look* like—but *live* like Jesus was real and able to heal and restore people. These people didn't judge me for my honesty; in fact, they turned toward me and said, "I struggle too. Let's struggle together."

This way of behaving toward one another is embedded in a rich

history of recovery ministry at CTK. Twenty-seven years ago, it seemed revolutionary to integrate recovery into our spiritual formation ministries. Today, recovery ministries are found in many church settings as a container for the redemptive process of Jesus through his Holy Spirit. Today, we are still committed to those core things I encountered over two decades ago: authenticity, transparency, safety, healing, and restoration.

At CTK, we say that recovery isn't just about what you are recovering *from*, but what you are recovering *to*—the life that God intends for you. Recovery as a part of our spiritual formation process gets at the root of our identity. It fleshes out what we really believe about God, about ourselves, and about the world around us. It is my belief that until we wrestle with these questions honestly, we can't get to the heart of what God wants for us.

This winter we are diving deep into the recovery process together. In these pages you will find great opportunities for all ages to say yes to. Please don't miss this opportunity! Recovery really is our common journey.

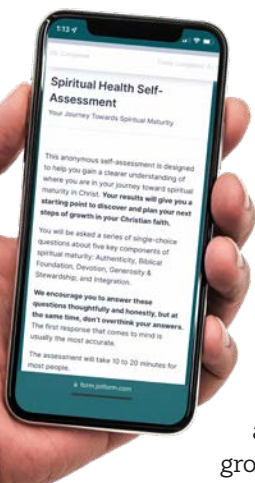
Blessings,
Melonie

PHOTO: SCOTT SAYERS



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Are you stuck in your faith? Want to grow but don't know how?

The Spiritual Growth Self Assessment is a tool to help you grow in your faith! As you respond to a series of questions in 5 different categories (Authenticity, Biblical Foundation, Devotion, Generosity & Stewardship, and Integration) you start to discover and plan your next steps to grow spiritually. While there are 5 categories, authenticity really is at the core of spiritual growth and this assessment. It's pretty difficult to grow until we first learn to be real with ourselves, God, and others. Take the assessment at grow.ctk.church.

Based on what you learn about yourself, you can find several ways to explore next steps at grow.ctk.church:



- Download the conversation guide and ask a close, Christian friend to process with you
- Download the small group guide and share your results with each other as a group
- Check out specific spiritual practices, books and other next steps pertaining to each section of the assessment

This winter, think about joining other CTK'ers to grow together in one of these areas by engaging in one of these opportunities to grow:

- **Authenticity:** Steps (page 16); Unwanted (page 17)
- **Stewardship & Generosity:** Who God Made Me to Be... and Why (page 18)
- **Devotion:** Hearing God (page 18)
- **Biblical Understanding:** Small Group Experience (page 18), Men's Biblical Deep Dive (page 15)
- **Integration:** Beauty for Ashes (page 17)

Not ready to dive into the whole assessment? Try out just the section on Authenticity (right). While you're going through the statements, pay attention to the following:

- Which statement stands out to you the most?
- What feelings arise as you read through the statements?
- Do you see any opportunities for growth, especially where you'd respond with "Not very true" or "Sometimes true"?

Respond to each statement with one of the following:

Not very true, Sometimes true, Mostly true, Very true

1. It's easy for me to acknowledge and name what I am feeling inside.
2. I am open to exploring previously unknown or unacceptable parts of myself, allowing Christ to fully transform me.
3. I can share freely (without shame or guilt) about my emotions, sexuality, joy and pain.
4. I am honest with myself and a few close others about the feelings, needs, doubts and hopes beneath the surface of my life.
5. I am intentional about working through pain and trauma from my past that has shaped my present, such as abuse, death of a family member, divorce, unexpected pregnancy, addiction, or financial disaster.
6. I don't need the approval of others to feel at peace with myself.
7. When I experience disappointment or loss, I reflect on how I am feeling rather than pretend nothing is wrong.
8. When I'm in pain, I move toward God instead of pulling away from him.
9. I am able to cry and experience depression or sadness, explore the reasons behind it, and allow God to lead me through it.
10. I accept myself, having come to terms with the life I have been given.
11. When I feel angry toward God, I feel safe expressing my anger to him.
12. When I fail, I turn to God for help and forgiveness rather than finding ways to avoid him.

This is just a glimpse into the Spiritual Growth Self Assessment, an accessible tool designed to help you name where you currently are and where God may be inviting you to more! If you're curious, join us for the workshop, **Identify Your Next Spiritual Step** (page 18) where we walk through this in detail together. You will take the assessment alongside others and identify possible next steps.

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



all-church events

CONNECT SUNDAY

GET CONNECTED THIS WINTER

Connect Sunday

Sunday, January 22

After Both Services in the Commons

At the start of a new year, we naturally start thinking about next steps. At CTK, we would love to help you find what's next for you in your walk with God. On Sunday, January 22, take a moment after either morning service to grab a snack, connect with those in our church family, and learn about upcoming events we're offering this winter. Can't wait to see you there!

ALL-CAMPUS

Annual Family Meeting

Sunday, February 5

12:30–2:00 PM in The Meeting Place

Lunch 12:30–1:00 PM • Meeting 1:00–2:00 PM

Please join us after the 11:15 service on February 5th for our All-Campus Annual Family Meeting. A light lunch will be served at 12:30 PM and the meeting starts at 1:00 PM. We'll review the past year, hear from campus pastors, and voting members will have an opportunity to affirm new Church Council members. Sorry, no child-care available.

This meeting will also be live streamed at ctk.link/familymeeting.

Watch for the sign-up link at info.ctk.church.

Annual Family Meeting



St. Patrick's Day Game Night

Friday, March 17 • 6:30–9:00 PM in the Meeting Place

Bring your friends and family (or meet some new friends here), and try your luck at our church-wide game night! We'll be hosting a St. Patrick's Day-themed evening with games for all ages and stages of life. Play card games or board games... giant games, fun games, and challenging games... even indoor lawn games! Plus crafts for kids, lots o' snacks, and treasures to be found all evening long. Wear green for an extra chance at striking gold in our grand prize drawing. Come when you want, leave when you're ready, and have tons of fun in between!

No need to sign up—just show up and have some fun!
Questions? Email Missy (missym@ctk.church).

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, go to
ctk.church/rightnowmedia
or ask at Reception for assistance.

community partners



Learn more about all our community partners

at the display wall as you enter the building or at ctkserves.org/partners.

If you feel led to bless one of these partners, we also have Amazon Wish Lists from each of our community partners at ctkserves.org/wishlists.

Introducing Our New Community Partners

We are excited to announce four new CTK Community Partners! We have been cultivating relationships with each of these nonprofits for a while and are looking forward to more collaboration with them across our six campuses. We have chosen to focus our volunteer and financial support on a few long-lasting partnerships with local nonprofits that we respect who are working in one of our five focus areas.

New Partner in the area of Disabilities **Dementia Support Northwest**

Dementia Support Northwest offer wonderful support groups for both caregivers and those affected by dementia. We are also excited to host their first respite program here at CTK Bellingham beginning in early March. They offer information, assistance navigating community resources, and other practical help along this journey.



To learn more, visit dementiasupportnw.org

New Partner in the area of Kids & Families **Be the One**

This innovative one-on-one mentoring program began in Lynden and established a Ferndale program in 2018. CTK Ferndale has taken the lead on this partnership and will spearhead our support of their great work. If you live out in the Ferndale area, we encourage you to get to know this small nonprofit making an incredible impact!



To learn more, visit partnersforschools.org

New Partner in the area of Hunger Relief **The Bridge Community Hope Center**

The Bridge has several key programs to serve their community including a Birch Bay food distribution which partners with our Food Share ministry. North Bay CTK has taken the lead on this partnership and will be identifying ways that any CTK'ers living out in that area can support this wonderful nonprofit right in their own backyard.



To learn more, visit thebridgehope.com

New Partner in the area of Kids & Families **Blaine Community Assistance Program (CAP)**

This thoughtful, creative nonprofit has been a solid partner of CTK Blaine since they launched 3 years ago. We are excited to find ways to support them as a whole network of churches and connect CTK'ers living in Blaine to some wonderful ways to serve their neighbors.



To learn more about all that they do, visit blainecap.org

Shining A Bright Light

For the last 16 years, the CTK Food-Share ministry has been on a journey learning how best to bring light to the community through our work with organizations that meet the hunger needs of our neighbors. This year, we were able to continue that journey using the farm as a way to bring the community to us through many different events and partnerships.

One specific bright light this year was hosting 120 second graders from Irene Reither Elementary for a field trip to the farm. Watching the kids craft, learn about planting, try some new things, and just have fun was an incredible experience for our volunteers and the teachers who brought them.



One teacher told us a story of a child who typically has trouble engaging in class and focusing. She was delighted to see him totally engaged and having such a joyous time. What a bright spark to all of our experiences!

As a stop on the Sustainable Connections Whatcom Farm Tour, 150 community members toured the CTK Farm. Sharing our work in the community and how our farm is volunteer-run was another bright light showing that, as a church, we care for the community in this way.



We also hosted a partners' volunteer appreciation event, co-hosted a pumpkin/costume giveaway in Fern-dale, and hosted eight "Come & See" new volunteer orientations.

In these winter months, hunger is still an issue and we need your help to continue shining a bright light in our community. Donate shelf-stable items each month to help support our neighboring schools, seniors, and community. See what items are needed at ctkserves.org/fsf-donate or follow us on Facebook: [CtkFoodShareFarm](https://www.facebook.com/CtkFoodShareFarm).



DID YOU KNOW?

Our FoodShare & Farm Director shares a report each month highlighting things happening in the FoodShare ministry.

If you'd like to stay in the know about what God's doing out at the farm, scan this code to get on the list.



2022 IN NUMBERS

563 volunteers
put in **7,430** hours

You donated **4,338**
shelf-stable food items

The farm gave **91,649**
pounds of produce to
18 food share partners

A Note from the CTK Blessing Coordinator



My name is Keri and I've been CTK's Blessing Coordinator for 3 years. I meet people in some of life's hardest moments such as a job loss, illness,

or grief. It's a privilege to walk alongside them as they navigate those difficulties and to see God meet them in the midst of the hard.

My heart is always to invite God into the situation—to help me see whoever's in front of me through his eyes. He helps me create a safe space to talk about hard things, and he helps to direct the conversation. Sometimes a thoughtful question opens up new possibilities.

To a mother who was in active addiction, I've seen God show up through support and community. Now she's in recovery and has reconciled with her children.

I see God's compassion show up when someone loses a loved one and we're able to provide for their practical needs.

I see God show up through the generosity of CTK'ers, which enables us to meet the many needs that come to us throughout the year.

Thank you to all of you who give to the CTK Blessing! I know firsthand how much it means to those it blesses.

If you'd like to see some of those stories over the years, check them out at ctk.church/blessing.

kids



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, and learn how much Jesus loves them (and how to love him back)!

Questions? Contact Angel Finsrud (angelf@ctk.church or 360-733-1337 ext. 2241)

Invest in the future!

Time is a limited resource, and how you spend yours could change a child's life. As a part of the CTK Kids volunteer team, you help form the foundation for kids to grow in their love of Jesus, their identity as a child of God, and their purpose in the world!

Our volunteers always serve as part of a team, and all curriculum and supplies are provided. Prep time is minimal, and you can serve on a schedule and with an age group that works best for you. Join our team and invest your time in ways that will impact eternity.

Let us know you're interested at serve.ctk.church or contact Katie Litovchenko (katiel@ctk.church or 360-733-1337).



Scan to explore opportunities

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 the service. 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 years 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–5th Grade

Every adventurer needs a base to venture out from, and that's what Base Camp provides for K–5th graders. It's a place to grow and discover God's truths while learning to love others well. As kids develop their relationship with Jesus, they will grow in their identity in Christ and learn to look out for "God opportunities" and avoid pitfalls that can cause us to lose our way.



Construction is coming along on our kids ministry team! As past team members have transitioned to new opportunities, new team members are joining our team.

Construction can be exciting as we anticipate stepping into a bright new future. Construction is also often time-consuming. So, while things may be a little quieter in kids and family ministries this winter, please rest assured—it's only because we're building a new team that's energized and excited to walk alongside you and your kids in the months and years to come.

In the meantime, our team is here to worship and grow with you each weekend. Be sure to check out our **Facebook** and **Instagram** pages (**CTK Kids Bellingham**) for fun ideas on how to grow together in your faith as a family.

visit

kids.ctk.church

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



students



SUNDAY STUDENTS SECTION

Every Sunday at the 11:15 Service

Middle schoolers and high schoolers—come sit with us at the 11:15 service! If you're in 6th through 12th grade, look for the roped off reserved seats in the front left section of the auditorium and worship together with other students and UNITED leaders!



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

360-733-1337

WEEKLY GATHERINGS

Middle School United (MSU)

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

Middle schoolers: Middle school UNITED meets every Tuesday night and we would love to see you there! Come join our community as we follow Jesus together. And don't forget to mark your calendar for **Super Tuesdays**—fun outings on the last Tuesday of every month!



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

High School United (HSU)

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

High schoolers: High school UNITED meets every Sunday night and we'd love to see you there! Come join our community as we follow Jesus together.

No need to sign up — just show up Sunday at 6:30 pm. Use the side entrance facing DSHS.



SPECIAL EVENTS

March Madness

Middle School Overnighter
March 10 & 11
Starts at CTK Bellingham

March Madness for middle schoolers is coming March 10 & 11! This overnighter is a great place to build friendships in our community through the (controlled) madness of games and activities hosted at the church and other local venues. When it comes to following Jesus, we believe there's power in friendship, and that friendships grow through shared activities and experiences. March Madness is one of the ways we help that happen for middle schoolers. Save the date and invite your friends!

Stay tuned for more details and registration link at ctk.church. Questions? Contact Logan Nelson (logann@ctk.church).



High School Winter Retreat

January 27–29 at Cedar Springs Camp
Lake Stevens, WA • \$140

Attention, high school students: the HSU winter retreat is coming at the end of January, and we want you to be there!

Come take a weekend to escape the distractions of school, family, sports, and so much more and focus on connecting to community and your relationship with God instead. We're staying in cabins at Cedar Springs Campground in Lake Stevens, WA. Expect good food, wild competitions, time to relax with friends, and group sessions where we worship God and dive into the Bible as a UNITED family. Did we mention the camp has its own climbing wall and archery tag course?

Whether you're simply curious about God or want to grow in your relationship with him, this will be a place for you!

Register by Thursday, January 12 at ctk.church. Questions? Contact Missy (missym@ctk.church).



families



Family Spiritual Growth

At CTK, we're committed to investing in the health of our church families. Our Family Growth Opportunities provide quick, easy and fun ways to start or continue thriving in the most important role you could hold in your kids' lives. We've created online resources to equip and encourage parents. Look for these on our CTK Families Instagram and Facebook group (@ctkfamilies) and on our web page, [ctk.church/bellingham/families](https://www.ctk.church/bellingham/families). We're grateful to partner with you in raising children who know they're loved by God and understand what it means to love him back.

Want to know more? Contact Sydel McKim (sydelm@ctk.church) for more information

Join the CTK Families Text Group

Subscribe to our text group to have helpful tips and updates right in the palm of your hands. Scan the QR code below or Contact Missy Matteson for more information (missym@ctk.church).



Join the CTK Families text group

Emotion Coaching

Tuesday, January 24
6:30–8:00 PM in Room 216

We humans come with a lot of feelings! From toddlers to teenagers and even adults, how we manage our emotions in times of anger, fear, sadness and joy impacts each situation and relationship in our lives. At every stage of parenting, you'll navigate emotions in your kids that are all over the map. And often, our feelings about and responses to our children's emotions are based on our own upbringing, for better or worse.



That's where emotion coaching can make a difference. Learning this skill set can help you respond to emotions in ways that strengthen your child's resiliency and decrease everyone's stress and struggle when emotions run high. Join us for this one-night workshop and leave with a new set of tools for parenting.

Register by Sunday, January 22
at [ctk.church](https://www.ctk.church) or contact Sydel McKim (sydelm@ctk.church or 360-733-1337).



Follow CTK Families on Social Media

Stay in the know with CTK Families on Facebook ([CTK Families](https://www.facebook.com/CTKFamilies)) and Instagram ([@ctkfamilies](https://www.instagram.com/ctkfamilies)). Find encouragement, connection, and practical support for the parenting journey. Plus stay up-to-date on great opportunities for your family to connect, serve, grow, and play together!

Talking With Your Kids About Relationships & Sex

2 Tuesdays, February 28 & March 7
6:30–8:00 PM in Room 215

For most parents, the subject of sex can be a tough one to navigate. But everyone is talking about it, so our kids need us to step up to the conversation.

We want to partner with you to form a healthier narrative around this subject. Join us for two Tuesday evenings as we get equipped for conversation by learning the statistics, the slang, and the essential conversations to have—all from local experts who work in the field of sexual health education. Our kids have been exposed to so many opinions and ideas about sex; equip yourself now to be the voice they trust most.

Register by Sunday, February 26 at [ctk.church](https://www.ctk.church) or contact Sydel McKim (sydelm@ctk.church or 360-733-1337).

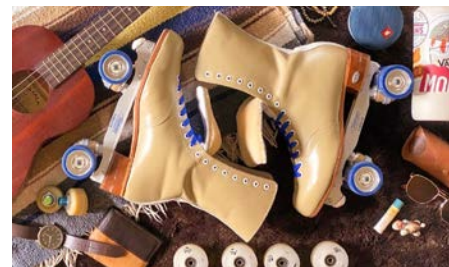


PHOTO: NEHEMAH JONES

Family Skate Night

Sunday, February 5
4:30–6:30 PM at Lynden Skateway
Cost to you is just \$3 per skater

Calling families of all ages to join us for a ton of fun at the roller rink! Whether you want to burn off some energy, make memories, or break out the dance moves, this is sure to be an afternoon to remember. Bring everyone you know and get ready for prizes, games, family-friendly music, and so much more. A great time to connect with other CTK families!

No need to sign up—just show up!

Foster & Adoptive Parents Night Out ATTEND OR VOLUNTEER

Friday, March 10
6:00–8:30 PM in Base Camp

There's a saying that if you **tell** someone something, they may forget; if you **show** them, they may remember; but **involve** them, and they will understand. We want to give parents an opportunity to involve their kids in the spiritual practice of serving others. How, you ask? CTK is hosting an event to support and encourage foster and adoptive families in our community, and your family is invited to help make it happen!



With your help, we can say thank you for the important work these families do by offering the kids a night of fun while the grown ups take a little time to recharge. Help with crafts, facilitate games, serve dinner—there are lots of ways to help. This service opportunity is ideal for families with kids 2nd grade and older, but some behind-the-scenes opportunities may work for families with younger children.

If you're a foster or adoptive parent, please come enjoy the night! Register your kids (8th grade and younger) to attend while you take a night off.

Are you a foster or adoptive parent? Register your 0-8th grade kids to attend while you take a night off! Register at ctk.church or email Missy (missym@ctk.church).



To learn more about serving at this event, contact Sydel McKim (sydelm@ctk.church or 360-733-1337).

Restoring Relationships with Your Kids

Sunday, March 26
9:30–10:30 AM in Room 216

Whether it's a sudden loss of temper with your kids or a pattern of heated interactions, learning how to repair after you blow it has the power to restore what has been broken. Every parent makes mistakes; what you do afterwards has the greatest impact on your relationships.

Join us for just an hour on a Sunday morning to learn ways to build a healthier and happier connection with kids of any age. You'll gain practical tools to move forward through owning your choices, making repairs, learning to forgive, and resetting your communication style.

Register by Sunday, March 19 at ctk.church or contact Sydel McKim (sydelm@ctk.church or 360-733-1337).



Moms in Prayer

Every Wednesday Morning
9:00–10:00 AM in the Prayer Room (214)

Moms—the power of prayer over whatever your child might be going through can be even more hopeful when you pray with other moms. Join us on any or every Wednesday morning to pray for your children, their teachers, and our schools, using the promises in God's word. Replace fears with hope, and connect with other moms to find encouragement and support.

No need to sign up, just show up any Wednesday morning. For more information, contact Sydel McKim (sydelm@ctk.church or 360-733-1337).



Meet Sydel McKim, Family Ministry Director

We're excited to introduce you to our new Family Ministry Director, Sydel McKim. Sydel felt God's presence in her life at a very young age and made the best decision to fully follow him at a Young Life camp for middle schoolers in 6th grade. She's been married to her husband Jeremy for 22 years, and is mother to daughter Bailey (20), and son Hunter (18) and Sam (13).

Sydel has 25+ years of experience working in youth, teen, and college Ministries through Young Life. She is also a Certified Parent Coach and appreciates working with parents navigating the many seasons, joys, and challenges they are growing through at every turn.

Are you passionate about parenting and family life?

Do you have wisdom and experience to offer to families? Do you currently work in a career that supports family development? Are you passionate about the importance of parents at each stage of development? We are interested in hearing from you!

If you would like to know more about becoming a volunteer on our Family Ministry team, we would love to meet with you and hear your ideas.

To schedule a time to meet, contact Sydel McKim (sydelm@ctk.church or 360-733-1337).

women

WINTER WOMEN'S STUDY

When Strivings Cease

Choose from:

7 Monday Evenings starting January 16
6:00-8:00 PM in Room 215 **or**

7 Wednesday Mornings starting Jan. 18
10:00 AM-Noon in the Meeting Place
\$20 • Childcare on Wednesdays only



When Strivings Cease, by Ruth Chou Simons, is an invitation to rethink our preoccupation with approval and the striving that comes because we feel like we're forever missing the mark. It offers a deeper understanding of what God's generous, unmerited favor really accomplishes in and through us when we receive the gift of grace. Come find freedom from anxious striving and fuel for living loved and transformed. Join other women for this 7-session study that includes teaching, small group discussion, and prayer for each other. Limited childcare is available for the Wednesday morning session by RSVP only. See details at the top of this page.

Register and find out more on the women's page at ctk.church. Questions? Contact Pastor Stacy Koning (stacyk@ctk.church or x2257).



Learn more
and sign up

Childcare During Wednesday Women's Classes

Planning to attend a Wednesday morning women's class? We offer free child care for ages 5 and younger. Pre-registration is required. Registration may close prior to the deadline if childcare classes fill up.

Register for childcare online along with your own registration.

KNITTING/CROCHETING GROUP

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 items offer comfort and a reminder that the CTK family cares. The group will meet to knit and pray on the 1st and 3rd Thursday mornings of each month starting in March. 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 lovingly crafted shawl, please email Judy at dfjlpl@gmail.com or call the church office.



In December, our prayer shawl volunteers prayed over 66 sets of hats, gloves, and scarves to be delivered that day to our community partner, Blue Skies for Children, for kids in need. Almost every item was lovingly handmade by this talented group of craftspeople.



Days for Girls

2nd & 4th Tuesdays starting March 14
(March 14 & March 28)
9:30-11:00 AM in Room 216

Imagine... What if not having sanitary supplies meant days without school, days without income, days without leaving the house? In many regions around the world, girls miss up to 2 months of school every year for lack of feminine hygiene supplies. Solving this issue is key to social change for women all over the world. The poverty cycle can be broken when girls stay in school.

What is Days for Girls?

Days for Girls is an international nonprofit that helps girls gain access to quality sustainable feminine hygiene and awareness by directly distributing sustainable feminine hygiene kits.



The women of CTK are coming together for just 4 Tuesday mornings to make these feminine hygiene kits. We have plenty of ways to help, so if this issue tugs at your heart, please come serve with us—even if you don't sew!

Donations are always needed!

If you can't make it but still want to help, you can donate thin, colorful washcloths, Fruit of Loom panties (sizes 12-16 and no white), 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).

men



BEST NEXT STEP
BIBLICAL UNDERSTANDING

Men's Biblical Deep Dive

IN PERSON

Tuesdays, 6:30–7:30 AM
in Downtown Bellingham

Wednesdays, 4:30–5:30 PM
at Barkley Woods

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, so we've created Men's Biblical Deep Dive to fit within your workweek.

We 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 discover meaning together, and 3) applying wisdom to crucial areas of work and home life. Sessions last one hour and start/end exactly on time to reliably fit into your busy schedule.

We may add additional meetings, so check our website for updates. This is an ongoing experience, and you are welcome to join any time.

Register and see newly added sessions at ctk.church/bellingham/adults. Questions? Contact Pastor Brian Steele (brians@ctk.church or x2228).

Learn more
and sign up



Take Our Men's Ministry Survey

CTK is getting ready to retool our Men's Ministry, and your perspective matters. Please fill out a short survey to let us know what will help you grow in your faith together with other guys.

Visit ctk.link/men to take the survey. Contact Pastor Brian Steele with questions after you take the survey (brians@ctk.church).



Men's Adventure Day

Saturday, January 28
8:00 AM–2:00 PM at Mount Baker
Departs from CTK Bellingham

Join other CTK guys for a snowshoeing adventure on Mt. Baker. We'll meet at CTK at 8:00 AM to carpool. You'll provide your own snowshoes, cold-weather clothes and sack lunch. Have kids? Bring them along to go sledding in the bowl. We'll be back to the church by 2:00 PM. Questions about skill levels or renting snowshoes? Contact Brian Steele (details below).

Register at ctk.church/bellingham/events. Questions? Contact Pastor Brian Steele (brians@ctk.church or 360-733-1337 x2228).

Learn more
and sign up



older adults



Senior's Lunch

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

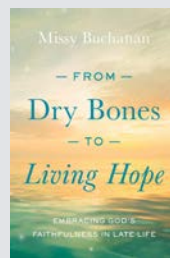
Seniors meet on the 2nd Thursday of every month for fun, fellowship, and to enjoy lunch together. Invite a friend (50+) and join us! We will meet on January 12, February 9, March 9, and April 13. \$2 donation for lunch is appreciated.

Questions? Contact Stacy Koning (stacyk@ctk.church or 360-733-1337).

From Dry Bones to Living Hope

4 Saturdays, January 28–February 18
10:00 AM–Noon in Room 216

Based on the prophet Ezekiel's vision of dry bones dancing, this Bible study will inspire those who struggle with the question, "How do I finish well in life?"



If you're ready to be intentional about putting practices in place now to see that happen in your future, come join us in this 4-week class. We'll address our longing for spiritual renewal

and purpose and suggest actions we can take to rediscover hope and joy as we age! Ideal candidates to join in these discussions are those ages 45 and up!

Register at ctk.church or Reception. For more information, contact Pastor Stacy Koning (stacyk@ctk.church).



all adults



PHOTO: SCOTT SAYERS

Baptism Classes

In Person

Sunday, February 5 after either service (10:40 AM or 12:30 PM) in Room 211 • 1 hour class

Online via Zoom

Tuesday, February 7 at 6:00 PM
Visit baptism.ctlk.church for link

Baptism is a 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 both services on Sunday, February 12. To be included, come to one of our in-person baptism classes after any service on Sunday, February 5 or join the online baptism class on Tuesday, February 7. We look forward to hearing your story and explaining what baptism is all about.

No need to register, just show up!
Questions? Contact Pastor Brian Steele (brians@ctlk.church or x2228).

For children 12 and under, please contact our children's team at 360-733-1337.



Baptism
web page

Faith & Finances

12 Tuesdays, January 10–March 28
6:00–8:00 PM in Room 212

Have you ever wondered if God cares about your financial struggles? We believe the healing power of Jesus touches every part of our lives, including our finances. Faith & Finances is a great option if you're struggling to make ends meet, stressed or hopeless about your financial future, or unsure how to navigate your current financial situation.



Over the course of 12 weeks, you'll learn practical financial tools to help you in everyday life—like setting realistic goals, tracking expenses, creating a spending plan, and managing debt. The small group format creates a safe environment and set of connections to explore this area of life in community. Share a meal with us Tuesday nights as we discover the path toward financial stability and freedom!

REGISTER online at
ctlk.church/bellingham/events
or contact Keri Allen
(keria@ctlk.church or 360-733-1337).



SEE ALSO...

Parenting Classes & Workshops
(pages 12–13)

Men's & Women's Classes
(pages 14–15)

From Dry Bones to Living Hope
A Study for Age 45+ (page 15)

Reconnect Marriage Workshop
For couples (page 19)

BEST NEXT STEP AUTHENTICITY

Unwanted

6 Wednesdays, January 18–February 22
6:30–8:00 PM in Room 216
\$30/individual, \$40/couple

The guilt and stigma surrounding sexual struggles can paralyze us and keep us from seeking help and healing. Many of us feel ashamed and undesirable after years of sexual brokenness and addiction. Based on original research from over 3,800 men and women, *Unwanted* is a groundbreaking resource that explores the “why” behind self-destructive sexual choices including pornography, promiscuity, and unfaithfulness. The result is practical, life-changing guidance that will help you work toward freedom.

Addressing difficult issues with compassionate insight, *Unwanted* covers:

- Abandonment and broken relationships
- Trauma and sexual abuse
- The sex industry and pornography
- Violence against women
- Learning to love and care for yourself
- Healthy conflict and repair in your relationships
- Investing in community
- Creating healthy boundaries



Using Jay Stringer's book, *Unwanted: How Sexual Brokenness Reveals Our Way to Healing*, this 6-session class will be taught by local marriage and family therapist, Dick Mattila. Participants will

receive a book, digital workbook, and an insightful self-assessment to help form a tangible plan toward health and wholeness. Scholarships are available.

REGISTER by Sunday, January 15 at ctlk.church or at Reception. For more information, please contact Pastor Ryan Ervin (ryane@ctlk.church or 360-733-1337 x2261).



Dementia-Friendly Visitor Interest Meeting

Thursday, January 19
6:30–7:30 PM in Room 211

Dementia and other brain-changing syndromes are growing in number in Whatcom County. By offering in-home visits to those in our church family experiencing dementia and their caregivers, we can offer support, hope, and a shoulder to lean on as they navigate their everyday life.



If you're interested in learning what it might be like to be a dementia-friendly visitor, please join us for this interest meeting on January 19.

No need to sign up—just show up!
Questions? Contact Pastor Julie Burleson (julieb@ctk.church or x2215).

One Parish, One Prisoner Information Session

Sunday, January 22
11:15 AM–12:15 PM in Room 211

This year CTK has the opportunity to walk alongside a person who has been incarcerated and help him reconnect with our church community upon his release later in 2023. We want to help provide all the support he needs to be successful, so we're partnering with One Parish, One Prisoner to make that happen. If you're interested in being a part of his support system, join us for an informational meeting. Learn more at www.undergroundministries.org/ctk.

No need to sign up—just show up!
Questions? Contact Pastor Julie Burleson (julieb@ctk.church or x2215).

BEST NEXT STEP AUTHENTICITY

STEPS

GOSPEL-CENTERED RECOVERY

Steps

Gospel Centered Recovery

13 Mondays, January 30–April 24
6:00–8:00 PM in The Meeting Place
\$20 for materials

Most people hear the word recovery and think of major addictions. But whether you're a stay at home parent, a white collar worker, or someone struggling to make ends meet, we all wrestle with something, like anger, gossip, addiction, busyness, or greed. To find the freedom Jesus offers, we must get to the root of sin and suffering.

Building on traditional recovery programs, Steps is a 13-week class that will help you see the truths of the 12 Steps through the light of Scripture and God's posture towards you as you uncover the root of sin and suffering and embrace the freedom found only in Christ.

Space is limited for this class.

REGISTER by Wednesday, January 25 at ctk.church or at Reception. Questions? contact Pastor Stacy Koning (stacyk@ctk.church or 360-733-1337 x2257).



BEST NEXT STEP INTEGRATION

Beauty for Ashes

Resilience in Trauma and Grief

4 Tuesdays, February 21–March 14
7:00–8:30 PM in Room 216 • FREE

Is it possible to “bounce back” from life's deep hurts and losses? This 4-session class explores the impact of grief and trauma and offers Bible-based tools to develop a mindset of resiliency. Local Christian counselor Mike Black defines resiliency as being empowered by God and others to “bounce back” from adversity through renewal of your mind and a restored identity in Christ. Through Mike's teaching and group time, you'll learn and process:

- How trauma and grief can hinder our spiritual and emotional growth
- Fixed mindset vs. growth mindset from a biblical perspective
- How trauma generates anxiety—and tools to manage it
- Practical tools that empower you to bounce back from adversity or trauma, increasing your ability to be an ambassador for Christ



REGISTER at ctk.church/bellingham/events by Friday, February 17 contact Julie Burleson (360-733-1337 x2215 or julieb@ctk.church).

Why would I take a class?

Ever wondered why we offer all these classes at CTK? There are so many reasons, and no one tells it better than people whose lives have been changed! Hear their stories about the impact of classes at CTK in this short video.



Watch at
ctk.link/WhyClasses

opportunities for all adults, continued

BEST NEXT STEP BIBLICAL UNDERSTANDING

Small Group Experience

3 Sundays, Feb. 26, March 5, March 12
11:15 AM–12:15 PM in Room 215

Are you looking for a way to grow closer to God and find community with people on the same journey? Join our Small Group Experience to try out a small group and start meeting this spring.



Over the course of three Sunday mornings, you'll get to know other people and see what being in an authentic Christian community is all about. At the end of the three weeks, you'll have the opportunity to start with a new small group that works for your schedule.

REGISTER at groups.ctlk.church by Sunday, Feb. 19 or contact Julie Burleson (julieb@ctlk.church or 360-733-1337 x2215).



BEST NEXT STEP DEVOTION



Hearing God

4 Wednesdays, March 1–March 22
6:30–8:30 PM in Room 216 • \$25

Learning how to recognize and discern the voice of God is one of the most important aspects of our relationship with him. Trying to hear him can seem like a mysterious quest, reserved only for the truly spiritual and gifted. Not true! God speaks to everyone! Often we just need a little help to develop this part of our relationship with him.

Rooted in scripture and historical spiritual practices, this foundational class will help you pray differently and listen differently, transforming your relationship with God and how you walk with him daily. Many who have taken this class over the years share a common outcome: *"In how I relate to God and how I experience him, this class changed everything for me."*

REGISTER by Sunday, February 26 at ctlk.church or contact Daylee Baker-Hames (dayleeh@ctlk.church or 360-733-1337).



BEST NEXT STEP GENEROSITY & STEWARDSHIP

Who God Made Me to Be... And Why

Tuesday, March 14
6:00–8:00 PM in Room 215

Jesus is pretty clear that the way of his Kingdom includes sacrifice on behalf of others. We are called to love and serve one another, but how do we begin? Our lives are busy, finances are tight, and it feels like there's too much brokenness around us (and in us) to make any kind of a difference.



Despite all those obstacles, you have something to offer, and we want to help you discover what that is. In this 2-hour workshop, we'll have conversations about why we serve, who we're called to impact, and how to overcome the barriers that get in our way. In addition, you will be paired with a one-on-one mentor who'll help you discover your God-given gifts God and come alongside you to help put your faith into action.

REGISTER by Sunday, March 12 at ctlk.church/bellingham/events or contact Molly Martin (733-1337 x2296 or mollym@ctlk.church).



NOT SURE WHERE TO START?

Identify Your Next Spiritual Step

Thursday, March 30 • 6:30–8:00 PM in Room 211

When it comes to "growing in your faith," you've probably heard prayer and Bible reading listed as the main way. While this is absolutely true, there are many other ways to grow spiritually. As Jesus followers, we're called to grow towards full maturity in Christ. But what does that mean, and what does it look like? Join us for this 1-evening workshop to learn different ways to engage and grow spiritually and identify a specific next step in your walk with God.

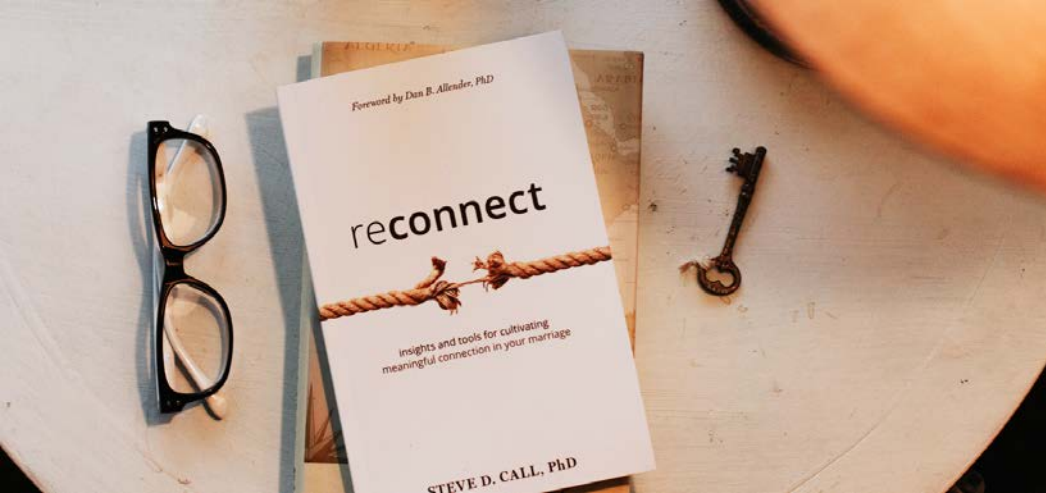
Register by Sunday, March 26 at ctlk.church or contact Daylee Baker-Hames (dayleeb@ctlk.church or 360-733-1337).



*Can't wait for this workshop?
See page 4!*

marriage

weekly program



Reconnect Workshop

Saturday, February 4
9:00 AM-4:00 PM in The Meeting Place
\$45.00

In the Reconnect marriage workshop, Dr. Steve and Lisa Call offer candid insight to help you and your spouse understand and change the dynamics that disrupt connection. Featuring 6 engaging conversations between Steve and Lisa, the Reconnect workshop of-fer couples the opportunity to discover and experience meaningful connection in their marriage. If you're feeling dis-tant or indifferent about your marriage, don't miss this chance to learn new ways to improve your relationship.



REGISTER at [ctlk.church/bellingham/events](https://info.ctlk.church/bellingham/events). For more information contact Pastor Ryan Ervin (ryane@ctlk.church or 360-733-1337 x2261). Scholarships are available!

Learn more about the Steve & Lisa Call at thereconnectinstitute.com.



From the day CTK started in 1988, everyone who came through the doors on Sunday received a weekly program. You could always count on that little folded sheet to be a reliable, up-to-date source of information about what was happening at CTK. And inside, you'd find a connection card along with fill-in-the-blank sermon notes to help you follow along and remember what you were learning.

Then... the pandemic changed everything. As we took precautions to limit contact, and we put a hold on hosting our faithful program stuffing volunteers, we had to find a new way to get the latest information into people's hands. And so began a new online weekly program, found at **info.ctlk.church**.



Updated every week, the online weekly program has all the latest news, resources, and events you used to find in the printed version. It works great on your phone, tablet, or computer, and it's loaded with convenient links to help you...

- Sign up for events & classes
- Access devotional resources
- Share a prayer request
- View and save sermon notes
- Give online
- Access live captioning during services (English & Spanish)
- And more!

Check it out today at
info.ctlk.church

service times

IN-PERSON & ONLINE

Sundays at 9:30 & 11:15 AM

ONLINE-ONLY REBROADCAST

Sundays at 6:00 PM

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



CHRIST THE KING
COMMUNITY CHURCH

BELLINGHAM CAMPUS

4173 Meridian St • Bellingham, WA 98226

360-733-1337 www.ctk.church

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