



Living Faith in Liturgical Practices

From the desk of Pastor Samuel Blakey

One of my Old Testament professors in college began each class session with prayer, and at the end of his prayer he would conclude, "We pray all of this in the name of the One who taught us to pray, saying..." At that point, the rest of the class joined in as we prayed the Lord's Prayer together (Matthew 6:9-13). That

Looking back on it, I think I understand his purpose in that practice, and I would engage in it a little more heartily today.

What my professor was doing was giving us a kind of liturgical practice. We developed a rhythm in that class that our professor intended to help shape us and prepare our hearts for our



was at least a dozen years ago when I was a freshman, and I still remember that ritual to this day. At the time, I didn't understand why he had us do it, and most of us in the class recited the prayer in a bored drone each morning.

upcoming hour of study. Normally, something using the word "liturgy" leads us to believe that it's related to a church service, but "liturgy" simply means "work of the people." It's a word that describes our normal patterns and practices of

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living, whether in a gathered Sunday service or the comfort of our own homes. Liturgical practices can be crucial in helping a person develop consistency in personal devotions and lifestyle (what has traditionally been called "daily worship").

Each day when we wake up, we are welcomed by the day's cares and our responsibilities. It doesn't take long for us to focus so much on

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Hey There, 2023! So Long, Live Streaming!



As of January 1, 2023 Eastridge Baptist Church will no longer be livestreaming Sunday morning services. We are delighted by the gift it is to gather with our church family (Hebrews 10:24-25), and will continue to offer both the 8:30am and 11:15am in-person services.

If you miss a Sunday, or want to review what was taught, you can visit our church website for the sermon audio and video, or you can check out our church YouTube channel for the sermon video, as well as a recording of the full service. These resources from each service will all be available around noon on Mondays.

eastridgebaptist.org

youtube.com/@EastridgeBaptistChurchKent

Sunday School Hour Opportunities, 2023

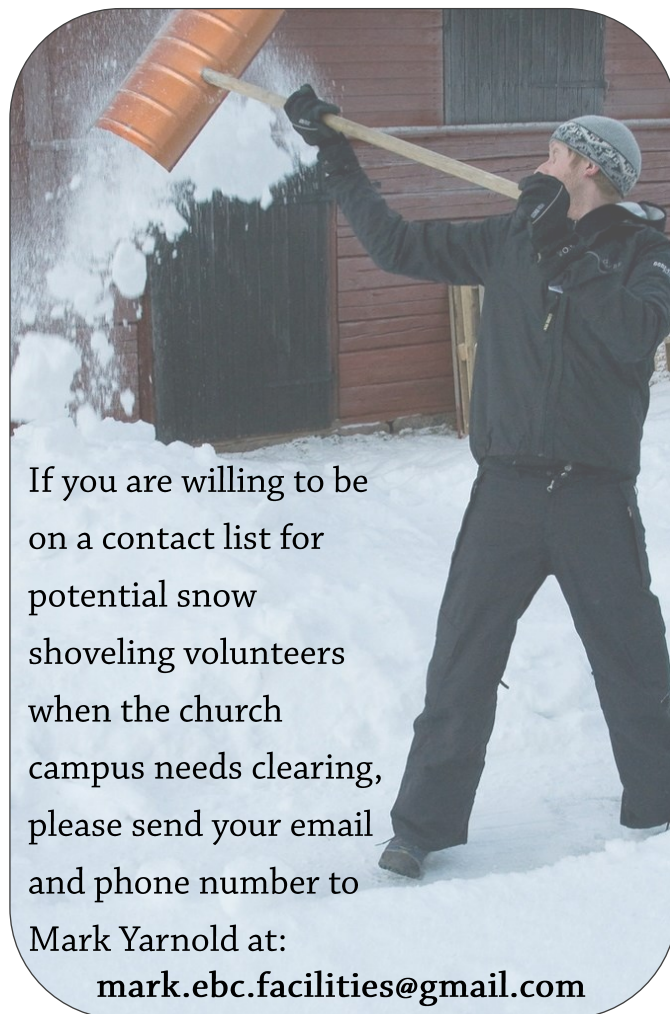
Coming in January 2023, the main adult Sunday School will meet in the Auditorium and begin a study of Exodus, with a focus on the doctrine of God and how it applies to our lives.

Bill and Cathy Mickelson will be leading a separate Sunday School class in the cry room, about how to be a disciple-making parent, based on the guidebook from Chap Bettis. This class will start on **Sunday, January 1**. If you are interested in joining this class, please email Bill at mickelson5@msn.com.

The Anchored Sunday School for young adults will begin studying 1 Peter on **January 1***, led by Pastor Samuel. Anchored will meet in the Large Portable.

**Start date subject to change depending on when Pastor Samuel's paternity leave starts.*

Show Team Needed!



If you are willing to be on a contact list for potential snow shoveling volunteers when the church campus needs clearing, please send your email and phone number to

Mark Yarnold at:

mark.ebc.facilities@gmail.com

Living Faith in Liturgical Practices

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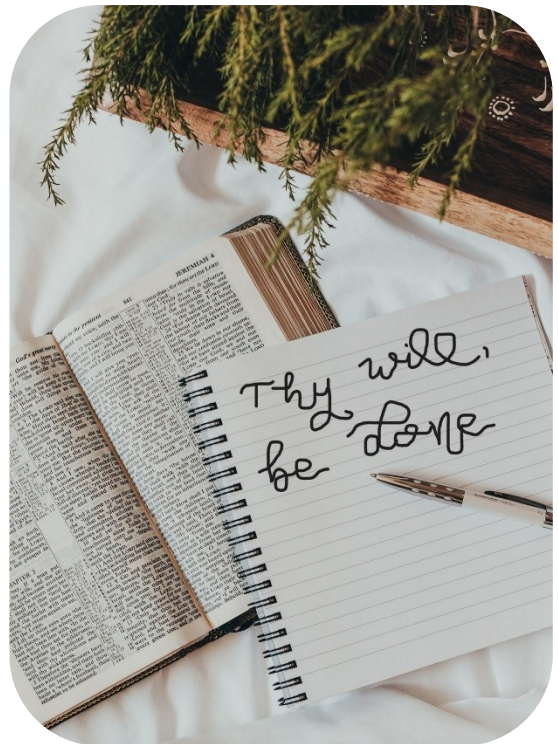
the tasks that need to be completed that we have neglected important time in God's Word. That neglect develops into a habit, and soon our spiritual lives feel stagnant or tired because we're not doing anything beyond the bare minimum (Sunday church attendance) to grow in our walk with Christ. Then, when we feel our spiritual life going stale, we might panic and try to "get back on track" in a short span of time, only to fall back into the same rut a few days later.

The trick is to fight a *bad* habit with a *better* habit, and that is where liturgical practices can be a help. Putting together a predetermined plan for personal prayer and Bible study, a template for each morning or evening (preferably morning) that incorporates the same elements each day, can help develop a rhythm that becomes easier as time goes on. You can start small with a simple prayer and a chapter of Scripture reading, and then develop it out with a few more elements that can focus your attention and encourage deeper study.

The challenge with any endeavor like this is that you must fight against these practices becoming stale or boring. Like in my Old Testament class, where many of us droned the Lord's Prayer without any real passion or conviction, we can lose our passion for developing a pattern of personal devotion if we aren't careful. Jaroslav Pelikan once noted, "Tradition is the living faith of the dead, traditionalism is the dead faith of the living. And, I suppose I should add, it is traditionalism that gives tradition such a bad name." It is possible to develop a *living* and *active* tradition and keep these liturgical practices from becoming dead rituals.

Here are a few examples of some elements you can add to your daily worship:

- ◇ readings from both the Old and New Testaments;
- ◇ reading or reciting a written prayer (using a book such as *The Valley of Vision*);
- ◇ studying the creeds and confessions of the historic church;
- ◇ slowly walking through a catechism (the Heidelberg and New City catechisms are great options); and
- ◇ a variety of prayers for different topics (such as the A.C.T.S. model – Adoration, Confession, Thanksgiving, Supplication).



*(If you really want to dive deep into a practice of daily liturgy and need some help in organizing the time, I highly recommend the book *Be Thou My Vision: A Liturgy for Daily Worship* by Jonathan Gibson.)*

Why Me? Comfort for the Victimized by David Powlison

A book review by Shannon Blakey

We live in a fallen world, full of sinful people and suffering. Unfortunately, sometimes that suffering comes to us by the hands of others. Powlison wrote this small booklet as a way to provide comfort for those who are victims by walking through Psalm 10. He breaks this Davidic Psalm into 4 parts, and offers practical application in each.



Verse 1 is the opening *cry to God*. "Where are you?" Some people make this cry out of disbelief, blaming God for their suffering; however, the psalmist cries out because he wants to feel God near and is overwhelmed. The rest of the psalm can only be read accurately if you cry out from a place of faith, expecting God to work in your own heart and in the lives of those who hurt you.

In verses 2-11, King David analyzes *the people who inflict suffering*: proud, willful, godless, and predatory. They do all they do out of their own

sinful cravings and heart that is set on rejecting God. These verses should really convict the victim: not only should they take comfort in the fact that each earthly enemy is an enemy of God first and foremost, but they should be mindful that they also do not turn into an enemy of God, seeking their own desires above God's.

Powlison describes the next 4 verses (vv. 12-15) as the *cry to God*. Our greatest comfort in life and death is that God is near to the broken hearted. He is the ultimate and only sufficient Help to the helpless. In His common grace, He has provided resources on earth to give practical help to victims, and we would be wise to utilize those, but no one can provide balm to the troubled soul other than God.

Finally, verses 16-18 are the *confident affirmation* that Christ wins and evil loses. Genesis to Revelation confirms that over and over again. If the victimized person's desires for both justice and grace are aligned with God's, He will do it (I John 5:14-15).

Besides Psalm 10, Powlison points the sufferer to the words spoken by Jesus on the cross. He pleads to God for relief, he loved his enemies, and he gave up his life in the spirit of commitment and hope. Just as Jesus suffered yet without sin, so also we have been promised that no temptation (of bitterness, revenge, self-pity, earthly escape) is without escape (I Cor. 10:13). God is faithful.

So what do we do when we feel victimized? Firstly, we cry out audibly to God, preferably with a wise and trusted friend. Second, we think about our oppressor's heart as he stands before God, being mindful that this earthly enemy is at enmity with God above us. Thirdly, we pray intelligently to God, asking Him to work in both His power and grace in the situation. Finally, we preach gospel truths to ourselves, and find ways to encourage other sufferers to do the same.

Baby Shower to Honor Shannon & Piper Blakey

Ladies, we hope you'll take part
in welcoming the Blakey's newest sweetheart:

Piper Renée

Due January 3

The Blakeys are eagerly waiting to meet their newest daughter any day now! After they are settled, please join us for a sip and see to meet Piper Renée and shower Shannon with love and encouragement!

Saturday, February 11

@ 2:00–4:00 pm

Light Refreshments
will be Served

As for gifts, the Blakeys are not really in need of many baby items.
Rather, they would greatly appreciate grocery or food gift cards!

RSVP to Jennifer Swenson • (425) 358-0111 • swen4son@comcast.net

Youth Winter Camp is Coming!

Mark calendars for Youth Winter Camp 2023! The Youth Group is invited to join the adventure at Double K Retreat in Easton, WA from **February 19-21!** This will be an overnight bonding event full of Bible study, worship, fellowship, fun and *hopefully* lots of snow! Stay tuned for more information!



Spotlight on EBC's Women's Ministry

by Daná Freeland

In this article, you will meet the Eastridge Baptist Church Women's Ministry Team and discover their passion for ministering to women as we reflect on their mission and their theme and activities from this past year. We will also get a sneak preview of what they have planned for 2023.

MISSION

The apostle Paul provides the original blueprint for women's ministry in Titus 2:3-5, 10: *"...Older women likewise are to be reverent in behavior, not slanderers or slaves to much wine. They are to teach what is good, and so train the young women to love their husbands and children, to be self-controlled, pure, working at home, kind, and submissive to their own husbands, that the word of God may not be reviled...so that in everything they may adorn the doctrine of God our*

Savior." Hence, the mission of the EBC Women's Ministry Team is teaching, learning, and living out the Word of God together, fostering an environment where women grow deeper in their relationships with the Lord and each other. This is achieved in a variety of ways: from one-on-one mentoring relationships, to discipleship groups, to themed events designed to encourage community and edify the women of Eastridge. The team desires to promote unity among the women at EBC and to encourage them to live out the gospel together as sisters in Christ.

MEET THE TEAM

The Women's Ministry Team is comprised of five members: Jennifer Swenson, Heather Young, Keren Goheen, Erin Fulton, and Jennifer McInnis. In 2023, they are adding two new members: Danielle Jensen and Rebecca Pogue. Each one has unique gifts that synergize as they work together on planning and executing events that encourage EBC women to connect. Each woman on the team attends monthly meetings where they study the Bible and pray together. They also all participate in discipleship relationships and Adorned studies. The team is fueled by their shared vision to serve and love the women of Eastridge. They work together to encourage women to grow in their faith, study the Bible, and love one another.

RECAP OF 2022

Throughout 2022, the Women's Ministry Team sought to teach the importance of trusting in the Lord and being grounded in the Word of God. As the theme for 2022, the Women's Ministry Team chose Jeremiah 17:7-8: *"Blessed is the man who trusts in the Lord, whose trust is the Lord. He is like a tree planted by water, that sends out its roots by the stream, and does not fear when heat comes, for its leaves remain green, and is not anxious in the year of drought, for it does not cease to bear fruit."* Supporting the theme, four events were held that focused on phrases from this passage:

Trust in the Lord – In April, the Charcuterie and Chit Chat event was designed to guide conversation around what it looks like to truly trust the Lord.



2022 Women's Ministry Team at the Charcuterie and Chit Chat event in April, 2022.

L-R: Heather Young, Jennifer Swenson, Keren Goheen, Erin Fulton, Jennifer McInnis

Women's Ministry

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Trees Planted by Water – In June, the Craft Morning event included not only painting pots and planting succulents, but also a devotional on the deeper meaning of being like trees planted by water: being rooted in the Lord and nourished by His living water.

Fear and Anxiety – In August, the Fireside Fellowship provided an opportunity for women to sing worship together and discuss how Jesus is the answer to fear and anxiety.

Bearing Fruit – In December, the year ended with celebrating the season together at the annual Ladies' Christmas Party. A devotional on bearing fruit reminded the women of the importance of our root system being grounded in the Word of God in order to bear fruit.

Adorned Discipleship Groups

From September through January, women are participating in Adorned discipleship groups. These groups meet weekly to take a deep dive into Titus 2, pairing older and younger women in mentoring relationships as they learn to live out the beauty of the gospel together.

Women shared how the Adorned groups have impacted them:

- ◇ *"Being new to Eastridge, I valued the opportunity to meet women during this study."*
- ◇ *"The mentoring relationship gave me a chance to get to know someone in a very deep way whom I might not have met otherwise."*
- ◇ *"I appreciated the time to engage in multi-generational relationships. We all have so much we can learn from each other."*
- ◇ *"The study was practical and relevant to me, and through the one-on-one relationship, I was accountable to apply the truths that we were learning each week."*

Through Bible studies, discipleship training, and fellowship times this past year, the women had opportunities to grow in their relationships with the Lord and each other.

PREVIEW OF 2023

The team is currently planning the theme and activities for 2023 and is looking forward to sharing them with the EBC women.

Your invitation from the Women's Ministry Team:

Please join us on **Saturday, February 4th** from 9:00am to noon, where the team will share details about the theme for the new year. There will be a time of worship, prayer, and Bible study. It will be an encouraging and uplifting morning as we look at living out the gospel in a deeper way with our sisters in Christ.



2023 Women's Ministry Team at the Ladies Christmas Party, December, 2022.
Back, L-R: Erin Fulton, Jennifer Swenson, Keren Goheen, Jennifer McInnis
Front, L-R: Heather Young, Rebecca Pogue, Danielle Jensen



hello winter

Spend Intentional Time with Your Spouse at the Weekend to Remember Marriage Conference!

Invitation by Cathy Mickelson



The Weekend to Remember marriage conference is coming to the Bellevue Hyatt Regency **March 17-19, 2023**. Save \$150 (50%) off a couple's registration by registering January 2-23! No promo code needed, just use our group code: KentWTR when you sign up. Jeff and Stacy Kemp will be featured speakers. Jeff was a Seahawks quarterback for five years.

Marriage is a lifelong adventure of growing together through every age and stage of life. The happiest couples are those who commit to learning skills that help them weather difficult seasons and deal confidently with relationship challenges God's way. It's your turn to make a great marriage happen. Engaged couples are also encouraged to attend. Special military rate \$120 per couple. Pick up a brochure on the counseling table.

For questions, contact Bill or Cathy Mickelson at: mickelson5@msn.com (Bill) OR camickelson@msn.com (Cathy) To register online: familylife.com/weekend-to-remember

JANUARY Birthdays & Anniversaries

Birthdays

Logan Pogue 1/3
 Leah Ramos 1/5
 Quinn Sundvall 1/6
 Elliot Hansen 1/6
 Alanna Lopez 1/7
 Randy Mayes 1/7
 Kristina Cederwall 1/8
 Samuel Watson 1/11
 Carl Moore 1/12
 Michael Gailey 1/14
 Brian Reas 1/14
 Molly Small 1/15
 Robyn Farnham 1/16
 Mike McCafferty 1/17

Barbara Bonar 1/18
 Kris Adams 1/20
 Paul Mickelson 1/21
 Jon Watson 1/22
 Veronica Aitkins 1/28
 Benjamin McArdel 1/29

Anniversaries

Andrew & Sara Hayward 1/9
 John & Michaela Rutherford 1/16
 Bill & Cheryl Boston 1/26
 Ken & Annette Koenig 1/27



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 New Year's Day Communion	2	3 5:00pm-8:30pm Taekwondo	4 10:00am Ladies' Bible Study 6:30pm Adventure Club 6:30 Men's Discipleship Group 6:30pm Youth Group	5 5:00pm Youth Bible Quizzing	6 6:00am Men's Discipleship Group 8:00am Men's Bible Study	7
8 6:00pm Prayer Meeting	9 2:00pm Ladies' Bible Study 6:30pm Ladies' Bible Study	10 5:00pm-8:30pm Taekwondo 6:30pm Elder Meeting (Room B4/B5)	11 10:00am Ladies' Bible Study 6:30pm Adventure Club 6:30pm Youth Group	12 1:30pm Missions Prayer Ministry (@ Alaire Irish's) 5:00pm Youth Bible Quizzing	13 8:00am Men's Bible Study	14 8:00am-5:00pm Bible Quiz Meet @ EBC
15	16 Martin Luther King Day 2:00pm Ladies' Bible Study 6:30pm Ladies' Bible Study	17 5:00pm-8:30pm Taekwondo	18 10:00am Ladies' Bible Study 6:30pm Adventure Club 6:30 Men's Discipleship Group 6:30pm Youth Group	19 5:00pm Youth Bible Quizzing	20 6:00am Men's Discipleship Group 8:00am Men's Bible Study	21
22 Sanctity of Life Sunday Parent & Child Dedications	23 2:00pm Ladies' Bible Study 6:30pm Ladies' Bible Study	24 5:00pm-8:30pm Taekwondo	25 10:00am Ladies' Bible Study 6:30pm Adventure Club 6:30pm Youth Group	26	27 8:00am Men's Bible Study	28
29 Communion	30 2:00pm Ladies' Bible Study 6:30pm Ladies' Bible Study	31 5:00pm-8:30pm Taekwondo				

January Child & Parent Dedications

On **Sunday, January 22**, also known as Sanctity of Life Sunday, EBC will be hosting parent and child dedications! These dedications give an opportunity for parents to publicly pledge to raise up their children in the fear and knowledge of the Lord, and invite their church family at Eastridge to prayerfully hold them accountable. If you would like to dedicate your child of any age to the Lord in the witness of your church family, please contact one of the pastors by **Tuesday, January 17**.



Pastor Samuel: samuelb@eastridgebaptist.org

Pastor Paul: paulc@eastridgebaptist.org

For you formed my inward parts; you knitted me together in my mother's womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works, my soul knows it very well. My frame was not hidden from you, when I was being made in secret,



intricately woven in the depths of the earth. Your eyes saw my unformed substance; in your book were written, everyone of them, the days that were formed for me, when as yet there was none of them.

Psalm 139:13-16

Looking Ahead at Eastridge February 2023

Saturday, February 4	Women's Ministry Kick-Off	9:00am (Auditorium)
Sunday, February 5	Monthly Prayer Meeting	6:00pm (Auditorium)
Saturday, February 11	Baby Shower for Shannon Blakey	2:00pm (Auditorium)
February 19-21	Youth Winter Camp	2:00pm (Double K Retreat)

March 2023

Sunday, March 5	Monthly Prayer Meeting	6:00pm (Auditorium)
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April 2023

Sunday, April 2	Monthly Prayer Meeting	6:00pm (Auditorium)
Sunday, April 9	Easter Sunday Services	8:30am & 10:30am (no Sunday School)

Coming in 2023...



Young Adults Ministry, *ages 18-late 20s*
Sunday School class in Large Portable,
10:00-11:00am

Monday Night study @ the Blakeys',
6:30-9:00pm

Other monthly events & fellowship

Contact Pastor Samuel for more info.

Anchored in the Word, Equipped for Faithfulness

Sunday School will tentatively begin on **January 1*** and Monday night "workshops" on hermeneutics (aka, how to study the Bible in-depth) will begin **mid-late January***

**(Depending on the start of Pastor Samuel's paternity leave)*



EASTRIDGE
BAPTIST CHURCH