



The Viewpoint

News from the Forest Grove United
Church of Christ

April 2023

Sacred Presence

“Do not fear, for I am with you; do not be afraid, for I am your God; I will strengthen you; I will help you; I will uphold you with my victorious right hand.” -Isaiah 41:10

The prophet Isaiah assures us of the everlasting presence of God. We hear how the sacred presence of the Spirit dispels all fear, strengthens, and upholds us. In chaotic times we can be grateful for how we can center ourselves in that sacred presence. Our tradition points to how we experience Spirit and offer the gift of the sacred presence to each other in all the ways we show up for one another to participate in compassionate action. The poet John O’Donohue, who I admittedly quote too much, writes of compassion saying, “Compassion is the ability to vitally imagine what it is like to be an ‘other.’ It is the force that makes a bridge from the island of one individuality to the island of the other. It is an ability to step outside your own perspective, limitations, and ego, and become attentive in a vulnerable, encouraging, critical, and creative way with the hidden world of another person.” I want to celebrate some of the ways we are offering vision and building bridges for each other and our community and being a sacred presence through the compassionate actions we take.

Every Thursday, our community refrigerator/blessing box crew has been meeting to cook delicious meals for the refrigerator on Main St. I want to thank Val Donley, Mary Mullen, Nicki Atman, Jobina Lacock, Charlotte Lumae, Charlotte Sims Atwood, Dawn Evans-Gomez, Lois Tari, in addition to all others who have helped in this effort. These individuals have been very active in growing this food justice project of our church. It’s beautiful to see church community members working together and reaching out to ‘others’ who are experiencing food insecurity. It’s exciting to learn how our efforts have made it onto the radar of the community at-large. For instance, recently the Tree of Life Food Bank in Hillsboro had a donation of 800 turkeys, and they reached out to us to see if we could get some of those turkeys out to the people, and we were able to get about 15 of those turkeys which are becoming free meals!

In addition to acts of service like this effort, we also continue to offer enriching programming for youth in our church and the community. In recent months, our Learning Community Coordinator, Adrienne Klein, has put together some wonderful youth events like “Parent’s night out,” and the trip to gay skate at Oaks Park, bringing so much joy to all who participated! These

are just a few examples of how we are offering sacred presence to each other by showing up for each other with care and compassion. It's such a privilege to be part of such an active and vibrant faith community.

Peace and blessings, Pastor Brendan

Deconstruction Circles Continues

The second of two circles will be happening at FGUCC on **Sunday evening April 16 from 5:00-7:00PM (NEW TIME)**.

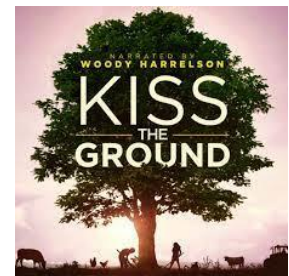


In recent years, mental health professionals have underlined the way the religious experience can sometimes create trauma, often from faith environments where questioning was either discouraged or not allowed. Many people coming out of these environments are involved in a process that has come to be called, “Deconstruction.” Deconstruction can be understood as the radical search for the foundation of truth within one’s faith; a deep dive into the questions, “What do I really believe and why do I believe it?” In the coming weeks we will be offering opportunities to gather in circle dialogue for story sharing and inquiry to create a nurturing space for those involved in a deconstruction process and looking to connect with others on a similar journey. If this calls to you, we invite you to join us!

RSVP is encouraged! If you want to join us please RSVP to Adrienne Klein at Adrienne@fgucc.org

Movie + Dinner Friday, April 14, 5:30-8

We will be showing the documentary “*Kiss the Ground*,” narrated by Woody Harrelson. This documentary inspires participation in the regenerative agriculture movement, using soil to solve world problems. Discover How We Make A Difference! After watching the film, we will enjoy a traditional homemade Greek dinner and discussion and we will also have the pleasure of meeting Kristin Ohlson, author, of “The Soil Will Save Us” and “Sweet in Tooth and Claw.”



Essential Oils of the Bible Class, Sunday, April 30



Learn about and experience these oils for yourself. This class will be led by Jeane Canon and Renee Mills in the Fellowship Hall, and is strictly educational, with no fee or obligation. The date is **Sunday, April 30, 12:00-1:30PM**. For setup purposes please let us know if you are planning to attend. Please plan to bring your own lunch. Everyone is welcome!

Youth Group Event! Dinner & Movie Night!



We are excited to announce our upcoming Youth Group event - Dinner and Movie Night on **May 7th from 6-8 PM!** This is a great opportunity to hang out with friends, enjoy delicious food, and watch a fun movie together. The event will be held in Fellowship Hall, and we will provide a tasty dinner for everyone. This event is open to all members of the Youth Group, and we encourage you to invite your friends as well.

Please **RSVP by May 3rd**, so we can plan accordingly for food and seating to adrienne@fgucc.org

Youth Group volunteer event



We are excited to announce our next Youth Group volunteer event - an opportunity to work with Eloheh on **Saturday, April 29th from 9 am-1 pm!** Eloheh is a non-profit organization that is dedicated to restoring the land and building community through sustainable agriculture and education.

During our volunteer shift, we will help Eloheh with various tasks including gardening, weeding, planting, and other tasks related to sustainable agriculture. This is a great opportunity to learn about sustainable farming practices, connect with nature, and give back to the community.

The event is open to all members of the Youth Group (6th-12th grade), and we encourage you to invite your friends as well. Please wear comfortable clothes and shoes, and bring a water bottle and a hat/sunscreen as needed.

To participate in this event, please **RSVP by April 25th**, so we can provide Eloheh with an accurate headcount. We will meet at FGUCC, and the church bus will leave at 8:30AM, so please **arrive between 8:15 and 8:30**. Thank you! RSVP: adrienne@fgucc.org

— Adrienne Klein

O.our W.hole L.ives (OWL) Orientation April 2

O.our W.hole L.ives (OWL) orientation is on this Sunday, April 2nd at 9:00AM in the Senior High Youth Room. James and Geneva Houx will offer a brief informational meeting about our new Our Whole Lives (OWL) program being offered for youth in the church and the community. OWL is a medically accurate sex education program rooted in principles of social justice and radical inclusivity. Geneva and James will be the instructors for the OWL program, teaching classes in a series of weekend intensives. Classes are for youth in grades 8-12. The schedule for the class will be determined with participants at the orientation. If you have any questions and/or are interested you can call or text Geneva Houx at 503-806-0921.



Holy Week Schedule



Palm-Passion Sunday, April 2, Worship at 10 AM—Please join us for this special worship service.

Maundy Thursday Service—April 6, 7pm— Since the time of The Last Supper people have voiced their doubts and convictions about the faith and actions of Jesus. Please join us Thursday, April 6 at 7 PM for a Maundy Thursday service inspired, in part, by Brian MacLaren's book 'Do I Stay Christian?' Communion will be served.

Flowers for Easter Cross—We need flowers for the Easter flower cross and we're inviting folks to bring flowers from their yards on Easter Day to add to the Flower Cross. Thank you!

EASTER DAY, Sunday, April 9:

- ◆ **Easter Sunrise Service at 6:25 AM**—Please join us for a special Easter Sunrise worship service at Thatcher Park (on the corner of Thatcher and David Hill Roads). Jeannine Murrell and Pamelajean Myers will lead this meaningful service. Sunrise is at 6:25 AM, so let's plan to gather around 6:15AM. All are welcome!
- ◆ **Easter Day Worship at 10 AM**—Please join us Easter morning for a jubilant service of worship filled with music presented by the Sanctuary Choir
- ◆ **Easter Egg Hunt for kids after Easter Worship on April 9th!**

This event is a wonderful opportunity for children to have some fun and connect with other kids in the community. The Easter Egg Hunt will take place immediately after the Easter Worship service, and all kids are welcome to participate.

Bring a basket to collect eggs. There will be plenty of treats and prizes for the kids to enjoy!



EASTER TULIPS



We are taking Tulips plant orders for Easter Sunday, April 9. These can be purchased in honor and/or in memory of loved ones and will be placed in the Sanctuary for Easter Sunday. The cost is \$10 each. **[Order deadline is Sunday, April 2]** Plants can be taken home following worship.

Your Name: _____

Number of Tulips: _____

In memory of: _____

In honor of: _____

From the Blessing Box Crew

New Volunteer Opportunity for the Blessing Box

Would you like to help prep food after church on Sundays for an hour or two? We are looking for people who would chop onions, carrots, celery, etc.; cook a few things in preparation for the big cooking event on Thursdays each week.

“Alone we can do so little; together we can do so much.” Helen Keller



Current Supplies needed and appreciated include powdered milk, jelly, peanut butter, rice, lunch meat and celery.

This past Thursday we cooked up another storm with the following foods: Clam Chowder, Potato Soup, Curry & Vegetable Soup, Turkey, baked potatoes and green beans, BBQ Chicken with baked potato and green beans, cheese and rice burritos, bean, turkey and bean burritos, PB&J and PB & Nutella sandwiches and bread pudding.

Cooks and all other volunteer help Welcome! 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.

Sandwiches always welcome! 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!

Gallery in the Sanctuary



Be sure to check out the current art display in the sanctuary gallery. They are photos by Susan Shepard taken over several years due to the influence of her beloved father who was a terrific photographer using film and cameras in the old-fashioned way. If you enjoy these pictures and would like to purchase one or two, Susan is offering them for sale for \$20-30 each and the money will all go to the kitchen project fund here at FGUCC. If you would prefer one or more greeting cards instead, let her know and she will make them for you.

With gratitude for our community, Susan Shepard.

Stephen Ministry



We need you! We are working to put together a class of caring, compassionate people this Spring. Does that describe you? Through the training you will learn wonderful life skills, and experience personal growth. It will enhance and enrich your life as you put the skills to use, not only in your life, but as you listen and encourage another.

You will be assisted and supported by the current ministers, as we journey together to be of service and continue learning. It is a shared blessing and gift. Please join us as we care for our congregation. We could use your help, and can't wait to get started! If you're interested or have questions, talk with Pastor Brendan, Renee Mills, or Ken Prickett. Thank you!

Blessings, Renee Mills, Stephen Ministry Leader

Old Bus Clean-up Work Party

We are getting the old church bus ready to sell and need help in getting it ready for sale. Anyone interested in helping to remove the decals and do other needed cleaning to get it ready, please contact Ken Prickett at 503-324-4220, or Eric Canon at 503-357-3282. This will be a fun project to work on together and the more people who join us the merrier, plus – many hands make lighter work! We need a heat gun to remove the decals, so if anyone has one that we can use, please let us know -- it would be appreciated. Once we get a list of those interested in helping, we will arrange for a day to get together. Thank you! Ken Prickett and Eric Canon

We need bus drivers!

Many of our long-time church bus drivers have retired, and we're recruiting drivers for the new church bus. We really need more people to pick up our shut-ins on Sunday mornings. If you're interested, please contact Eric Murphy at 503-580-9192 or Ken Prickett at 503-324-4220.



Remembering Ralph Brown.

Ralph is still daily on our hearts and minds -- missed so much by his family and community.



This month Deva invited Tori Eaton to contribute an article about Shamanic Healing. Thank you Tori for contributing the following information for this month's issue of The Viewpoint.

Energy and Shamanic Healing

The concept of shamanism is an ancient healing tradition and way of life; connecting with all life, the natural world, and the supernatural world. Shamanism and shamanic healing practices are very similar throughout all groups of people, though may have different names. 21st Century Shamanism looks at bringing love-based healing to an individual and their soul (only with their permission). A healing ceremony takes place and usually includes the practitioner getting into an altered state (personally, I use a drum beat and breath work) to get out of the “analytical left brain” and connect more with the right side of the brain to allow a better connection with Spirit and the supernatural. Ceremonies include setting an intention, or goal, of what is to be healed (examples include trouble sleeping, negative relationships, releasing traumatic events, or even undoing vows/oaths, etc.) Sometimes a shamanic healer will create a safe energetic space and usually shares their “journey” for information aloud so you can also feel a deeper level of participation in the healing process. Shamans and shamanic practitioners may sing, make sounds, use rattles, drums and other instruments, and other tools to support the healing. The individual receiving healing usually lies down or is sitting, listening and may even participate with a question.

Tori Eaton has started “Emerge Energy Medicine” to bring this different level of healing to our community and beyond. She's felt called to do this work from a young age, and recognized after training in Western medicine that there are still parts of illness, injury, and the soul that are not addressed. She began training in 2016 and has performed ceremonies to help deceased souls cross to the light, bring information from deceased friends and family members, perform soul retrieval, curse/oath unraveling, thought form unraveling, and enhance a person's wellness. She's performed ceremonies for individuals, groups, land, buildings, and businesses. If you have questions, please call or email Tori at 503-453-6088, tori@emergeenergymedicine.com. The website will be published by mid-April.

Review Advance Directive Discussion

What is it? Do I need one? We are offering an opportunity to discuss advanced directives on **Sunday, April 23** after worship in the library.

Wearing a mask is requested by Deva your Parish Nurse. Thank you!



CPR Training



All ushers are requested to please be current with their CPR certifications. There are classes for CPR/AED training for anyone interested on the first Wednesday of the month at 7:00PM, and the second Saturday of the month at 9:30AM with Joel Peterson at the Cornelius Library. The cost is \$35.

Please sign up online at: <https://www.preventprotectserve.com/cpr-classes>

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!

Best wishes to all of you celebrating birthdays in April!

Els Abma—2
Paul Johnson—3
Vivi Houx—9
Gail Burrus—10
Lily Mullen—11
Diane Jackson—12
Kendra Vann—12
Sarah Ball—20
James Houx—20
Darrell Lawrence—23
Holly Vann—23
Ryan Jones—27
Geoff Johnston—28
John Davis—28
Rusty Bradford—30
Bev Fletcher—30





Celebration of Life for Betsy Foster

Rob Foster is returning to Forest Grove in early April for a brief visit and has planned a Celebration of Life for Betsy on **Saturday, April 15 from 2-4PM** here at FGUCC. Everyone is invited to attend!

Joys, Concerns & Prayer Requests

New Prayer Concern—Please remember Susan Shepard’s daughter and son-in-law, Kathryn, and Jon Schuback as their 29-month-old son was recently diagnosed with cerebral palsy.

Continued remembrance—Please remember Carlene Krueger as she continues to recover from hip bursitis. If you’re interested, we have set up a *Take Them A Meal* schedule for meals twice a week for Carlene. Please contact Elena at elena@fgucc.org or refer to the email message sent on Thursday, March 2 for the link to her meal schedule.



Continued remembrance—Continued prayers for Russ and Ann Dondero as Russ has been moved to assisted living at Avamere in Beaverton.

Continued remembrance—Prayers for Bob Browning at the EmpRes Hillsboro Health & Rehabilitation Center and for Els Abma at Jennings McCall Assisted Living. Els appreciates visitors (Room 414). Thank you!

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 great strides in improvements each day for which they are extremely grateful.

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.

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

Prayer Shawl Knitting—Please join us for knitting this month via Zoom on **Wednesdays April 5 and 19, 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 for April 2

Update to Battery and Fluorescent Bulb Recycling

We have gathered more information about recycling batteries. Alkaline batteries (A, AA, AAA, C and D) are safe to go in the trash. However, other batteries such as button cell, lithium, 6-volt, 9-volt, rechargeable, lithium cell, car and lead-acid batteries should NOT go in the trash. Compact fluorescent bulbs and fluorescent tubes should also NOT go in the trash. Unfortunately, we still cannot transport them for you. PLEASE find a way to recycle them!

Some sources are:

- ✓ To find a source: <https://www.oregonmetro.gov/tools-living/garbage-and-recycling/find-a-recycler> (includes transfer stations and Battery Plus locations)
- ✓ Ace Hardware, Forest Grove, takes rechargeable batteries only
- ✓ Hillsboro curbside: <https://www.hillsboro-oregon.gov/our-city/departments/city-manager-s-office/sustainability/garbage-and-recycling>
- ✓ Ridwell, if you have a friend who will take them for you. <https://www.ridwell.com/categories>

If you forget, recycle all batteries at Metro sites throughout Portland. They will take them all. And remember, if you have any questions about any item at all, call the Metro Recycling Hotline at (503) 234-3000. Take good care of God's earth.

At this time, we only accept the following items on First Sunday:

- ✓ Clear #1 plastics
- ✓ Air pillows
- ✓ Corks
- ✓ PakTech handles for carrying 4-6 pack cans
- ✓ Candle wax (the Prickett Family uses)
- ✓ Ink cartridges

Cell Phones: We will accept cell phones at any time. (Place in the marked box on the shelf above coat rack in the narthex.)

— Your FGUCC BEST Team

Get ready for PlanetCon on April 8th



An email was sent to everyone on March 30 with links to ALL information needed for this PlanetCon event.

When: April 8 from 11AM to 2PM

Where: PCC Rock Creek campus, 17705 NW Springville Road, Portland, OR 97229, parking lot E and Building 9.

We are giving our metal folding chairs away

At the March Finance & Property meeting, John Davis was given permission to find a new home for our old metal folding chairs. If you are in need of any chairs, please let John know. Any chairs that are left over will be offered up on Facebook Marketplace or online option. At this writing we have about 100 chairs left.



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. If you have questions or need more information, please contact Elena at 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 \$3,213**, 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.

To Keep Up on the Happenings of FGUCC

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

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