



# The Viewpoint

News from the Forest Grove United  
Church of Christ

**February 2023**

## “The Inner Light”

*“You are the light of the world. A city built on a hill cannot be hid. No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house.” – Matthew 5:14-15*

Dear Church,

Once again we find ourselves approaching the season of Lent. Generally considered a “penitential” season of the church calendar, Lent is considered a time for self-inquiry, inner work, and reflection. Lent corresponds with the time when Jesus went into the desert for 40 days to confront his own inner demons and release whatever was blocking him from living into his mission of carrying forth his vision of the Kingdom of God. Traditionally Lent is a time where we focus on confronting our own limitations as well as the theme of, “sin” which is understandably a very fraught term and concept for most of us in the UCC. The term sin has been weaponized so often to shame and control, and so we generally don’t even use the term in our wisdom-centered path of Christianity where we are trying to be less oppressive in the way we do religion. But the term sin can be translated as “missing the mark,” or falling away from the light. It can be useful for us to notice where and when we fall short in our effort to come into alignment with our better selves. Jesus invites us to live from our inner light and into the fullness of our potential to be what he calls us... “the light of the world.” We can see the season of Lent, often a time where we make sacrifices or take extra time for spiritual practice, as an opportunity to re-align with our inner light. Rather than be a time of self-flagellation, it can be embraced as a season of striving to live into our fullest potential.

Our Quaker cousins give us the term, “inner light,” referring to the light of Christ, the potential for great love, great wisdom, and great compassion within every person. George Fox, the founder of the Quaker movement said, “speak to that of God in every person,” and this is much like how we greet each other at UCC saying “the light of Christ in us sees the light of Christ in you.” Throughout the season of Lent this year we will be exploring this concept of the inner Spirit or, “the inner light,” and how we nurture and allow it to grow within ourselves and each other. We begin the season of Lent on Wednesday, February 21 around our fire in the courtyard on College Way where we will administer ashes. Let’s all keep a good Lent together and tend the “inner light.”

The light of Christ in me sees the light of Christ in you, Pastor Brendan

## Youth Group activities are starting up again!

After the New Year, monthly activities will be scheduled for our youth, 6<sup>th</sup>-12<sup>th</sup> grade to engage in. Activities will include fun get-togethers as well as purposeful acts of service. Look for updates in your email and the announcements.

At FGUCC, we value our youth and support their spiritual journey through:

**Supported Growth:** It is essential for teens to acquire skills such as openness, vulnerability, emotional maturity, trust, and the ability to self-regulate their emotions. When it comes to encouraging our teenagers to step outside their comfort zones, Youth Group is a great resource. Teens should be challenged by a strong community to improve themselves. Our Youth Group supports each other, whether they require a change of perspective, a new skill or pastime, or a team of people to help them get through difficult circumstances.

**Sense of Purpose:** Teens who are characterized by strong levels of gratitude, compassion, and tenacity are more likely to develop a sense of purpose. These crucial traits can assist teenagers in setting and achieving long-term, rewarding objectives. Youth Group encourages teens to do something meaningful to them. Teenagers form their own personal views and values when they get a sense of personal fulfillment from taking action that changes the world.

**Secure Environment:** Let's be honest, we could all use a place where we can open up and feel secure. Don't we all yearn for the freedom to be who we truly are? We all want to be loved and accepted for who we are. Don't we all aspire to be enough? Few places like that exist in the world, and we cultivate our Youth Group to be a place where teens can ask honest questions, discuss true struggles, and deal with real concerns, and we invite them to a place that many of us adults also want—a place where we are loved as Jesus loves us.

## Youth Group Events Coming Up:

### Save the Date and RSVP! Youth Group Night Trivia!

**Who:** FGUCC Youth 6th-12th Grade

**Where:** FGUCC Fellowship Hall

**When:** Sunday February 5th 6:00-7:30 PM

**What:** "Let's Get Quizzical" Team-Style Trivia

Can your team beat the others to become the reigning champions? Pasta dinner will be served. RSVP to ensure there is enough food for everyone. Email [adrienne@fgucc.org](mailto:adrienne@fgucc.org) OR respond online: <https://www.surveymonkey.com/r/V6W3HPR>



### Also, watch for more information coming soon for:

- ♥ Valentine's Day Cupcake Decorating Party, **February 11, 2-4 in Fellowship Hall**
- ♥ Gay Skate Night at Oaks Park, **Monday, March 20, 7-8:30 PM**

## Movie + Dinner: "The Seeds of Vandana Shiva"



You are all invited to the Movies + Dinner on **Friday, February 24 from 5:30-8:00 PM** at FGUCC.

We will be showing the “The Seeds of Vandana Shiva,” a documentary. After the film, we will enjoy great discussions on “Seeds and Stories” and a homemade dinner of Kongu Nadu, a Northern Indian chicken Stew, and vegetarian option will be available.

Bring your collection of seeds and stories, a special vegetable or flower variety you have cultivated and saved over the years.

**Price:** \$10 suggested donation. **RSVP:** Please RSVP Elena at [elena@fgucc.org](mailto:elena@fgucc.org)

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### NEW from the Blessing Box Crew

**We have been cooking up a storm!** This week we made more soups, beans with rice, chili, zucchini bread, all with donations received from you and other members of the community, including Pacific University. Thank you -- we really are making a difference in many people's lives!

**Dry goods and food supplies needed this week**—This week on our supply list are Olive oil and/or other cooking oil, savory spices, tomato sauce, tomato paste, diced tomato, ground beef, cheese, spaghetti, noodles, Dawn dish soap, and oven cleaner. We are sincerely grateful!

**Sandwich Making Project**—If you're interested in an effortless way to help the Blessing Box Crew, you can make a loaf of sandwiches for the Main Street Free Fridge. Please make sandwiches, individually pack, and label each package with the ingredients. You can then put sandwiches and/or other food in the Free Fridge any time of day. Thank you!

**Pots & Pans Needed for the Unhoused**—The Blessing Box Crew has had a specific request for pots and pans, which are especially needed for cooking food outdoors over campfires. If you have extra pots and pans that you no longer use, please bring them to the church. Thank you!

**Cooks and all other volunteer help Welcome!** We can always use extra help in preparing and packaging meals. We meet regularly on Thursdays from around 10AM to 2:00PM in the church kitchen. You do not have to come every week or stay for the entire time on days that you can help. Please let us know if you're interested in joining us for this adventure! For more information, please talk to Val Donley, Elena, Adrienne, or Pastor Brendan.

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## Parish Nurse Notes

We are officially announcing “Remembering Ralph!”

With Carol Brown’s blessing the Parish Nurse information/education in the Viewpoint about Alzheimer's, Dementia and Aging will be called “Remembering Ralph.” I asked for suggestions for a title, and this was her immediate response. Carol supports our efforts to keep the challenge of Alzheimer's in open discussion, stating that minimizing the problems, and not talking about these challenges keeps the door closed. We need to have the door open so we can support and educate each other.



### Resources:

Oregon Care Partners (nothing to do with Hospice) offers self-paced online classes and webinars for care givers. Classes are by Specialist Teepa Snow the founder of Positive Approach to Care.

### Reading:

What Alice Forgot, by Liane Moriarty. Excellent read and movie. Published in 2009, What Alice Forgot is a novel by Australian author Liane Moriarty that tells the story of a 39-year-old mother of three who loses her memory of the last ten years of her life.

Looking After, by John Daniel. Beautifully written! A poet and an essayist, John Daniel weaves graceful meditations on the nature of memory, identity, aging, and the tenacity of family into this moving account of his mother’s last years. Uneasy in his role as caregiver, Daniel struggles with guilt, embarrassment, and anger over his mother’s transformation. As she loses her memory to Alzheimer’s, he delves into his own memory in a passionate attempt to remember—for her and for himself—the remarkable history of their lives.

I have a copy of these books if anyone would like to borrow them.

Blessings, be well, be kind and patient with each other as together we navigate through the rough spots of life.

Deva, Parish Nurse

### Wait ... there’s more!

This month Deva invited Aaron Frye to contribute an article about the importance of balance. Many thanks to Aaron for contributing the following information for this month’s issue of The Viewpoint.

### The Importance of Balance:

Your sense of balance comes from many different systems working together to create stability. Good balance depends on correct sensory information, proper use of that information by the brain, and the right response from the muscles. The sensory information that is needed comes from your visual, somatosensory (special sensors in your tissues and joints), and vestibular systems. If any one of these three are compromised, you likely have a higher risk of falling.

## Balance Facts & Stats:

- 1 out of 3 older adults fall each year (only 50% tell their MD about it)
- Every 11 seconds an older adult is treated in the ER for a fall.
- 42% of the population experience dizziness at least once in their lifetime
- 95% of hip fractures are caused by falls.
- Dizziness is a non-specific term, which can be described as vertigo, disequilibrium, motion sickness, lightheadedness and behavioral.

## How Physical Therapy & Balance Centers - Forest Grove can help with imbalance/vertigo:

Vestibular rehabilitation is an exercise-based program designed by a specialized physical therapist to improve balance and reduce dizziness-related problems. A treatment plan will be developed that will improve your ability to function in activities of everyday living, reduce your risk for falling, and ultimately, improve your quality of life.

- Our team will accurately classify your balance and/or vestibular condition, and specifically treat and progress your care.
- We are equipped with a (Solo Step) safety pulley and harness system that removes fear and guarantees safety. This allows us to challenge your balance with the safety overhead support system.
- We also use a full immersion virtual reality system that includes multiple assessment tools and treatment progression options.
- Our balance program is designed to help patients decrease fall risk, successfully overcome vertigo, dizziness, and restore their strength and function.

If you'd like to learn more, schedule your free consultation. (503) 357-1706. Thank you!

Aaron Frye

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## 2023 Seed Swap!

This Seed Swap is on **Saturday, February 25, 11AM to 3PM** at St. Bede's Episcopal Church, 1609 Elm Street, and is sponsored by the Dairy Creek Community Food Web. Please label your seeds as to species and variety, open pollinated vs. hybrid (if known), and date of harvest. If you don't have seeds, save some from your harvest and bring them next time.

There will be a tool sharpening and gardening information and giveaway table, plus a raffle. Everyone Welcome!

For more information email [dcfoodweb@gmail.com](mailto:dcfoodweb@gmail.com)



## Sign up to host Fellowship Time



There's a sign-up sheet in fellowship hall to sign up to host fellowship time on Sunday mornings, (i.e., make coffee, put out glasses, cups and napkins). We are welcoming people to bring homemade goodies, fresh fruit, veggies, cheese, crackers, or whatever makes your heart sing. If you prefer, you can use the supplies that are stored in the church kitchen, so you don't need to prepare or purchase anything to host fellowship. If you have any questions, please talk to Terri Wyborny. Thank you!

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## Stephen Ministry

Are you a caring, compassionate individual that loves helping others? The Stephen Ministry group is looking for you to join in our ministry to those that need a compassionate ear. We are planning to start a training class after the first of next year so that you can help us help others. Through the training that is provided, you will be able to journey with your care receiver through the trials that they are facing in a supportive and loving manner. We are not there to "solve" the issue but to listen and be present. Your faith will be strengthened through this process, and you will be providing a valuable service to those in need. Join us in sharing God's love and compassion to others. If you are interested, or have questions contact Pastor Brendan, Renee Mills, or Ken Prickett.



— Ken Prickett, Stephen Ministry Leader

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## Best wishes to all of you celebrating birthdays in February:

Rod Burrus—12  
Renee Mills—14  
Sydney Molin—16  
Alice Hoskins—17  
Lily Lind—17  
Evan Butler—26  
Ava Bichsel—27



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## To Keep Up on the Happenings of FGUCC

- Check out our webpage for up-to date information, classes, and activities at [www.fgucc.org](http://www.fgucc.org)
- Like us on Facebook at [www.facebook.com/fgucc](https://www.facebook.com/fgucc)
- Subscribe to “This Week at FGUCC” (just send an email to [elena@fgucc.org](mailto:elena@fgucc.org) to indicate you'd like to subscribe)

# Joys, Concerns & Prayer Requests

## Wonderful News from Kristy & Amelia

After a long, long journey we can finally say that this May we will be welcoming a baby girl to our family! Amelia is nearly 26 weeks along and is doing well and things look healthy. Kristy and Amelia would really appreciate good vibes and prayers from everyone during this time. Thank you!

### Prayer Concerns—

**Sympathy**—Prayers for Carol Benner whose sister, Pat Conrad, passed away on January 25. Especially remember Pat's husband and best friend of 58 years, Rob Conrad.

**Special Prayers Requests**—Els Abma could use some extra prayers for healing, and she would also love visitors in her new room which is 414 at Jennings McCall. Thank you! Please also remember Bob Browning who is currently at Tuality Hospital.

**New Prayer Concern**—Please remember Stephanie Lind's dad, Steve Hibbs, as he had a TIA on Thursday afternoon, February 2. He was hospitalized for one night, and his mini stroke symptoms had almost completely abated by the time of this note, so he was expected to be able to go home Friday. Please keep Steve and his wife Cleata in your prayers.

**Ongoing prayer request:** Please continue prayers for Ralph and Robin Vasey's eight-year-old grandson, Henry, who continues to recover from surgery following an emergency surgery for a stroke before Christmas. He's receiving lots of different therapies to help him with speech and body movements and is making small improvements each day for which they are extremely grateful.

Please remember Christine Kidd and Faith Brown as they both continue to recover from shoulder replacement surgery in mid-December.

**Continued Prayers**—Prayers of healing and comfort for all who have ongoing concerns, including Els Abma, Bob Browning, Ann and Russ Dondero, Paul and Stephanie Edwards, Lorren Fletcher's wife, Beverly, Lillian Gimre, Max Groszmann, Stella Schrag, Yvonne Stacey, 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, please submit them to the church office by 4:00PM on Thursday afternoons via email to [elena@fgucc.org](mailto:elena@fgucc.org) with the title "prayer request" in the subject line. For private prayer requests, please reach out to Pastor Brendan at [401-318-2447](tel:401-318-2447), or a Stephen Minister.

**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 February 1 and 15, 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 Team First Sunday Changes: PLEASE READ!**

We have made a discovery which we'd like to share with all of you. That is our collection of Styrofoam needs to and will stop from here on out. We learned that Agilyx in Tigard, where we have been taking our Styrofoam (or expanded polystyrene to be exact), uses chemical means to create low quality fuel and/or more Styrofoam. Chemical processing of Styrofoam produces both air and water pollution that is not currently being addressed. The creation of Styrofoam supports the fossil fuel industry and needs to be banned. We cannot continue to support this method of disposal knowing what we now know.

As a result of this information, the BEST Team will NO LONGER ACCEPT or collect STYROFOAM or number six plastics. Rather, we encourage all of us to avoid all Styrofoam, complain when you encounter it, and when you can't avoid Styrofoam place it in your garbage. Before purchasing a product ask whether it is packed in Styrofoam or structural cardboard – and if it's in Styrofoam, then don't order it. Of course, in the case of Van Dyke's appliance or Amazon or other suppliers – this would be hard to do – but telling them ahead of time before you purchase from them and then having them put pressure on their suppliers should be a strategy, too.

The BEST Team recommends: Do not take Styrofoam to Agilyx. Do not “recycle” it (in this case “recycle” is a misnomer). Making Styrofoam is a highly toxic process. Only ten percent of Styrofoam gets “recycled” chemically and the rest presents our planet with a horrendous waste problem for which the fossil fuels industry has no solution as they make more and more. Styrofoam needs to be banned and people like us need to not enable this “system” to continue.

### **Batteries:**

Alkaline batteries are safe to throw away and should now go in your trash. All other batteries should be separated from the landfill. However, the **BEST Team can no longer take these items to the Metro Transfer Station. Nor can the BEST Team take compact fluorescent bulbs or fluorescent tubes due to a new law that prevents us from collecting and transporting these kinds of waste. Please do NOT place these in your trash.** You can take them to Metro on your own, or wait for the BEST Team to develop other means. We are working on this and hope to have an alternative in place at some point in the future.

### **At this time, we will accept on First Sunday:**

- ✓ Clear #1 plastics
- ✓ Air pillows
- ✓ Candle wax (the Prickett Family uses)
- ✓ Ink cartridges

**Cell Phones:** We will accept cell phones at any time.

## Last Opportunity to Attend Jeane Canon's Aroma Bead Bracelet Workshop to Benefit the Auction



Jeane is offering five spaces at her upcoming gemstone aroma bead bracelet workshop. It is on **Saturday afternoon February 11, from 1:30-3:30** in the corner classroom by the chapel. You will learn about aromatherapy, make 3 bracelets with beautiful beads and gemstones, and take home a small bottle of lavender essential oil. Snacks will be served.

The cost is \$15, and all proceeds will go to the 2022 Auction. You can pay by credit card at <https://event.auctria.com/2d72aa73-39cf-4165-9fca-84991d3a0e7e/a780d600ec2e11e9ae081db830846aa5?b8fd4d1625cf4851a99fc5ecd5f79de2%2Fq=gemstone&b8fd4d1625cf4851a99fc5ecd5f79de2%2FcurrentPage=0&b8fd4d1625cf4851a99fc5ecd5f79de2%2FselectedItem=81da5f92-5c14-4b9a-a294-3719d39187c0>, or bring a check (payable to Forest Grove United Church of Christ) or cash to the workshop (please bring exact amount).

**RSVP Requested**—Please RSVP Jeane by February 10th at [jeanecanon@yahoo.com](mailto:jeanecanon@yahoo.com) to reserve your spot regardless of how you are paying.

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## You can Donate to FGUCC via QRCode



If you would like to make a donation to FGUCC, you can scan this QRCode which will take you directly to our FGUCC PayPal donation page. There you will have the option of paying with either a debit or credit card or PayPal. If you have any questions, please don't hesitate to let us know.

## Pledges and Contributions

Thank you all for continuing to keep your pledges current. 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



Thank you for your steady support of the Can & Bottle Collection for our FGUCC Youth Ministry. Yay for us – **to date we have raised \$3,100!** **This is the equivalent of 31,000 bottles and cans!** If you want to participate in this easy fundraiser, blue bags are available to pick up in the church office. For any additional information please contact Elena at 503-357-9121 or [elena@fgucc.org](mailto:elena@fgucc.org).

## **Forest Grove UCC Staff**

### **Moderator**

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### **FGUCC Media & Tech Specialist (MTS)**

Open

### **Stephen Ministry**

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