



The Viewpoint

News from the Forest Grove United
Church of Christ

March 2023

Pastor Brendan's time with NGLI

Many of you already know that I have been part of a competitive program called, "The Next Generation Leadership Initiative," for the past several years. The Next Generation Leadership Initiative is, "a transformational leadership program administered by the Pension Boards of the United Church of Christ, which uses gifts from our forbearers to bring together young clergy dedicated to parish ministry and train them to lead the church of the future. For the first 4 years of the program, I have been sent away for two weeks of professional development where I have benefitted from organized lectures and conference programming on a variety of topics related to being effective in ministry. In the final two years of the 6-year process, the NGLI program equips participants with resources to design our own creative ministry program for our own respective settings. For two weeks in February, I spent my NGLI time in Maine cultivating facilitation techniques offered by the center for theater and pedagogy of the oppressed to support the "Deconstruction Circles," we are offering during Lent and other forms of support for programs for the church as well as the extended community of our congregation. This is the "Creative Ministry Project," that the UCC pension boards is supporting me in developing through the NGLI program.

What is "Deconstruction," you might ask! 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 popularly known as, "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.

The facilitation techniques and group story-sharing processes offered by the center for theater and pedagogy of the oppressed are applied theater tools that help create a profound opportunity for the collective sharing of wisdom, community storytelling, and problem solving. It is not "theater" in the conventional sense. The process provides a way of bringing joy to the work of addressing otherwise difficult topics, and bringing people together in mutually supportive and empowering connection and growth. The techniques I learned in Maine with the center for

theater and pedagogy of the oppressed have great potential to enrich our church's deconstruction ministry in profound ways. While in Maine, with a group of community leaders across the country, we learned how to facilitate a variety of somatic(embodied) group dialogue processes. One of the techniques that might be particularly helpful and applicable to those involved in a "Deconstruction process," for example is the "Cop in the Head," workshop that we learned.

"Cop in the head," is a practice that prepares participants to confront social control. In a "Cop in the head workshop," participants explore experiences of internalized oppression through the exploration of stories that feel like, look like, and sound like a lack of resolution, confusion and/or inability to take action that would bring about the possibility of getting what an individual or targeted group need and want to manifest. In the process, "cops," serve as the metaphor for internal blocks that appear as repetitive self-destructive patterns informed by external messages of oppression that have been brought inside. This internalized control manifests as silencing, freezing, and blinding the oppressed from seeing and acknowledging self-empowerment and self-love both individually and communally, and from uprooting the invisible and internal disempowering voices that have been barracked in the mind. I look forward to applying the new tools that I learned on my professional development trip with NGLI to enriching our ministry programs for the congregation as well as the extended community we are all called to serve together. And I am also very happy to be back!

In Christ's Love, Pastor Brendan

Deconstruction Circles



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!

The first two circles will be happening at FGUCC on **Sunday evening March 19th from 7-8:30pm, and April 16th 7-8:30pm.**

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

O.ur W.hole L.ives (OWL)



O.ur W.hole L.ives (OWL) orientation is on 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.

Local brewery tour is planned for Saturday March 4!



Our tour of local breweries is on **Saturday, March 4 from 1:00 to 4:00PM.** Stops will include McMenamin's Grand Lodge, Bull Run Cidery, and we'll finish at Ridgewalker Brewery. We have two buses to provide transportation and we're inviting members to ask family or friends to join us for this fun event. Childcare will be provided, but if you

need childcare, please RSVP as we are closing registration at 10 kids. Please sign up for this event in the Narthex or email Elena at church office at elena@fgucc.org, or Adrienne at adrienne@fgucc.org. If you have questions, let us know. Hope to see you there!

March 19th: St Patrick's Day Potluck



Our Nurture Ministry Team is hosting the annual St. Patty's Day Potluck and Party, on **Sunday, March 19**, immediately following worship. Bring your favorite main dish or dessert to share. Be sure to stick around after the potluck for fun-filled activities such as the Hunt for the Pot of Gold!

Parent's Night Out!



Are you in need of a date night? Let us take care of your kids for an evening. Parents Night Out will include games, activities, and dinner for the kids. March 18th 6-8:30 PM in the Fellowship Hall. There is no cost, but donations of \$5 per child are accepted to help cover supplies. Prior registration required.



Please visit <https://form.jotform.com/223475446542156> to register or scan the QR Code.

Youth Group Night Skate at Oaks Park



Youth Group Night Gay Skate at Oaks park is happening Monday March 20th. The bus will leave FGUCC at 6:15pm and return ~9:15pm. Gay Skate features a live DJ playing retro and current hits. Pride Swag and Ally Swag are encouraged! However, Oaks Park does have some limitations due to safety reasons:

Headgear, headsets, Bluetooth headphones, and sunglasses may not be worn while roller skating. Hats may not be worn while skating except when secured with a hat clip. Loose items are not permitted on the skating floor, e.g., cell phones, cameras, stuffed animals, etc. Loose clothing draped around the body may not be taken on the skating floor.

There are just 2 requirements to participate:

1) RSVP and Waiver is Required by Friday March 17th. Waiver can be filled out online here: <https://www.jotform.com/build/222966057295163>

If you miss the Waiver deadline but would still like to participate, you will need to provide your own transportation and supervision of your youth.

2) Oaks Parks requires advance purchase of tickets. The \$12 ticket includes skate time and skate rental. Purchase your ticket here: <https://oaksamusementpark.centeredgeonline.com/areas/area/97f765b2-eb46-49a1-af5e-cf7fd8c18629>

— Adrienne Klein

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: _____

Ribbon Festival

On a Sunday afternoon in early February, the 2023 OMTA Westside Ribbon Festival was held at FGUCC. Children and teenage music students and their families flocked into the building to display musical artwork (see photos) and listen to performances on our lovely grand piano. There were three consecutive recitals featuring a wide variety of music, everything from a Chopin prelude to a lively Rock and Roll song!

This noncompetitive event included presentation of a ribbon to each participant for their performance and another one for artwork on display. Some of the artwork illustrated their music, other items were stand-alone music-related creations. In addition, helium balloon bouquets enlivened the festive mood.

The members of Hillsboro Area Oregon Music Teachers Association are grateful for the opportunity to sponsor this event in our lovely building and make music on the concert grand piano. Newcomers noticed the warm and welcoming atmosphere along with excellent acoustics in the room.

Sarah Ball



From the Blessing Box Crew

Supplies needed and appreciated for the Blessing Box include onions, fresh potatoes, sweet potatoes, cheese, tomato sauce, ground beef and chicken.

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!

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.



What is Reiki?



This month Deva invited Renee Mills to contribute an article about Reiki. Many thanks to Renee for contributing the following information for this month's issue of The Viewpoint.

Reiki (Ray-key) is a Japanese word meaning "*Universal Life-Force-Energy*". The "*Ki*" part is the word for the energy which underlies everything. Reiki is a system for using that energy for the purpose of healing.

It can be used to take an active role in our health, to heal ourselves and others on spiritual, mental, emotional, and physical levels. Reiki allows the source of well-being to enhance and balance natural life forces through non-intrusive touch. Healing, health maintenance, pain relief, relaxation, a strengthened immune system, and spiritual growth, are a few of the benefits that result from its application. It works well with traditional medicine and can improve results.

It can be learned in a short amount of time, and used immediately by anyone. It can't be done wrong!

I am a Reiki and Karuna Reiki Master and have been teaching since November, 2002. Classes are scheduled each season, the next being this Spring. Class dates will be posted, or let me know if you have questions or are interested in classes or sessions. My website has class schedule information, too, @ www.wholeoptionsllc.com, and my cell phone is: 503-314-4855.

The only way to know it, is to feel it.

Blessings, Renee

Parish Nurse Notes

Remembering Ralph

- "My Memory is so Slippery"
- "I am forgetting everything these days"
- Where did I put _____
- Why did I come in here?
- What day is it?



It's time to get a baseline assessment from a gerontologist, doctors who specialize in caring for seniors. Early diagnosis and getting a baseline about how we are functioning is THE BEST way to stave off the progression of memory issues. Medications and therapies can help in the early stages, giving us better function. Equipping ourselves with tools, information, and a good assessment from a specialist is a great way to get appropriate treatment and support.

Ask your insurance provider about a gerontologist covered with your plan.

In loving memory of Ralph.

Deva, Parish Nurse.

CPR Training



All ushers are requested to please be current with their CPR certifications. There are classes for CPR/AED training 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>

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!



Where to go when your doctor's office isn't open

Urgent Care, Intermediate Care, Emergency Department – There are SO many options it is confusing! Where Should I go?

The service you need and how soon you need it is one way to decide whether to go to an Urgent Care, Intermediate Care, or an Emergency Dept. Calling your Primary Care Provider or Insurance Company's Advice Nurse is a good first step. Urgent Care is a Bridge between your Primary Care and Emergency Care. See charts provided on pages 9-10 that spell things out well.

BestMed Urgent Care

3675 Pacific Ave., Unit #101

Forest Grove

Hours: 7-7 Monday-Friday and 7-5 Saturday and Sunday

971-762-4611

They will provide urgent care for: dehydration, sutures, labs, vaccines, covid tests, EKGs, sports exams, and minor illnesses. Walk-ins welcome or call to schedule an appointment.

Immediate Care Forest Grove Clinic (OHSU in previous Maple Street Clinic building)

1825 Maple Street

Forest Grove

Hours: 8am-8pm

CALL FOR AN APPOINTMENT

503-359-6180

They can often get you in very quickly, but **DO NOT TREAT THE FOLLOWING**: Major broken bones or multiple fractures, chest pain, extreme dizziness, no hydration (i.e., IV fluids). They do the other things urgent care does. Regarding bones: they do treat minor breaks such as fingers and toes.

Hospital Emergency Departments

When you might need diagnostics, are experiencing a possible cardiac event, stroke, seizures, fractures, pain, or psychiatric crisis, or have suffered a trauma.

St Vincent Hospital has an in-patient Behavioral Health, Psychiatric and Chemical Dependency Stabilization Unit, and in-patient and outpatient services for Adults and Children.

Address: 9155 SW Barnes Rd, Portland, Oregon.




OHSU Hillsboro Medical Center has an in-Patient Geriatric Psychiatric Unit.

Address: 335 SE 8th Avenue, Hillsboro. **503 681-1919.**

Where to go when your doctor's office isn't open



In addition to our NEW telemedicine benefit, here's how you can access care at night or on the weekend. Always call 911 in a life-threatening emergency.

	 Retail Walk-in or Limited Services Clinic	 Urgent Care Center	 Emergency Room (ER)
Cost estimate (specific cost sharing varies based on your plan)	\$	\$\$	\$\$\$
Symptom	<p>Provides care for minor medical issues, such as:</p> <ul style="list-style-type: none"> • Skin conditions, like a rash or poison ivy • Ear or eye infections • Sinusitis • Bronchitis • Strep throat • Fever <p>You also can get your flu shot at a walk-in clinic</p>	<p>Provides non-emergency urgent care services, such as:</p> <ul style="list-style-type: none"> • Cuts and bruises • Bites • Burns • Sprains and strains • Broken bones <p>Plus, all of the services a walk-in clinic provides (as noted to the left)</p>	<p>Provides care for life-threatening and/or more serious emergencies, such as:</p> <ul style="list-style-type: none"> • Choking • Convulsions • Chest pains or heart attack symptoms • Loss of consciousness • Major blood loss • Seizures • Severe head trauma • Shock or stroke
Typical clinicians on-site	Nurse practitioners or physician assistants	Nurse practitioners, physician assistants, nurses, and a board-certified doctor on staff Urgent care centers typically have on-site labs and radiology resources	Medical professionals trained or certified in a variety of specialties, including doctors, nurse practitioners, physicians assistants, nurses, and other clinicians
Hours	Typically open seven days a week, including evenings and weekends	Typically open seven days a week, including evenings and weekends	Always open
Appointment needed?	No—but you can reserve your spot online to save you time waiting	Accepts both walk-ins and appointments	No

Visit nhp.org/find-a-doctor to search our new DoctorSmart directory for doctors, urgent care centers, and more!

Want more information? Call NHP Customer Service at the number on the back of your member ID card. For complete benefit details, refer to your NHP member materials available via mynhp.org.

PRIMARY CARE

VS.

URGENT CARE

VS.

EMERGENCY

- Allergies
- Asthma attack (mild or moderate)
- Burns (minor)
- Upper respiratory infections—coughs, congestion, fever or flu symptoms, sinus problems, sore throat, bronchitis
- Earaches and eye or skin infections
- Adult flu shots
- Insect bites or rashes
- Migraines
- Minor cuts/wounds/stitches
- Minor head injuries
- Nausea, vomiting and diarrhea
- Pregnancy tests
- Sprains, strains or deep bruises
- Bladder infections
- Regular physicals, prescription refills, vaccinations and screenings
- Management of a chronic condition
- A health problem where you need advice

- Allergies
- Asthma attack (mild or moderate)
- Minor broken bones with no skin penetration
- Burns (minor)
- Upper respiratory infections—coughs, congestion, fever or flu symptoms, sinus problems, sore throat, bronchitis
- Earaches and eye or skin infections
- Adult flu shots
- Insect bites or rashes
- Migraines
- Minor cuts/wounds/stitches
- Minor head injuries
- Nausea, vomiting and diarrhea
- Pregnancy tests
- Sprains, strains or deep bruises
- Bladder infections

- Asthma attack (severe)
- Broken bones (where bone is visible)
- Burns or electrical shock (severe)
- Coughing or vomiting blood
- Difficulty breathing
- Poison ingestion
- Severe diarrhea or dehydration
- Shock
- Trauma or serious head injury
- Uncontrollable bleeding or amputation
- Vaginal bleeding during pregnancy

Tip: Preparing for an Emergency

Should you arrive at the ER unconscious or unable to respond to questions, you can help the medical staff obtain critical medical information about you by listing “ICE” entries in your cell phone.

For example, “ICE—wife” or “ICE—Mom.” ICE, which stands for “In Case of Emergency,” is immediately recognized by medical professionals.



Time is of the Essence— Call 911 if You Have These Conditions:

- **Stroke:** Sudden dizziness, numbness or paralysis, difficulty seeing or speaking, or loss of consciousness
- **Heart Attack:** Chest pain with pressure sensation or pain radiating into jaw, teeth, shoulder or back; or palpitations with dizziness; or shortness of breath, sweating and/or nausea or vomiting
- **Severe abdominal pain**
- **Seizure**

**When life-threatening
emergency is suspected,
call 911.**

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!

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

Best wishes to all of you celebrating birthdays in March

Tori Eaton—3
Jimmy Houx—7
Yvonne Stacey—9
Peggy Alexander—10
Drew Horn—11
Ben Lawrence—16
Michael Colvin—18
Craig Karge-Moritz—22
Hannah Timm—22
Paul Edwards—26
Emily McGary—27



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/>

Joys, Concerns & Prayer Requests

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 with the title "prayer request" in the subject line.



New Joys and Prayer Concerns

New Prayer Concern—Please remember AJ Frye as he continues to recover following an appendectomy last Tuesday.

Continued remembrance—Continued prayers for Russ and Ann Dondero as Russ is in assisted living following recent hospitalization due to serious health issues from Parkinson’s disease.

Continued remembrance—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!

Continued remembrance—Please remember Bob Browning who is back home at the EmpRes Hillsboro Health & Rehabilitation Center after a recent hospitalization at Tuality.

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 March 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 for March 5

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.)

Batteries: Alkaline batteries are safe to throw away and should now go in your trash. All other batteries should be separated from the landfill. The **BEST Team can no longer take batteries, 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.

— Your FGUCC BEST Team

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!

One Great Hour of Sharing 2023



The theme for One Great Hour of Sharing (OGHS) for 2023 is “It's time to share.”

One Great Hour of Sharing (OGHS) special mission offering of the United Church of Christ involves you in disaster, refugee/immigration, and development ministries throughout the world. When a disaster strikes or people are displaced or made refugees by violence or extreme poverty, you are part of the immediate response and of the long-term recovery.

Through OGHS you engage in holistic development programs including health care, education, agriculture, food sustainability, micro-financing, and women’s empowerment. Because the UCC relates in mutual partnership to churches and organizations through Global Ministries and worldwide response & recovery networks, your contributions to One Great Hour of Sharing put you in the right place at the right time for the relief, accompaniment, and recovery of the most vulnerable. You meet immediate needs, and you address the underlying causes that create those needs in the first place.

Click here to visit the OGHS webpage on ucc.org <https://www.ucc.org/giving/ways-to-give/our-churchs-wider-mission/one-great-hour-of-sharing/>

Donations for this year’s offering will be accepted through the end of March. Checks may be made payable to FGUCC with memo “OGHS.”

For more information on One Great Hour of Sharing you can visit: www.ucc.org/oghs

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 \$3,115!** **This is the equivalent of 31,150 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.

Forest Grove UCC Staff

Moderator

Deena Barrett — momforrent2001@yahoo.com

Pastor

Brendan Curran — brendan@fgucc.org

Phone: 503-523-6339

Learning Community Coordinator

Adrienne Klein — adrienne@fgucc.org

Office Manager

Elena Parker — elena@fgucc.org

Sexton

John Davis — sexton2862@gmail.com

Parish Nurse

Deva Harris-Williams — fguccparishnurse@gmail.com

FGUCC Media & Tech Specialist (MTS)

Open

Stephen Ministry

Renee Mills — millsrenergy@yahoo.com

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

Director of Sanctuary Choir

Laura Frye — lajenefrye@gmail.com

Service Music Musicians

Paul Minor — Pminor@easystreet.net

Joannah Ball Sechrist — joannahball@gmail.com

Director of Children's Choirs

Geneva Houx — geneva.houx@gmail.com

Contact Information

2032 College Way ♦ (Mail) P.O. Box 265

Forest Grove, OR 97116

Phone: (503) 357-9121 ♦ FAX: (503) 359-1462

Office email: elena@fgucc.org

Website: www.fgucc.org ♦ Facebook: www.facebook.com/fgucc