



# The Viewpoint

News from the Forest Grove United  
Church of Christ

**October 2021**

## Church: A Sacred Invitation

*“Come to me all of you who are weary and carrying heavy burdens and I will give you rest.”*

-Matthew 11:28

If you feel weary and are carrying heavy burdens, then church can be the place where we can come and put them down. Jesus invites us to come and gather around the Love at the heart of the universe and allow that wisdom and awareness to guide us. As a faith community, we practice inviting each other to remember to put down our heavy burdens and remember there's enough wisdom, enough Love, enough grace and peace to go around. This is what we discover when we show up for and with each other in that boundless heart. By ourselves it would be easy to become anxious and weary these days, but together in community, we discover the fullness of that Spirit.

Jesus's sacred invitation to come and find rest in his heart is an invitation into community with each other and with all Life. Someone recently, sent me the quote, “God's grace shows up in messy places because messy places are all that there are.” It's in community with each other that we learn there's enough grace even in the midst of the mess.

In a world where it seems like there's never enough time, we are finding it together with our families and each other on walks in nature with the Learning Community. In a time when the future might seem uncertain, our visioning team is engaging us in conversations of how we will be the church as we move forward. In a time with so much social inequity and injustice, some of us are initiating it with community members and the interfaith movement for immigrant justice's Washington County Sacred Organizing Cohort. In a time that would dare to silence our singing, our dedicated music ministry finds creative ways to invite us to resiliency and lift our spirits through music! In our worship services, we welcome each other to restore our souls in the celebration of life and the exploration of wisdom through our sacred stories. In a world that might easily rob us of our sense of hope, purpose, and direction we discover we can find the way together in our wondering and searching. When society might have us think there's only enough resources for the few, some of us are filling the blessing box, our new outdoor fridge, and our welcome garden to overflow with healthy nutritious food to show how there's enough bounty for all! When it could be easier to give into the chaotic bustle, noise, and turmoil, some of us are

gathering in “Sophia Circles,” our new Sunday evening meditation group, to remember there’s always enough time to be still in the peace of the Spirit.

Jesus invites us to find rest for our souls in The Kin-dom of God. It doesn’t always look clean or perfect. It’s a participatory effort not a spectator sport, a journey not a destination! The disciples were volunteers too after all, just like us! Sometimes it can be messy, but in the various ways we are responding to the invitation, we are finding rest for our souls and grace in the midst of it all, together. The invitation is for everyone, not just us as individuals, or church members, but for all. We can respond to that sacred invitation and extend it to each other, the community, and the world. We can lay our burdens down together. We can discover the fullness of the Spirit and the Kin-dom of God together. We just have to show up for it.

Peace and blessings, Pastor Brendan

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## **Sophia Circles: An evening meditation group on Sunday evenings 7-8pm.**



The hour will consist of a brief reflective reading like a poem or meaningful passage, simple meditation instruction, 20 minutes of meditation, followed by tea and circle discussion. Sophia" means holy wisdom in Greek. Throughout Judeo-Christian scripture, the indwelling presence of the divine, spirit, and holy wisdom is personified as a woman and referred to in feminine terms

like “Ruach,” meaning, the breath of life, and “Sophia,” meaning holy wisdom. Sophia circles are an open and co-creative space for those seeking a more broadly spiritual gathering. They are being offered to create sacred space and community for those who might not necessarily feel comfortable with religious dogma but still seek an embodied contemplative practice, a way of caring for the spirit, and an opportunity to share wisdom with others. All are welcome!

Participants for this in-person event will wear masks, maintain appropriate distance, and are encouraged to be vaccinated.



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## **Hymn Sing set for Sunday, October 10**

Following worship on **Sunday, October 10** we will have a hymn sing outdoors in the front courtyard. Masks will be worn, and social distancing practiced, but being outside allows us to safely sing together — so please join us in lifting our spirits in song!

This opportunity is sponsored by your Worship Ministry.

## Joys, Concerns & Prayer Requests

- Sympathy—Our hearts go out in deepest sympathy to Peggy Alexander upon the death of her husband, Bill Alexander, on September 16. Also please remember Melissa Timm and Malinda Alexander and their families. Please keep the Alexander and Timm families in your prayers during this difficult time.
- Sympathy—Our hearts go out in deepest sympathy to Fraser Horn and his family upon the death of Fraser's mom, Betty Horn on September 23. Please keep the Horn family in your prayers during this difficult time.
- Sympathy—Our hearts go out in deepest sympathy to Jennifer Yocum and Ellen Fiscus upon the death of Jennifer's mother, Kathy Yocum, on Thursday, September 29. Cards can be sent to 1710 34<sup>th</sup> Street, Missoula, MT 59801. Please keep Jennifer and her family in your prayers during this difficult time.
- Please keep Carolyn Carson and Dick Lane in your prayers as Carolyn continues to recover from surgery in late June.
- 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 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.

**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 October 6 and 20, 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.



**KNIT. CROCHET. PRAY.**

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



Chris Harter—3  
Andrea Meeuwsen—4  
Ralph Vasey—4  
Ellaine Whisler—4  
Phil Zapf—6  
Ruth Holznagel—7  
Betsy Foster—10  
Carol Pauli—13  
Justin Hoekstra—17

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## College Care Packages for our FGUCC Students

We are currently gathering items to put into care packages for all our FGUCC college students. If you are able to donate any of the items on our wish list below, please drop them off in the office with Elena or Kristy. Also, please keep in mind to purchase items that are travel-size friendly. Don't hesitate to let us know if you have any questions.



- ♥ Snacks: Trail Mix, Granola Bars, Beef Jerky, Candy, Crackers, Cookies, etc.
- ♥ Food: Mac & Cheese, Ramen, Oatmeal, etc.
- ♥ Tea
- ♥ Hand Sanitizer
- ♥ Masks
- ♥ Tissues (travel size)
- ♥ Basic Toiletries (travel size)
- ♥ Gift Cards (Dutch Bros. Starbucks, etc.)
- ♥ Laundry Detergent (travel size)
- ♥ Homemade Cards

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## Dew Drop Workshop with Jeane Canon

Wednesdays, starting at 6:30pm, join us in Fellowship Hall for Fun Make & Take Projects\* using Young Living Essential Oils. (*Participants are encouraged to bring their own essential oils but it's not required.*) Please RSVP with Jeane Canon to reserve your spot (**\*Reservation required.**) Call, text or email Jeane if you have any questions at 503-997-7228 or [jeanecanon@yahoo.com](mailto:jeanecanon@yahoo.com). Finally, masks are required.

Examples of projects we plan to create for the month of October include a variety of personal care recipes, macramé key chain (aromatherapy), gemstone roller ball (space is limited, RSVP quickly), and lip balm.

## Elijah's Barrel is Back!

The Food Pantry at St. Anthony's Catholic Church has reopened and we are now accepting donations in our Elijah's Barrel in front of the bulletin boards in the Narthex. Your donations will be taken monthly to the Food Pantry at St. Anthony's Catholic Church to help supply food boxes to low income families in the Forest Grove Community.



### Most wanted foods include:

Nut butters, canned and boxed meals, canned meat, beans and peas (canned or dried) pasta, rice and cereal, fruits and vegetables, shelf-stable milk, cooking oil and 100% fruit and vegetable juice. We will also accept non-perishable items and paper products (toilet paper, tissues, and paper towels). Thank you!

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## Caring for our Community Auction 2021: Still Shining!!! (Hopefully Hybrid)



Our Caring for Our Community Auction is going to be even better than last year! Silent items will be auctioned online as they were last year. But we're hoping for a modified in-person music, food and live auction event at the church on Saturday, November 20. If Covid doesn't allow that, we will go back to last year's all-virtual model. Please stay tuned for more information as this unfolds.

### Donations are Needed!

**We are ready for your donations!** Please contact Bonnie to let her know if you have something in mind for this year's auction. Be creative! What do you know how to do well? Offer a class. Everyone is thirsting for new knowledge right now. Do you know how to accompany someone to the doctor, or navigate Excel, broadcast sports, invest money, look at stars? There are more ideas below. We'd love to hear from you.



Thank you so much! Your FGUCC Auction Coordinators,

Bonnie McDowell: [chiroqueen704@msn.com](mailto:chiroqueen704@msn.com) and

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

## Auction Donation Ideas

### Outings:

Your vacation home  
Bird watching with brunch  
Bike ride with lunch  
Hike with lunch

### Zoom parties:

Painting  
Memoirs  
Sketching  
Cooking class



Vegetarian cooking class  
Sewing class  
Poetry writing  
Card making  
Scavenger hunt  
Bedtime story or singing  
Pizza making party (donor provides ingredients)  
Cocktail making lessons  
Wine tasting  
Dance party/lessons  
Trivia  
Pictionary  
Canning lessons

### **Porch drops:**

Desserts  
Dinner  
Happy hour: appetizers and wine  
Jars of soup  
Pies  
Serenading  
Singing telegrams

### **Services:**

Housecleaning  
Yardwork

Taxes  
Jewelry and clothing repair  
Computer consulting  
Plumbing  
Electrical  
Handyman  
Driving  
Music lessons  
Childcare  
Sew a custom apron  
Sew an assortment of designer masks  
Party planning  
Organizing – closets, drawers, declutter  
Housesitting  
Pet sitting/walking  
Photography  
Run errands  
Tutoring  
Landscape design

### **Market Place Items:**

Home canned fruits, jams, etc.  
Homemade aprons, potholders, etc.  
Handmade cards  
Handmade ornaments

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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!

## **Can & Bottle Collection Fundraiser**

Thanks to everyone for your continued enthusiastic support of the Can & Bottle Collection for our FGUCC Youth Ministry. As of September 30 we have raised \$1,103! 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!

## Neighbors in Need All Church Offering 2021

In 2021, Neighbors in Need “Unfailing Love” offering is focused on supporting organizations and projects that are serving homeless and immigrant neighbors or communities. One-third of NIN funds support the [Council for American Indian Ministry](#) (CAIM). Two-thirds of this offering is used by the UCC’s Justice and Witness Ministries (JWM) to provide funding grants to UCC churches and organizations leading justice initiatives, advocacy efforts, and direct service projects in their communities. **We are receiving contributions for NIN through the end of October 2021.**



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## This Sunday, October 3 is FIRST Sunday with BEST for Recycling

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 “do” 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 recycling # 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.

# Message from your Parish Nurse

## Cold-Flu and Covid Season

Flu shots are readily available at this time and are being encouraged by health care providers and the CDC.

Flu symptoms and cold and Covid symptoms have some similarities. This can be scary and confusing. Below is some information to help us understand some differences:



## Cold Symptoms

Gradual onset, rare fever, congestion, cough. Duration 7-10days.

## Flu Symptoms

Sudden onset, aches, fever, severe chills, fatigue is common. Sometime vomiting and diarrhea. Duration is 3-4 days

## Covid (Delta Variant) Symptoms for Vaccinated folks

Fever, cough, (cough milder than Covid 19), shortness of breath, fatigue headache, and for some vomiting and diarrhea. Duration 10 days.

Some medical offices are not offering testing. Most urgent cases require you call first anywhere you are thinking of getting tested. Walgreens has an easy to use site. After filling out a questionnaire on their website, it will show which locations have appointments close to your zip code.

## Testing information

You can go to these websites to make an appointment for testing:

<https://gslabstesting.com> or <https://www.walgreens.com/findcare/covid19/testing>

## To help stay well.

Vaccinate, Mask, Wash Hands, seek testing if you feel sick, stay home if you feel sick, and call your health care provider. Stock up with some tissues, fluids, chicken soup just in case.

## Support Group for Caregivers!



**Beginning on Monday, October 18<sup>th</sup>, 1:00-2:30PM** Care Partners is offering a 5-week, on-line, drop-in group designed to provide families and caregivers of loved ones with an opportunity to find encouragement, understanding and support. The group provides a safe environment to share experiences, connect with other families and receive support from one another. This is a virtual group you can attend from the safety and comfort of your

own home using a phone, tablet or computer with camera and microphone. (iPads will be available to borrow for those who want to participate but don't have a device for connecting to the internet.)



## Alzheimer series continued

In our continued quest to educate and support each other about Alzheimer's, the focus this month is on Taking care of yourself: How to recognize and manage caregiver stress.

This disease affects the entire family unit and it is so important for us to care and support each other. The Brown family has done a magnificent job of supporting each other as we continue the search for Ralph since his leaving his home last May.

Take care and be well. Shalom, Deva

## TAKE CARE OF YOURSELF

### How to recognize and manage caregiver stress

#### 10 COMMON SIGNS OF CAREGIVER STRESS

1. Denial about the disease and its effect on the person who has been diagnosed. I know Mom is going to get better.
2. Anger at the person living with Alzheimer's or frustration that he or she can't do the things that once came naturally. He knows how to get dressed — he's just being stubborn.
3. Social withdrawal from friends and activities. I don't care about visiting neighbors anymore.
4. Anxiety about the future. What happens when he needs more care than I can provide?
5. Depression that affects your ability to cope. I just don't care anymore.
6. Exhaustion that interferes with important daily tasks. I'm too tired for this.
7. Sleeplessness caused by worrying. What if she wanders out of the house?
8. Irritability that leads to moodiness and triggers negative responses. Leave me alone!
9. Lack of concentration that disrupts familiar tasks. I was so busy, I forgot my appointment.
10. Health problems that begin to take a mental and physical toll. I can't remember the last time I felt good.

**(cont. on page 10)**



## **10 WAYS TO MANAGE STRESS AND BE A HEALTHIER CAREGIVER**

Are you so overwhelmed by taking care of someone else that you've neglected your own physical, mental and emotional well-being? To avoid putting your own health at risk, consider the following tips.

### **1. Take a break.**

Respite care services can give you a temporary rest from caregiving while the person with Alzheimer's continues to receive care in a safe environment.

### **2. Seek out community resources.**

Visit Alzheimer's Association & AARP Community Resource Finder ([alz.org/CRF](http://alz.org/CRF)) to access a database of dementia and aging-related resources in your area. Adult day programs, in-home assistance, visiting nurses and meal delivery are just some of the services that can help you manage daily tasks.

### **3. Become an educated caregiver.**

As the disease progresses, new caregiving skills may be needed. The Association offers programs to help you better understand and cope with common behavioral and personality changes that often accompany Alzheimer's. Visit [alz.org/care](http://alz.org/care) to learn more and access care training resources, including free online workshops.

### **4. Get help and find support.**

Our 24/7 Helpline (800.272.3900), ALZConnected® online social networking community ([alzconnected.org](http://alzconnected.org)) and local support groups ([alz.org/CRF](http://alz.org/CRF)) are good resources. If stress becomes overwhelming, seek help from a doctor or counselor.

### **5. Take care of your own health.**

Try to eat well, exercise and get plenty of rest. Making sure that you are healthy can help you be a better caregiver.

### **6. Manage your level of stress.**

Stress can cause physical problems (blurred vision, stomach upset, high blood pressure) and changes in behavior (irritability, lack of concentration, change in appetite). Note your symptoms and discuss with a doctor, as needed.

### **7. Accept changes as they occur.**

People living with Alzheimer's or another dementia change over time and so do their needs. They may require care beyond what you can provide on your own. Becoming aware of community resources — from home care services to residential care — can make the transition easier. So will the support and assistance of those around you.

### **8. Make legal and financial plans.**

Putting legal and financial plans in place after an Alzheimer's diagnosis allows the person living with the disease to participate in decision making. Having these plans in place can provide comfort to the entire family. Many documents, including advance directives, can be prepared without the help of a legal professional. However, if you're unsure about how to complete legal documents or make financial plans, you may want to seek assistance from an attorney.

specializing in elder law, a financial advisor who is familiar with elder or long-term care planning, or both.

**9. Know you're doing your best.**

Remember that the care you provide makes a difference and that you're doing the best you can. You may feel guilty because you can't do more, but care needs increase as Alzheimer's progresses. Regardless of how care is delivered, you can make sure that the person living with the disease is well cared for and safe.

**10. Visit your doctor regularly.**

Take time to get regular checkups and pay attention to any exhaustion, stress, sleeplessness or changes in your appetite or behavior. Ignoring symptoms can cause your physical and mental health to decline.

**REACH OUT FOR HELP**

Turn to the Alzheimer's Association® for information and support.

Visit [alz.org/education](http://alz.org/education) to take our free Dementia Conversations online program. Learn how to have honest and caring conversations about common concerns — including driving, doctor visits, and legal and financial planning — when someone begins to show signs of dementia.

Call our **24/7 Helpline (800.272.3900)** to speak with a master's-level clinician who can provide more information about how to discuss memory concerns with someone close to you.

The information in this series is provided by the Alzheimer's Association.

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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## **OPEN—New Wonder World of Forest Grove Preschool!**



Renee Elverud opened the new “Wonder World of Forest Grove Preschool” here at Forest Grove UCC on Monday, September 20 and still has openings available. If you know anyone who is looking for a preschool, please spread the word. She will be teaching 4-5 year olds Monday, Wednesday and Friday and 3-year olds Tuesday & Thursday from 9-11:30 AM.

For more information or to register call Renee at 503-522-3418 or email [WonderWorldFG@gmail.com](mailto:WonderWorldFG@gmail.com). We also have registration forms available in the Narthex.

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## **Forest Grove UCC Staff**

### **Moderator**

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### **Director of Sanctuary Choir**

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### **Organist and Piano Accompanist**

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