



The Viewpoint

News from the Forest Grove United
Church of Christ

June 2023

Staying Connected and Looking Forward.

Dear friends,

It's the season of Pentecost when we celebrate the birth of the church and the Holy Spirit sending us out into the world to proclaim the good news. In our progressive mainline church tradition, for many of us, there seems to be an unspoken custom of celebrating this great sending out by taking the summer season following Pentecost off, and returning in the Fall! This is a friendly reminder that the early followers of Jesus remained in community with each other as they carried the good news out into the world. We can too!

We have some great ways for children, youth, and families to continue to enjoy church during the summer. Our Learning Community Coordinator has organized several, "Pop-up vacation Bible school" Sundays! What is pop up VBS you ask? Let me explain. Most people think vacation Bible school to be a weeklong thing. We are offering pop up VBS because it will be offered during worship on certain Sundays throughout the summer to help kids and families stay connected during those months. The first one is in July. There are two others scheduled. Each Sunday pop up VBS will have a theme! One has an outer space theme, another deep ocean, and the last one, safari! Each theme will have Bible verses and stories connected to it. There will be music, games, crafts and snacks. And. Each pop up VBS event will be like a party for the kids! Check the announcements for more details and to get these dates on your calendars! These events will be for preschool through 5th grade! 10-11:30. They are happening during worship and fellowship on Sunday mornings so parents can stay connected to church during the summer as well! (See page 3 for Pop-Up VBS details and dates.)

We of course understand that the summer months are a time when we slow down, take it easy, and find God in places like nature. Ralph Waldo Emerson, a famous Congregationalist and one of our spiritual ancestors wrote, "The happiest person is the one who learns from nature the lessons of worship." We celebrate how this is a season when we can learn those lessons from nature. As you go out and about this summer, we encourage all to put Gathering Sunday on your calendars. We are growing the great thing we have here at Forest Grove UCC. When we invite

people to come to church, they come! Our corner of the world needs the beloved community we are building together. On Gathering Sunday, when we return to church en masse in the Fall, we will have an ice cream social, Stump the Pastor, and games on the front lawn of the church following service. This is a Sunday when we are asking you to invite a family or an individual that you know might appreciate a church like ours to come to church! We would do well to stop keeping our light under a bushel as mainline protestants as far as sharing our faith and community with other people... including strangers. Being invitational is not the same as proselytizing or telling others how to believe. A good thing is meant to be shared! Inviting others to church is a way we grow and practice being welcoming! We have made new promotional materials for the church that will be made available on the welcome table at church. Please feel free to take some of the “Who are we?” welcome cards to share with the people you might care to invite to join us on Gathering Sunday. Gathering Sunday will be on September 10th and is not to be missed this year! So whether you are a migratory dove or remain a regular during the summer, we welcome you to stay connected, and invite a friend to join us as we gather together returning from our respective journeys in the Fall.

Love, Pastor Brendan

Youth Joining the Church Lunch Series

For the 2023-2024 Learning Community year, youth interested in learning what it means to join the church as a young adult are invited to join Pastor Brendan for several lunches throughout the year. These lunches will be a time for conversations and questions about what it means to be the church from the perspective of our UCC tradition. Youth participants interested in joining the church will also be asked to complete a service day during the year in addition to the lunches. These lunches are an opportunity for our youth to receive the information and support they need to make an informed decision about joining the church as a young adult. The first lunch will take place on **Sunday, October 15th 2023** after church!

Deconstruction Circles Continue

In recent years, many people coming out of religious environments where questioning was either not allowed or discouraged, are involved in a process that has come to be called, “Deconstruction.” In the Spring of 2023 we started a Faith Deconstruction circle at FGUCC. The group of core participants came up with a mission and purpose for the group. The stated purpose states, “We are an open circle of individuals working together actively to understand, dismantle, and transform religious oppression. We seek to embody principles of justice, Love, and liberation.” During our circle meetings, we achieve this purpose through personal story sharing, circle process, and popular education techniques. This is an open circle. All who feel called to participate are encouraged. We ask that you meet Pastor Brendan before attending your first meeting for an orientation to the group as well as this enriching process. All are welcome.

The next deconstruction circle is set for **Sunday, June 18, from 5:00-7:00PM.**

July's Pop Up VBS



Attention all young space enthusiasts! You are invited to blast off with us at our Pop-Up VBS Outer Space Party on Sunday, July 16th during our regular worship time from 10:00-11:30 am.

This party promises to be a cosmic adventure filled with exciting Bible-based activities that will help children discover more about God's love for them as they explore the wonders of the universe. With a range of activities tailored for kids from pre-school to 5th grade, including music, crafts, games, and snacks, it's time to gear up for an interstellar celebration that will leave you over the moon!

Check-in at the Chapel upon arrival. We can't wait to soar to new heights with you!

VBS at Hillsboro UCC

If you're interested in a traditional weeklong Vacation Bible School, Hillsboro UCC Church is holding a week-long VBS this summer and registration is now open! VBS will take place starting **June 19-23, 9:00-11:30am at the Hillsboro UCC**. This year, they have room for 48 children, and they usually have about 25 of their own kids participating. If this is something you are interested in for your child, I encourage you to sign up as soon as possible to ensure a spot for your child.

To register, please visit the following link: <https://forms.gle/NJBy3RNS2L3SC5MW8>

Please note that VBS is open to kids who have completed a year of pre-K through kids who have completed 5th grade. All participating children must be toilet trained, and there is no cost to attend.

If you have any questions about VBS, please do not hesitate to contact Crystal at the UCC Hillsboro Church at 503-341-8486. Additionally, feel free to share this email and the registration link with anyone you know who may be interested.

Hillsboro UCC is located at 494 East Main Street.

Volunteer Spotlight!

Val Donley - A Beacon of Compassion and Creativity

We are thrilled to announce that each month, we will be shining a spotlight on our dedicated volunteers, honoring their invaluable contributions to our church and community.

In the heart of our community stands a remarkable individual who embodies the true spirit of selflessness and compassion. Val Donley, a devoted member of our church since May 2012, has consistently gone above and beyond to make a meaningful impact in the lives of those less fortunate. Her dedication and unwavering commitment have made her an invaluable asset to our community, leaving a lasting impression on all who have had the privilege of crossing paths with her.



Val's journey of service began with a simple yet powerful idea: the Blessing Box. Alongside her husband Glaucus, she initiated this wonderful project to provide food for the food-insecure among us. When the unforeseen circumstances of the COVID-19 pandemic disrupted the emergency food initiative, Val fearlessly took charge. Recognizing the growing need for assistance, she single-handedly took it upon herself to enhance the Blessing Box area by installing additional shelving. Her resourcefulness and determination paved the way for a remarkable transformation, ensuring that our community's most vulnerable members had easier access to essential food items.

Val's tireless efforts did not go unnoticed. With the support of other dedicated volunteers, a well-deserved grant was secured, enabling the purchase of a refrigerator and freezer for the Blessing Box area. This vital addition has allowed perishable items to be included, greatly expanding the scope of assistance provided to those in need. The Blessing Box has become a beacon of hope, made possible through Val's vision and the collaborative spirit of a caring community.

Every Thursday, Val takes charge of organizing a group of committed volunteers to cook and stock the Blessing Box. Her leadership and organizational skills ensure that the shelves are filled with nourishing food items, bringing relief to individuals and families struggling with food insecurity. Her dedication to this cause, even in the face of adversity, is truly inspiring and serves as a testament to her unwavering compassion.

Beyond her role as a tireless volunteer, Val possesses a creative spirit that knows no bounds. She is an incredible artist and teacher, sharing her talents and enriching the lives of those around her. Val's small gestures of kindness and thoughtfulness have become legendary within our community, bringing smiles and happiness to all who encounter her.

Val Donley is not only a model of selflessness and generosity but also a humble and kind soul. Her patience and genuine care for others are evident in every action she takes. Whether it be tending to the Blessing Box, creating beautiful works of art, or spreading joy throughout our community, Val's presence is a shining light that inspires others to follow in her footsteps.

On behalf of our entire church community, we extend our heartfelt gratitude to Val Donley for her tireless efforts and unwavering dedication. She has shown us what it truly means to be selfless, compassionate, and caring. Val's commitment to making a difference in the lives of others is an inspiration to us all, and we are eternally grateful for everything she does for our church and community.

Parents Night Out!



We are excited to announce our upcoming Parent's Night Out on **Saturday, June 10 from 6:00-8:30 pm**. This is one of our most popular events, and we're sure that your children will have a blast!

During the event, we will be providing a variety of fun activities for your children to enjoy, including board games, team games, retro video games, and arts and crafts. We'll also be serving dinner and snacks, so you don't need to worry about feeding your children before they arrive.

Please note that prior registration is required, and spots are limited for this popular event. To secure your child's spot, please register at <https://form.jotform.com/223475446542156>. We encourage you to register as soon as possible to avoid disappointment. To help cover the costs of the event, we kindly ask for a \$5 donation per child.

This is a great opportunity for you to enjoy an evening to yourselves, while your children are having a blast with their friends. We're looking forward to seeing you and your children at the event!

Adrienne Klein, Learning Community Coordinator



Summer Special Music Opportunity

Would you like to share your musical talent with the congregation this Summer? The Choirs and Band do not meet regularly during the Summer school break, so this means you or someone you invite can schedule a Sunday to share a solo, duet, etc. during worship from **Sunday, June 18 through Sunday, September 3**.

If you want to sign up or have any questions, contact Laura Frye at 503-550-1709 or the FGUCC office at elena@fgucc.org or 503-357-9121.

We look forward to hearing you!

In Harmony, Worship Ministry



Join the Summer Vibes with Our Community Spotify Playlist!



As the temperature rises and the days grow longer, we can all feel the energy and joy that summer brings. At FGUCC, we believe in celebrating the season and the power of music to uplift our spirits. That's why we're excited to announce the creation of our special Summer Spotify Playlist!

This playlist will be a compilation of everyone's favorite hymns, along with a mix of traditional, rock, pop, jazz, and folk songs that evoke the essence of summer. Whether you find yourself lounging by the beach, taking a road trip, or simply enjoying the sunshine in your backyard, we want this playlist to be the perfect soundtrack for your summer adventures.

To make this playlist truly special, we want to hear from you! We invite each and every one of you to share your favorite songs that remind you of summer. It could be a timeless hymn that stirs up memories of worship in the warm outdoors, a rock anthem that makes you want to dance under the stars, or a breezy pop tune that puts a smile on your face. Whatever song you choose, we want to include it in our Summer Spotify Playlist.

Click on the link to share your song with us:
<https://www.surveymonkey.com/r/XNG86JR>.



You can also use this QR-Code to share your song. It's super simple!

We believe that this collaborative effort will not only create a wonderful playlist but also strengthen our sense of community. It's a chance for us to connect through music and share the joy and inspiration that summer brings.

Once the playlist is complete, we'll make it available to everyone in the congregation. You'll be able to access it on Spotify, so you can listen to it anytime, anywhere. Whether you're in need of some encouragement, seeking a moment of reflection, or simply looking for some feel-good tunes, our Summer Spotify Playlist will be there for you.

So, don't miss out on this opportunity to be a part of something special. Share your favorite summer song with us today and let's make this playlist a true reflection of our diverse congregation.

Thank you for being an integral part of our community, and we can't wait to hear your song suggestions!

Wishing you love, light, and blessings always,

Adrienne Klein
Learning Community Coordinator

Congratulations to our 2023 Graduates!

Naomi Frye—Naomi graduates from Forest Grove High as a Valedictorian. She will be working for her third summer as a nanny for two wonderful boys, utilizing her training with children who have special needs. She’s patient and loving, and will foster these traits as she pursues a degree in the Fall at the University of Arizona in Tucson. Her focus will be Rehabilitation Studies toward a doctorate in Pediatric Physical Therapy. She moves to Arizona mid-August, and we will miss her dearly, but are excited for her new adventure!



Alexis (Lexi) Karge-Moritz—Lexi is excited about becoming a 2023 Graduate from Forest Grove High School on June 10. One of her most prized accomplishments has been receiving perfect attendance and honors awards for most grading periods throughout her High School experience. She has been a part of both the Varsity Cheer Team (2019-2020) and the Varsity Tennis Team (2021-2023) during this time as well. Lexi joined DECA (Distributive Education Clubs of America) in 2022 and was their Vice President of Hospitality for a brief period. Lexi started working at Fred Meyer in June of 2021 as a grocery parcel and has continued to work weekends and full-time in the summer for the past two years. Although she was accepted into five colleges in Oregon, the University of Oregon stood out to her as a place where she would excel. Her primary degree will be in Business Marketing, with a minor in Art, where she can combine her creative talents with her career choice. Lexi is beyond thrilled to start her new adventures in Eugene this fall, at the University of Oregon. Go Ducks!

Christian (Chris) Karge-Moritz—Chris is a senior at Forest Grove High School and will graduate on June 10. He started his earlier academic journey in Beaverton before moving to Forest Grove in 2016 with his family. Chris attended Tom McCall upper elementary for 6th Grade and then for 7th and 8th grade he went to Forest Hills Lutheran Christian School, where we made a good group of friends that followed him to Forest Grove High School. During his High School experience, he had perfect attendance in most years and achieved a B+ GPA during that time as well. Chris played Lacrosse during his Freshman, Sophomore and Junior years, however, focused on his music during his Senior year. He was not only a part of the Jazz Band for the school “but” also part of his own small Rock Band called *Jellyfish Bong Water*. He initially started out playing drums, then became an avid Bass Guitar player, focused on 80’s Rock Music. Chris was accepted into Oregon State University’s Mechanical Engineering program this fall and looks forward to the college experience awaiting him in Corvallis. He is super excited for the next phase of his journey, and thankful for all the people who have helped set him up for success. Go Beavs!

Sydney Joy Timm—Sydney is graduating from Forest Grove High School with an honors diploma and a bilingual seal. She has been active in music throughout her high school career, performing in the Concert Choir, Da Capo choir and in the jazz band as a vocalist. Earlier this year, Sydney was selected to participate in the NAFME All-Northwest Mixed Choir and was selected to participate in Music in May at Pacific University. Sydney has also been involved with Associated Student Body, where she led efforts to promote the visual and performing arts at FGHS.

Sydney has also been at home on stage. At FGHS, she performed in the online production of Radium Girls and Beehive (during COVID) and was cast for the in-person productions of Mamma Mia! and Footloose. She has also performed with Theater In The Grove, Hillsboro Artists Regional Theater and STAGES.

Sydney will continue her education across the street at Pacific University, where she intends to pursue music education with the career goal of being a high school choir director and drama teacher.

From the Blessing Box Crew



New ways you can get involved—If cooking isn't your thing or you can't help with cooking on Thursdays, we need help in two other important areas. We need someone to: (a) go to Rinella's Produce in Portland once or twice a month to pick up produce; or (b) go to the Chef's Store in Aloha once or twice a month to pick up paper supplies for packing individual meals for the FREE fridge. Please let Val Donley or Elena know if you are interested. Thank you!

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., and 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



Updates for the week ending June 4

Some of the foods we prepared this past Thursday includes: Beef stew, curry garbanzo beans and rice, bean, cheese and rice burritos, scrambled eggs, pancakes and sausage, bologna sandwiches and pizza bread.

Supplies needed and appreciated this week include: Onions, potatoes, celery, and ground beef. Also, if you own a blender that you're no longer using, we need a new “used” blender. Thank you!

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.

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

Media Updates



Each week the Scripture and Reflection will now be posted on YouTube. Please subscribe to our channel. You can search on YouTube for us under "Forest Grove United Church of Christ" to get our up-to-date weekly video posts or by following this link.

<https://youtube.com/@forestgroveunitedchurchofc4809>

Did you know? FGUCC now has a Podcast! This exciting new platform will bring you insightful interviews, thought-provoking discussions, and engaging stories from within our community. Each episode of the podcast will feature a wide range of topics, from current events and social issues to personal stories and achievements. You can listen to the podcast on our website, or subscribe on your favorite podcast platform like iTunes and Spotify to never miss an episode.

— Deb Kolb, Media Tech Specialist, deb@fgucc.org

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.

Two years ago on May 16th 2021 our beloved Ralph Brown walked out the front door of his home and didn't return. His family and his community began searching and praying and searching. We learned a lot more about Ralph and ourselves as we were vigilant in our efforts. Holding onto hope each day. We learned we are strong.



We have strong leaders, many of those leadership skills were mentored by Ralph. We learned we have strong loving hearts, strong in faith, commitment to our church, our community and the disenfranchised.

Just like Ralph, who I often called the bionic man when he was often facing another joint replacement, we persevered. Doing the hard work of physical therapy so we could get back out there to the things we loved, just like Ralph. Running, walking, serving the community. From talking with Ralph's family, they encourage us not to hide when we have challenges. That openness when dealing with Alzheimer's is so important. That being open leads to the acceptance of the changes of people's abilities. This helps us get the information, support, education and access to resources that can help families who are dealing with Alzheimer's and dementia. All of these important things help keep people safe.

Ralph's daughter Laurie asked me to highlight the progress of House Bill 2764, which Establishes the Endangered Missing Person Alert System. This Bill is being sponsored by Senator Sollmann. <https://olis.oregonlegislature.gov/liz/2023R1/Measures/Analysis/HB2764>

On May 13, 2022 Ralph and his Nissan were found. I am not sure we all will ever recover from the loss of such a fine human being. Ralph, you are missed, you are loved, and you are remembered.

Deva – FGUCC Parish Nurse



Chiropractic Care

This month Deva invited Bonnie McDowell to contribute an article about chiropractic care. Many thanks to Bonnie for contributing the following information for this month's issue of The Viewpoint.

If you haven't visited a chiropractor before, you might be missing out. Millions of people around the world have experienced the incredible benefits of chiropractic care. One of the best things about chiropractic care is that it is a drug-free and surgery-free path to healing naturally.

People have reported chiropractic benefits help to improve:

- Back and leg pain
- Headaches
- Ear infections
- Neck and arm pain

- Arthritis and joint pain
- Scoliosis
- Organ function
- Surgery prevention

Most of the benefits of seeing a chiropractor come from getting a chiropractic adjustment. The basic principle upon which the entire profession is built is that our bodies have the amazing innate ability to heal itself (under the right conditions), and it is the chiropractor's job to help create an environment to facilitate this. Because the nervous system controls every cell and organ in your body, chiropractors focus their attention on the health of your spine being properly aligned and if there are shifts, helping the spine come back into alignment.

At the core of the numerous chiropractic *miracle* stories is the “vertebral subluxation.” When chiropractors use this phrase, they are referring to mechanical compression and irritation to spinal joints and nerves.

Many things can lead to a vertebral subluxation. Some of the more common causes are:

- A vertebra going out of place (“misalignment”) because of a slip or fall (i.e. “*macrotrauma*”)
- The entire spine misaligning globally due to poor posture (i.e. “*microtrauma*”).
- Joint swelling caused by damage done to the intervertebral joint.
- An inflammatory response caused by a poor diet, lack of pure water, or psychological stress.
- Degenerative changes of the spine or intervertebral discs.
- Trigger points and tight back muscles that pull the vertebrae out of place.

Because they help place your body in the position where it can heal itself, chiropractic adjustments can free your immune system up to focus on keeping you healthy, which enhances your ability to think, move and perform.

The chiropractic adjustment can be very different depending upon the doctor and the patient. It does not have to involve “cracking” of the joints. Many adjustments are achieved with gentle instruments and/or gentle motions with the hands. It's important to find a chiropractor who will listen to you and provide the kind of adjustment your body needs. Other modalities may be used to enhance the adjustment, such as heat, vibration, electrical current and massage.

Philip Zapf, DC, and our associate, Stover Harger, Jr, DC, are broad scoped chiropractors who utilize the chiropractic adjustment and other means to help your body heal. They'd love to talk to you about your health concerns.

Bonnie McDowell (Office manager and retired chiropractor)

Best wishes to all of you celebrating birthdays in June!

Melissa Timm—1
Marissa Klein—1
Amber Mather—4
John Welch—7
Sydney Timm—8
Armani Garfias—10
Dick Lane—14
Jobina Lacock—15
Ivan Edwards-Leeper—17
Ann Dondero—25
Lorren Fletcher—26
Deb Kolb—30



Book Launch for Mary Mullen

You are invited to attend a book launch of Mary Mullen's second book of poetry, *A Thousand Cabbages*, published by Hardscratch Press. Drinks and snacks will be provided. Mary will read some of her poems. All are cordially welcomed! This event is on Tuesday, June 13 at 5:00 PM in Fellowship Hall.



Auction News

At our last auction, did you donate or buy a service? If you donated a service to a group, please initiate the invitation. If you bought a service, do not hesitate to contact the donor to arrange for that service. They are waiting for you – Don't be shy!

However it happens, make it happen! We want everyone to continue to enjoy donating and receiving of the wonderful talents that our church people have to offer.

If you need contact information, please let me know. I can help!

Thanks, Bonnie McDowell
chiroqueen704@msn.com

Joys, Concerns & Prayer Requests

Congratulations! We are delighted to announce that Joannah Ball Sechrist and her husband James gave birth to their baby girl, Mya Ruth Sechrist on Sunday, May 21. Congratulations! The rose bud on the table is in honor and celebration of Mya's birth.



Congratulations! We are delighted to announce that Kristy Haines & Amelia Williams are the proud parents of their baby daughter, Rowan Iris, born on May 10.

Sympathy—Our hearts go out to Maggie Dickerson upon the recent death of her sister, Susan Dunsmore. Please keep Maggie in your prayers and heart.

Continued remembrance—Please keep Deva Harris Williams in your prayers as she continues to heal and recover from injuries due to her fall in early May.

Continued remembrance—Please keep Paul Minor in your prayers. He is home and continuing to navigate ongoing health issues.

Continued remembrance—Please keep Russ and Ann Dondero in your prayers as they both continue to navigate health issues.

Continued remembrance—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—Prayers for Bev Fletcher, Lorren's wife, who is living at the EmpRes Hillsboro Health & Rehabilitation Center.

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, Paul and Stephanie Edwards, Lillian Gimre, Max Groszmann, 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 **Wednesday, June 7 and 21, 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 June 4

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. (Please place phones in the marked box on the shelf above coat rack in the narthex.)

Update on battery and CFL bulb recycling from the BEST Team



Recycling batteries is very confusing. We'll try to simplify it. You can recycle your own batteries, or **you can bring all of them to church on First Sunday and we'll sort and dispose of them properly for you.** If you bring them to us, please contribute to the recycling fees.

All batteries and fluorescent bulbs and tubes can be taken to the Metro Central Hazardous Waste Facility on an individual basis.

Alkaline (AAA, AA, A, C, D, 9 volt): Are safe to go in the trash. Best if they're in a bag or box together, with 9 volts taped on the terminal end. Can be recycled at Batteries Plus* for \$1.50 a pound (they extract the aluminum from them).

Lithium (like alkaline, but last longer): Can be recycled at Batteries Plus* for \$.50 a pound.

Button Cell: Can be recycled at Batteries Plus* for \$.50 a pound (some are safe to throw in the trash).

Lithium-ion (rechargeable, in cell phones, tablets, laptops, electric cars, electric bikes, electric yard tools): Can be recycled at Batteries Plus* for \$.50 a pound. Can also be recycled free at Ace Hardware in Forest Grove, Home Depot (up to 11#) and Lowe's (up to 11#).

Lead acid (commonly used in cars, wheelchairs, trolling motors and RV cycles): Can be recycled at Batteries Plus* for \$.50 a pound. Can also be recycled free at the Forest Grove Transfer Station and Computer Drive Connection in Cornelius.

CFL bulbs: Can be recycled at Batteries Plus* for \$.99 each or at Home Depot and Lowe's for free (no tubes).

*Batteries Plus will recycle 5# of batteries free with a purchase.

— Your FGUCC BEST Team

Family Promise Update

Family Promise of Washington County is continuing to thrive and grow. I am so grateful to the members of our congregation who responded so generously to my request for contributions to help pay for gift cards for the families in the FP house to buy their own groceries during our



hosting. It was truly overwhelming! The contributions that were collected that day amounted to about \$300, which enabled me to contribute gift cards for three additional hosting weeks!

Our next hosting week will be July 2 – 8. If you would be interested in providing a meal, or contributing toward the purchase of gift cards, please contact me. If providing a meal, the Family Promise staff provides information about the family (or families) by about the Thursday before our hosting week. The information provides the number of people, ages of the children, and anything about food allergies and preferences.

As of our last coordinators' meeting the renovation of the Hillsboro house is still waiting for the necessary building permits to be issued. Once the permits are issued, construction is estimated to take about four months. So, we don't know when that house will be ready for occupancy.

Again, many thanks to those of you who responded so generously to my last request for assistance.

Myra Beeler, Family Promise Coordinator

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 \$3,564**, 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.

Church Directory—We regularly update the church directory, and you can get either paper or electronic copy upon request. Contact Elena at elena@fgucc.org or 503-357-6960 (call or text welcome).



Junior Boxer “All Sports Camp” at Pacific University this June 2023

Athletics is hosting its first annual Junior Boxer All-Sports Summer Camp! This camp is for children entering first through eighth grade. Campers will get an opportunity to experience a wide variety of sports during two separate sessions led by Pacific's own coaching staff and student-athletes.

Sessions will run from June 19 to 23 and June 26 to 30. For more information and to register, visit <http://juniorboxerallsportscamp.com/>.

For a complete list of sport specific athletic camps offered at Pacific this summer, please visit goboxers.com

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