



# The Viewpoint

News from the Forest Grove United  
Church of Christ

**August 2021**

## The Sacredness of Rest

*By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.*  
*Genesis 2:2-3*

As we move into the latter days of summer and prepare for the Fall I look forward to what will be the start of a new church calendar year in-person. We have an exciting year ahead as we engage in a time of visioning and renewal and returning to some of the parts of church and community life that we love and have missed the most. The last days of summer seem like a good time to remind us all to remember the sacredness of rest. (Easy for me to say! As you read this, I will either be in Olympic National Forest or the Lost Coast.) Even if you are not on vacation, I hope that we are all honoring Sabbath, which literally means “to rest.”

A member of our community shared with me recently how they observe that it seems how the long pandemic has given people an opportunity to reset priorities and rediscover what matters most. In the last year people have had opportunities, in some cases, to spend more time with their families, focus on tasks they enjoy, and take life at a slower pace. Our faith encourages us to keep up this slow pace! Indeed, God commands rest for everybody! In Exodus, God says, “but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your servants, nor your animals, nor any foreigner residing in your towns.” Even the animals get a break! Did you know that article 24 of the United Nations Declaration on Human Rights states, “Everyone has the right to rest and leisure, including reasonable limitation of working hours and periodic holidays with pay?” Rest was declared a sacred right, indeed a command, on the morning of creation and in modern secular realms of human organization. Yet we still struggle to find rest today.

Rest is sacred. In the gospel of Matthew Jesus says, “Come to me all you who are weary and I will give you rest!” We can pause. We can rest. We can help each other prioritize wellness and leisure. To rest is to acknowledge there is enough air to breathe deeply, enough spaciousness to open our hearts, enough time in this Life God has blessed us with to live and love fully and well. So even if it’s just for a half an hour today, REST! It’s been a stressful year. You work hard. There will be plenty to do when you are done resting. Whatever you have to finish, can be done

later. Have a sense of urgency in finding a hammock! Journey to a Lake! Join a friend or a loved one on a bench with a view! Allow yourself time to be embraced by the beauty of life and surrender to the sacredness of rest!

Love, Brendan

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## You're Invited to Join Religion Study Book Group



They meet via Zoom on Wednesdays at 10AM and are beginning a new book, Wild Mercy, by Mirabai Starr, on **Wednesday, August 4**. “With Wild Mercy, Mirabai shares the subversive wisdom and fierce compassion of the feminine mystic across cultural boundaries and throughout history. From saints and sages, to goddesses and archetypal energies, to contemporary teachers and seekers—you'll meet women who blazed a path that will illuminate your own.

If you're interested in joining this wonderful book group, please let us know, or you can find the link to the Zoom invitation on our website at [www.fgucc.org](http://www.fgucc.org).

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## Women's Spirit Group Gathering



We have another fun outdoor event planned for our Women's Spirit Group. Hiking, dinner, s'mores and campfire songs are all included in this event. Please join us **Saturday, August 7**, at the home of Patricia and James Spears. Around **3:00 pm**, we will go for a hike from their house, to Stub Stewart Park. Or if you prefer to skip the hike and just join us for dinner/s'mores and campfire songs, you are welcome to join us at 6pm back at

Patricia's house. Please RSVP for address and details. [sheilaharter@hotmail.com](mailto:sheilaharter@hotmail.com) or text/call 503-412-9072, or Melissa Timm at [4melissatimm@gmail.com](mailto:4melissatimm@gmail.com).

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## Drum Circle Event, Sunday, August 8



Jeane Canon's friend, Willow Heveron, will be leading a drum circle event on **Sunday, August 8th, 6:00 to 7:30pm** at the home of Deva Harris-Williams (23175 NE Ridge Road, Gaston, OR 97119). Please wear comfortable clothing and sturdy shoes or sandals as there is a short walk to the yurt along a path. This is an open event. All ages and genders are welcome. Capacity is about 20. Please RSVP to

Jeane Canon: 503-997-7228 or [jeanecanon@yahoo.com](mailto:jeanecanon@yahoo.com) if you'd like to attend so we can be sure to accommodate everyone who is interested in joining us.

## You're invited to First Word!



Please join us for First Word on **Mondays, August 9 and 23 at 10 AM**. It's a wonderful opportunity for all to gather and be part of a brief morning meditation led by Kristy Haines. This activity is for all ages. We will gather in fellowship hall and ask that everyone wear a mask while indoors. If you have any additional questions please contact Kristy at [Kristy@fgucc.org](mailto:Kristy@fgucc.org) or 503-357-9121.

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## Senior Lunch set for Tuesday, August 31

All are invited and welcome to join us for our first Senior Lunch this year on **Tuesday, August 31, at 12PM!** As always we will serve a delicious lunch and dessert and our program will be with Pastor Brendan Curran. Please call the church to make your reservation today! (503.357.9121)

— FGUCC Senior Luncheon Team

## Save the Date for Auction 2021!

We're excited to let you know we're beginning to plan our annual auction for **Saturday, November 20**. After hearing your wonderful suggestions following last year's auction, we have decided to have a "hybrid" auction with the silent auction remaining online and the live auction being held in person with live music, delicious appetizers, plus wine, beer and other beverages. We'll keep you posted as details develop. In the meantime, mark your calendar for **Saturday, November 20, 5PM**.

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## American Eagle Award Presented to Music Educators of America

For the past 36 years, the National Music Council (NMC) has presented the annual *American Eagle Award* to individuals and groups that have made significant and lasting contributions to music in the United States. Past winners have included Van Cliburn, Benny Goodman, Kris Kristofferson, Lionel Hampton, Dizzy Gillespie, Morton Gould, Dave Brubeck, Marian Anderson, Lena Horne, Roberta Peters, Clive Davis, Hal David, Herbie Hancock, Chick Corea, and Quincy Jones. This year, the NMC Board of Directors voted to present the *American Eagle Award* to the music educators of America in honor of their heroic work to "keep the music playing" in schools and private studios throughout the country during the pandemic. It is impossible to invite every music teacher to the presentation of the award, so the decision was made to select one representative from each state to accept the award virtually and collectively for music teachers and educators in their state. Sarah Ball was invited to represent music teachers in Oregon to accept this award at a virtual ceremony held on July 15.

WOW, this is such an amazing and wonderful honor – Congratulations!

## Betsy and Rob Foster are leaving Forest Grove

Dear Members of the wonderful UCC Church in Forest Grove and to the Staff at our church. I wanted to bring you up to date to let you know our plans and schedule before we, Rob and Betsy, say, we will miss all of you, as we sadly depart from your wonderful presence. I know that there are some of you that will be so sad that you can NO longer hassle making fun of me with my Texas accent that I don't have and never had. I told all of those Texans that I would never talk like them. And when we decided to move to the Pacific Northwest the minute I said, "Hi Ya'll" to the UCC Folk they greeted me with great fun!! I said, I don't talk like that! But I will say that after 26 years of living here I still talk like I did when Rob, Nathan, and I arrived...with no accent! But I also have felt so welcomed by all of you and all the friendships given to our family for all these years, and we will miss you very much!

That said...We are planning to move back to Dallas, Ft. Worth, or Denton, Texas all approximately an hour from each other.

So, with that said, we think if we can get everything PACKED which is LOTS... the Moving Van will help with furniture, and everything that has been packed that we did. WHEW! So, we want to go to our wonderful church on September 12<sup>th</sup> to hug all of you to say Good-Bye! We are setting sail the next day, Monday, September 13, in our Honda Odyssey for big Texas!

With Love,

Rob, Betsy, and Nathan Foster

## Joys, Concerns & Prayer Requests

**Sympathy**—Our hearts go out to the family and friends of Dorothy Schlegel, who passed away on Saturday, July 3, 2021. Dorothy was a long time member of FGUCC and also our church secretary for 24 years until February 1993. Please keep Dorothy and her family in your prayers.



**Sympathy**—Our hearts go out to the family and friends of Robert (Bob) Schlegel, Jr. who passed away on June 28. Bob was the principal of Forest Grove High School for many years and the son of Bob and Dorothy Schlegel who were members of FGUCC for many years. Dorothy was secretary of FGUCC for 24 years and is currently living at Jennings McCall Assisted Living.

- Please keep Carolyn Carson and Dick Lane in your prayers as Carolyn continues to recover from surgery in late June and is now back home.
- Please keep Deena Barrett in your prayers as she continues recovers from emergency heart surgery a few weeks ago.
- Please keep Carol Brown and her entire family in your prayers, especially her children Laurie, Darryl & Gretchen, as the search for Ralph continues.
- Prayers for Bob Browning as he continues recovery from surgery. He's still at the EmpRes Hillsboro Health and Rehabilitation Center, and would welcome and appreciate cards. The address is 1778 NE Cornell Road, Hillsboro, OR 97124

- Please remember Alice Hoskins as she deals with ongoing health concerns. She appreciates calls and cards. (390 East Main Street, Hillsboro, OR 97123, Cell: 503-781-0154.)

**Continued Prayers**—Prayers of healing and comfort for all who have ongoing concerns, including Ann and Russ Dondero, Paul and Stephanie Edwards, Lillian Gimre, Max Groszmann, Lois Johnston, Christine & Richard Kidd, Carlene Krueger, Jobina Lacock, Jean & Bob Nixon, Yvonne Stacey, Holly & Sherri Vann and their family, and any other friends and family of our church, not named here.

**Sharing prayers in worship**—If you would like your personal prayer concerns shared with the community during worship service on Sunday mornings during the month of August while Pastor Brendan is on vacation, please submit them to the office via email at [elena@fgucc.org](mailto:elena@fgucc.org) by Friday at 6pm with the title "prayer request" in the subject line. You can also text Elena your prayer requests at 503-357-6960.

**How to get on the prayer chain**—Are you or someone you know in need of extra prayer support? Our church has a confidential prayer chain ministry. If you'd like to be added to this prayer chain, please contact the church office or Sandy Mueller at [fguccpray@gmail.com](mailto:fguccpray@gmail.com). Thank you!

**Prayer Shawls**—Do you, or someone you know, need a prayer shawl? Please call Elena in the church office to make a request at 503-357-9121 or [elena@fgucc.org](mailto:elena@fgucc.org).

**Prayer Shawl Knitting**—Please join us for knitting this month via Zoom on **Wednesdays August 4 and 18, from 2-4PM**. The link to Zoom will be sent to everyone in the prayer shawl knitting group via email. If you'd like to participate, please call or email Elena.

## Best wishes to all of you celebrating birthdays in August!

1—Kristin Ludwig  
 2—Winnie Beu  
 2—Phoebe Edwards-Leeper  
 4—Pamelajeane Myers  
 5—Zoe Bichsel  
 6—Carol Benner  
 6—Rob Foster



14—Stephanie Edwards  
 23—Eric Murphy  
 25—Brandi Frye  
 26—BJ Jones  
 26—Naomi Frye  
 30—Nathan Lawrence  
 31—Caia Bowen

## Current Can & Bottle Collection Update

Thank you everyone for your continued enthusiastic support of the Can & Bottle Collection for our FGUCC Youth Ministry. **As of July 29 we have raised \$889.30!** If you want to participate in this easy fundraiser, blue bags are available for you to pick up at church. For any additional questions please contact the church office. Thanks again! Kristy Haines, Coordinator of Spiritual Formation ([kristy@fgucc.org](mailto:kristy@fgucc.org))

## Opportunities for Service

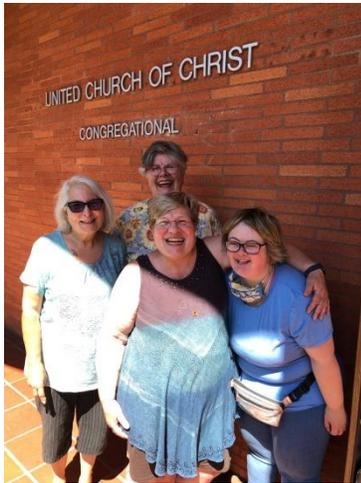
We now have several opportunities for service on Sunday mornings including ushering, communion server, filming service highlights and providing flowers for Sunday mornings. Please sign up at the large round table in the narthex.

## Ushers Needed

If you are interested in being an usher, please contact Kevin Young for details of usher duties at (503) 781-6202, or [kevinyoung52@yahoo.com](mailto:kevinyoung52@yahoo.com). Ushers usually serve 2 months a year.

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## Expansion of Blessing Box is in the works



Greetings from the Blessing Box crew. Perhaps you've noticed a somewhat large change over by those beautiful veggies in the community Welcome Garden at the Main Street entrance to FGUCC? A new refrigerator and freezer! These were purchased with grant money received from the city of Forest Grove. We are so grateful for these funds and excited to embark on a new food program with Charlene Murdock and Portland Refrigerator Project. This will involve using donated food to make meals.

More information to follow as we work out the details. In the meantime please save your plastic take home dishes, and if you are so inclined to purchase plastic silverware, (I know) that will help to get us started. If this sounds like something you would be interested in helping out with, please let me know.

Val Donley for Friends of the Blessing Box

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## Pledges and Contributions



Thank you all for continuing to keep your pledges current. If you normally make contributions or pay your pledge by check, please continue using this method. (Mail checks to FGUCC at P.O. Box 265, Forest Grove, OR 97116.) You can sign up for electronic giving with Vanco, which is a very simple option and setup, and fees are very low (let us know if you'd like more information). You can use PayPal on our church's website at [www.fgucc.org](http://www.fgucc.org). If you have questions or need more information, please contact Elena at [elena@fgucc.org](mailto:elena@fgucc.org) or (503) 357-9121. Thank you for your generosity and support!

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## FIRST Sundays with BEST are Back but...

We can no longer take any packing materials except air pillows. And we are not accepting wine corks at this time. Here's what we welcome on the First Sunday at FGUCC:



- ✓ Real block and food Styrofoam, colored and dyes are okay
- ✓ #6 plastics, such as Solo cups and bowls, to go coffee lids, and some cookie trays
- ✓ Air pillows (Bonnie takes to UPS)
- ✓ Fluorescent light bulbs
- ✓ Batteries
- ✓ Planting pots (the Prickett family will reuse)
- ✓ Candle wax (the Prickett family will use)

**PLEASE NOTE:** #1 plastic tubs can go curbside. Other #1 plastics can now be recycled at events such as James' Recycling, but not on First Sunday. Be sure to check # on your plastics before delivering them to church, and make sure everything is CLEAN. THANK YOU!

### We accept any time (in the boxes over the coat racks):

- ✓ Cell phones – (You can also take phone back to the store where it was purchased)
- ✓ Printer cartridges (the church gets cash for these or they can go back to the store where purchased)

### Special Notes:

**Message from Bonnie:** I will provide lots of paper and plastic bags from previous recycling, and I'd love for people to take those for their future garbage and/or recycling needs, so please help yourself to as many as you want! Thank you!

**Message from Eric:** If you're dropping off batteries, CFL's, fluorescent tubes or items for Metro please fill out the sheet provided for Metro.

If you're dropping off batteries, please complete the sheet provided for Metro. Thank you!

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## Books available

We have extra copies of the following books that were part of our Book Study in 2020. Let us know if you'd like to have any one of these for reading—otherwise these poor books will sit here in the church office gathering dust!

- ✦ Living Buddha, living Christ, by Thich Nhat Hanh
- ✦ The Cross and the Lynching Tree, by James H. Cone
- ✦ Kill the Indian, Save the Man, by Ward Churchill

For more information please contact Elena at 503-357-9121 or [elena@fgucc.org](mailto:elena@fgucc.org)

# Demystifying Dementia: A message from your Parish Nurse

Dearest church family,

As we continue in our support for each other and the Brown family, we will provide information about Alzheimer's for the next several months.

Many resources are available to assist us as aging changes the way we navigate our daily lives and care for each other.

## UNDERSTANDING ALZHEIMER'S AND DEMENTIA

### THE IMPACT OF ALZHEIMER'S AND DEMENTIA

Currently, an estimated 50 million people worldwide are living with dementia, including more than 5 million Americans. Without changes in prevention or treatment, this number could reach nearly 14 million by 2050.

The disease also affects the 16 million Americans who provide unpaid care for people living with Alzheimer's or another dementia. More than 80% of care provided at home is delivered by family members, friends or other unpaid caregivers.

The Alzheimer's Association® is available across the country and online to help people understand Alzheimer's and dementia, and receive information and support they can trust.

### ALZHEIMER'S AND DEMENTIA

The terms "dementia" and "Alzheimer's" are often used as though they mean the same thing. They are related, but there are important differences between the two.

#### **Dementia**

Dementia is a broad ("umbrella") term for an individual's changes in memory, thinking or reasoning. There are many possible causes of dementia, including Alzheimer's.

#### **Alzheimer's**

Alzheimer's disease is the most common cause of dementia. It makes up 60% to 80% of all dementia cases. Alzheimer's is not a normal part of aging — it's a progressive brain disease, meaning it gets worse over time.

Two abnormal brain structures called plaques and tangles are the main features of Alzheimer's disease. Scientists believe they damage and kill nerve cells. Plaques are pieces of a protein fragment called beta-amyloid that build up in the spaces between nerve cells. Tangles are twisted fibers of another protein called tau that build up inside cells.

#### **Other common dementias**

- Vascular dementia is a decline in thinking skills that happens when blood flow to the brain is blocked or reduced so that brain cells can't get important oxygen and nutrients. Sometimes these changes occur suddenly, such as during a stroke that blocks major brain blood vessels. Vascular dementia is the second most common cause of dementia after Alzheimer's disease.

- Dementia with Lewy bodies is a type of progressive dementia related to buildup of a protein called alpha-synuclein that damages brain cells. Early symptoms include hallucinations and sleep problems.

- Frontotemporal dementia (FTD) is a group of disorders. Progressive cell degeneration (or breakdown) causes FTD in two places. One is in the brain’s frontal lobes (the areas behind the forehead). The other is in the brain’s temporal lobes (the regions behind the ears).

Visit [alz.org/dementia](http://alz.org/dementia) to learn about other types of dementia.

The information in this series is provided by the Alzheimer’s Association, (800-272-3900).

Please feel free to reach out to Deva for information or support at 503-887-0242.

— Deva Harris Williams, FGUCC Parish Nurse

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## **Community Action: Energy Conservation**

Eligible clients receive a comprehensive energy audit. During this visit, diagnostic tests are performed by an Energy Auditor to determine potential cost-effective improvements. Once improvements are selected, licensed contractors perform the installations.

Energy Conservation provides no-cost weatherization assistance to income qualified residents of Washington County. Their primary goal is to improve the efficiency, safety, comfort and durability of people’s homes.

Services are provided for both homeowners and tenants in dwelling types such as:

- Houses
- Mobile/manufactured homes
- Multi-units

If you or someone you know could benefit from this program, download the application or contact Community Action office today! <https://caowash.org/programs/housing-stability/conservation.html>

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## **Is your child struggling with reading?**

I'm a retired teacher with an out-sized passion for teaching reading with phonics. I've done 15 years of research. My videos are on you tube.

If your child is struggling, or if you're homeschooling, I'd love to share my vision with you.

Give me 40 minutes and I'll give your child a future.

Mary Whitmore  
360-914-8044

# **Forest Grove UCC Staff**

## **Moderator**

Myra Beeler—[MYMIPERI@comcast.net](mailto:MYMIPERI@comcast.net)

## **Pastor**

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Phone: 401-318-2447

## **Coordinator of Spiritual Formation**

Kristy Haines—[kristy@fgucc.org](mailto:kristy@fgucc.org)

## **Office Manager**

Elena Parker—[elena@fgucc.org](mailto:elena@fgucc.org)

## **Sexton**

John Davis—[sexton2862@gmail.com](mailto:sexton2862@gmail.com)

## **Parish Nurse**

Deva Harris-Williams—[fguccparishnurse@gmail.com](mailto:fguccparishnurse@gmail.com)

## **Stephen Ministry**

Renee Mills—[millsrenergy@yahoo.com](mailto:millsrenergy@yahoo.com)

Ken Prickett—[qkenbettp@gmail.com](mailto:qkenbettp@gmail.com)

## **Director of Sanctuary Choir**

Laura Frye—[lajenefrye@gmail.com](mailto:lajenefrye@gmail.com)

## **Organist and Piano Accompanist**

Paul Minor—[Pminor@easystreet.net](mailto:Pminor@easystreet.net)

Joannah Ball—[joannahball@gmail.com](mailto:joannahball@gmail.com)

## **Director of Children's Choirs**

Geneva Houx—[geneva.houx@gmail.com](mailto:geneva.houx@gmail.com)

## **Director of Jubilate Handbell Choir**

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