



The Viewpoint

News from the Forest Grove United
Church of Christ

November 2023

Don't Forget to Breathe!

Dear friends,

It has been a busy season and a tragic time for our world as we witness war unfold on our TV screens. In times like these I find myself falling back on very simple and immediately accessible spiritual practices for strength. One of these simple practices is mindful breathing and I'd like to take this moment to invite us all to remember that we can always center ourselves through our practice of mindful breathing.

The meditation teacher and inter-faith peace activist Thich Nhat Hanh's life work was to model and offer a way of "touching peace," in times of war and discord. Thich Nhat Hanh once wrote, "Every time I breathe in I have an opportunity to go back to myself and become fully present in the here and the now. We know very well that the cause of terrorism is fear and wrong perception. I don't think that the bombs and the guns can identify the cause of terrorism. I don't think that the military force can remove the wrong perceptions; in fact they can strengthen these wrong perceptions. The only way to remove wrong perceptions is to establish a dialogue. The two instruments that you need to use to restore communication are deep listening and loving speech." Thich Nhat Hanh reminds us that returning to the ever present breath of life is how we establish peace in ourselves and invite understanding and compassion to be born within us and the world around us.

In this season of Thanksgiving, we can remember that we can always be thankful for this simple breath of life that we can return to again and again to find peace and presence even in the times when peace seems out of reach. I would like to gently remind us that no matter what is going on in our aching, warring, troubled world we can always touch the peace and presence of life and Spirit within us by centering our awareness, even for a moment, on our breathing. Sometimes we might not know what to say when we pray. We might feel too stressed, or overwhelmed, or our feelings might be too complicated to put into words. In moments like that, simply pausing and taking deep mindful breaths can be our prayer and our way of allowing the universe, the divine presence, to hold us in peace.

In scripture and tradition, the breath is associated with the living presence and Spirit of God. In Genesis, the Creator breathes into humanity the, “Ruach,” meaning the breath of life. In the gospel of John we encounter the risen Christ breathing out the Holy Spirit, to imbue all creation with the compassion, the presence, and the life of God. These are examples of how our faith tradition points to how the breath we breathe, this simple breath of life, connects us with the whole web of existence, the ground of being, and the presence of a higher awareness. When we pause and take a breath we discover how that peace is always available to us in the present moment when we allow ourselves to be still and present to it. So let’s remember to breathe! Let’s remember that simply returning to our breathing can be a prayer! Here is a poem about mindful breathing, also by Thich Nhat Hanh that can help us in that practice.

Breathe and you know that you are alive.
Breathe and you know that all is helping you.
Breathe and you know that you are the world.
Breathe and you know that the flower is breathing too.
Breathe for yourself and you breathe for the world.
Breathe in compassion and breathe out joy.
Breathe and be one with the air that you breathe.
Breathe and be one with the river that flows.
Breathe and be one with the earth you tread.
Breathe and be one with the fire that glows.
Breathe and you break the thought of birth and death.
Breathe and you see that impermanence is life.
Breathe for your joy to be steady and calm.
Breathe for your sorrow to flow away.
Breathe to renew every cell in your blood.
Breathe to renew the depths of consciousness.
Breathe and you dwell in the here and now.
Breathe and all you touch is new and real. – Thich Nhat Hanh.

We can always center ourselves in Spirit by returning to our breathing. Let’s remember to breathe for our own peace and for the peace of our world.

In Love and Spirit,

Brendan

Blessing of Our Pledges for 2024



On November 12 at the end of our stewardship campaign, we will bless our pledges during worship. This consecration of pledges will be in gratitude for our shared life with each other and God and for the vision we carry together that lights our way and gives life to our world. Please mail or deliver your pledge card to the office by November 10, or bring your pledge card with you to church on November 12.

Blessings from your 2024 Stewardship Team

All Saints' Day/Dia De Los Muertos:



For our Family Sunday Worship service on November 5, Titlakawan, the Aztec dance group that meets weekly in our church, will be joining us! During the service, they will explain the indigenous roots of "All Saints' Day," share Dia De Los Muertos (Day of the Dead) traditions with us, as well as offer dance. They are inviting us to build an ancestor altar which is a Mexican Day of the Dead tradition. If you would like pictures of your departed loved ones placed on the ancestor table to be honored on that day, please

bring their pictures to the church office by Thursday, November 2.

SPECIAL NOTE: Please put your name on the back of your picture(s) so we can make sure everyone gets their picture(s) back after this event. Thank you!

Chili & Cornbread “Cook-Off” is set for Sunday, Nov. 12

Please join us for our Chili & Cornbread “Cook-Off” on **Sunday, November 12**. We'll begin with our traditional “Grubby Sunday” church grounds cleanup — mostly helping John with raking massive amounts of autumn leaves. Bring a pot of your favorite homemade Chili and Cornbread and after our yard work is done, we'll all sit down to eat together. We'll let everyone taste and see the goodness of our creations, and then vote for a favorite. **So much FUN!!!**



It's fall clean-up time, "Grubby Sunday"



Please join us for our annual **Grubby Sunday on November 12** following worship. We will start the big church grounds clean up after worship, and our focus will be helping John with raking all those fall leaves! **Please bring your rake and gloves.** After our work is done, we'll share a hot meal together with our annual **chili**

and cornbread “cook-off” – So much FUN!!!

Caring for Our Community Auction 2023

Mark your calendars! **Saturday, November 18.** Our big event of the year is coming up! “Caring for Our Community: A Winter Wonderland Ball.”

Our auction will directly help support these important local community programs:

- ❖ Care Partners (an affiliate of the Oregon Nonprofit Hospice Alliance)
- ❖ GG’s House
- ❖ New Narrative Integrative Mental Health (formerly Luke-Dorf)
- ❖ Native American Youth and Family Center



The proceeds also support our church in providing free or low-cost building space for many community functions.

We’re still looking for volunteers: Looking for an easy way to help with the auction? Please consider being a food server/kitchen support person, or help with Movers and Shakers – setting up and taking down the tiny tables and chairs. Both of these jobs leave you free to enjoy the party and live auction. Sign up at

<https://www.signupgenius.com/go/20F044DADAD23A1FC1-fgucc1#/> or talk to Bonnie (chiroqueen704@msn.com) or Kathleen (kathleenlacock1@gmail.com). **Thank you to all our volunteers!**

Timeline:

- **Wed, Nov. 1** – website opens and tickets for the in-person event go on sale at [charityauction.bid/fgucc2023](https://www.charityauction.bid/fgucc2023) \$20 each. Don’t miss out! Keep checking the website; more items will be added.
- **Sunday, Nov. 12** – view items and get help with bidding after church.
- **Wednesday, Nov 15, 8 am** – online bidding for silent auction begins at [charityauction.bid/fgucc2023](https://www.charityauction.bid/fgucc2023).
- **Saturday, Nov. 18**
 - 4:30 pm – doors open for the party: in-person food and no-host beer and wine. Music by Castle Road. You’ll need a ticket to attend. Childcare is available.
 - 4:30-6:00 – in-person and home bidding on silent items continues, all electronic. If you’re at the party, bring your phone and be signed in to the website if you can; we will have volunteers to help you. Have your favorite items stared, so they will be easy to find and bid on.
 - 5:45 and 6:00 – silent items will close
 - 6:00 – live auction begins
 - 6:00 – check out of won items begins
 - 7:00 – in-person event ends. Check out with the cashiers and pick up your prizes.

Fund-an-Item this year is the “small wares” (pots and pans, etc.) for our yet-to-be completed kitchen remodel. Please buy a virtual mixer or saucepan to help us outfit our kitchen.

How to bid on silent items: If you plan to bid on your phone, it's easiest if you download the Auctria mobile app from the Google Play Store or App Store. Open the app. Enter charityauction.bid/fgucc2023 as your event. Go to Menu, online registration. You must register with a credit card, but you can choose to check out later with a check or cash to save yourself credit card fees. Click on Catalog. You can scroll through all items, or choose a category under Show Me, or put a word into the Search bar. When you find an interesting item, star it. You can later see all starred items under Show Me, so you can minimize later searches. Follow bidding instructions for each item. Questions? Ask Bonnie, chiroqueen704@msn.com.

Got wine you aren't drinking? We'll have a wine pull if we get enough bottles.

See you at the Winter Wonderland!

Bonnie McDowell
chiroqueen704@msn.com

A Day of Art, Hearth & Buns



You are all cordially invited to enjoy lunch, art, Maggie's famous cinnamon buns, good cheer and more art at FGUCC **December 10, 2023, 11-5pm**. This event is a fundraiser for the Blessing Box Community Fridge and the renovation of the kitchen at FGUCC. For lunch you'll have two soups to choose from, plus bread and dessert, for a \$10 donation.

Bring your friends and neighbors! Help support local artists, do your holiday shopping, and support the efforts of many who joyfully work to keep our community

healthy by providing neighbors with nutritious and delicious food using locally sourced ingredients.

Stay tuned for forthcoming information about pre-ordering Maggie's famous cinnamon buns.

Food is strength and food is peace and food is freedom and food is a helping hand to people around the world whose good will and friendship we want. – John F. Kennedy

People who love to eat are always the best people. – Julia Child

Movie+Dinner at FGUCC, Friday, Nov 3, 5:30PM



This begins a new year of movies and dinners at FGUCC. Please join us for the movie “The Reluctant Radical,” followed by discussion with the film director, Ken Ward, and Deke Gunderson, regenerative spokesperson. Dinner will be a Provençal Pistou Soup with Slow Rise Bakehouse Baguette. \$10 suggested donation.

Movie summary: If a crime is committed in order to prevent a greater crime, is it forgivable? Is it, in fact, necessary? “The Reluctant Radical” features activist

Ken Ward as he confronts his fears and puts himself in the direct path of the fossil fuel industry to combat climate change. Ken breaks the law as a last resort and with great trepidation, to fulfill what he sees as his personal obligation to future generations. After twenty years leading environmental organizations, Ken becomes increasingly alarmed by both the scientific evidence of climate change and the repercussions for civilization as we know it. ...

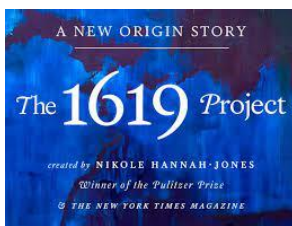
Women’s Spirit Movie Night postponed to Wednesday, November 15.



We will be watching "A Man Called Otto" at Melissa Timm's House (*2728 Ballard Lane, Forest Grove off of Gales Creek highway: take a left on Buxton Street and the first right on Ballard Way which turns to Ballard Lane*). This is a thought-provoking drama that delves into the depths of human emotions around love, grief, attempted suicide and the power of community. We are looking forward to discussing your

thoughts and opinions related to this movie. Soup will be served starting at 5:30pm, **the movie will start at 6:00pm** so there is time for discussion after. Running time of the movie is just over 2 hours. **RSVP is helpful.**

The 1619 Project



The FGUCC religious study group is reading **The 1619 Project** and we're reading it in small chunks throughout the remainder of this year and into 2024. You don't have to attend the book study group to participate. All are encouraged to join in this study. At different points throughout the next several months we will have after church discussions about what we are learning as we engage this study of African American history from 1619-present. This study is a way for

us to support each other’s on-going learning. Stay tuned for dates for the after-church discussions.

Stephen Ministry Class is Starting!



We are going to do it, and would love to have others join the upcoming Stephen Ministry training! Please talk with Ken or Renee if you have questions, or to join the class. We plan to start in January of 2024. It is a wonderful opportunity to learn about yourself, to learn life skills to be used in your personal life, plus have a great group of people to spend time with, and to be of service to others, Wow! It is an enriching and life enhancing experience. Please join us!

Blessings, Renee Mills and Ken Prickett

From the Blessing Box Crew

Updates for end of the month of October

The BB Crew continues to meet weekly on Thursdays from about 9:30AM until 2:00PM and prepare between 200-300 meals each week. We can always use extra hands. You don't have to come every week and you also don't have to volunteer for the entire time. If you only have a few hours, you can come by and pitch in at your convenience.

Some of the Meals made this week include: Potato Ham Soup, Spicy Enchiladas with Pork & Rice, Enchiladas with Pork & Rice, Veggie Strata, Minestrone Soup, Turkey Veggies & Potato, Turkey Veggies & Rice, Potatoes & Veggies, and Butterscotch Bread Pudding.

Wish list includes: Peanut butter, jelly, oatmeal, sugar, butter, milk, eggs, lunchmeat, ground beef, and hot dogs.

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!



Sunday morning "Coffee and Convo"

Coffee and donuts will be available beginning at 9:30 on Sunday mornings to give you a chance to sit, chat, and catch up with friends before the worship service.



Calling all singers!



Our Sanctuary Choir is now preparing for the upcoming holidays, and you are warmly invited to join us! We are a welcoming and supportive group dedicated to using the gift of music to enhance worship. Even if full-year choir is not possible for you, we'd love to have you sing with us for this exciting and joyful time of year. Rehearsals are Thursday evenings, and all voice ranges are welcome; tenors will be greeted with particular enthusiasm!

For more information contact Laura Frye, lajanefrye@gmail.com, or Sue Armentrout, slt.arm@frontier.com.

Ralph's Run in Honor of Ralph Brown



Forest Grove UCC has been offered the opportunity to help prepare and serve the pancake breakfast for the Oregon Road Runners Club annual Run-Walk of the year on **Saturday, January 6, 2024**. This run has officially been renamed “Ralph's Run” in honor of Ralph Brown who created this annual event back in the 1980s. The ingredients are provided (and paid for!) — we just have to show up to make and serve the pancakes, orange juice, coffee/tea and hot chocolate. Last but not least, our **church** **receives \$1,000 for this fun effort!**

If you'd like to join Elena and a hand-full of other eager members of our church, please call, text, or email Elena Parker at 503-357-6960 email: elena@fgucc.org. We need about twelve people to help with this event. Thank you!

— Elena Parker, Volunteer Coordinator

Best wishes to all of you celebrating birthdays in November!



Tristan Kolb — 3
Bette Prickett — 8
Adrienne Klein — 9
Max Groszman — 11
Bob Browning — 24
Marcia Bickford — 26
Dick Bower — 27
Heather Burk — 29
Dani Schlachter — 29

Parish Nurse Updates for November

IS THIS FOOD EXPIRED?

UNDERSTANDING DATE LABELS

The dates that food companies put on packages are not regulated and do not mean that the food is unsafe to eat, except in the case of baby formula. Most foods are still tasty and nutritious after the date has passed. **Not sure if food is spoiled? Check for off odor, flavor or texture.**

"BEST BY" OR "BEST IF USED BY" DATE

This date tells you when the food will have the **best flavor**.
It is **still safe to eat** past this date.

"USE BY" OR "EXPIRATION" DATE

This is the last date that the product will be at its **peak quality**.
It is **still safe to eat** past this date (except for baby formula).

"PACKING/MANUFACTURING" DATE

This is the date used by manufacturers for tracking.
It is not an expiration date - it is not related to food quality or safety.

"SELL BY" DATE

This tells the store how long to display the product for sale.
It is **still safe to eat** past this date.

GOOD FOR UP TO ONE YEAR AFTER THE DATE:

- Packaged food like cereal, pasta, dried beans, and baking mixes
- Frozen foods
- Canned goods including soup, condiments, meat, fruit, and vegetables

GOOD FOR UP TO 30 DAYS AFTER THE DATE:

- Butter
- Cheese
- Eggs

GOOD FOR UP TO SEVEN DAYS AFTER THE DATE:

- Milk
- Yogurt
- Cream Cheese

Questions? Contact us at 215-223-2220 or info@sharefoodprogram.org.



“Should I eat this? Can I donate this food to the blessing box or kitchen meal crew?”

The chart on the previous page is a great guide to keep you and your community eating safely.

The Blessing Box Crew are devoted angels who rely on food donations to continue providing meals every week. Healthy and safe food donations are very essential to being able to do their work.

Thank you for contributing time, food and talents!

Flu & Covid Season



As fall has arrived, so has cold/flu and Covid season. Covid home antigen tests are labeled to expire after two years. See updated information below on extended expiration dates. Also included is information on how to receive two free test kits in the mail. Please help us keep our community safe and stay home if you are feeling at all ILL.

Please don't hesitate to let us know if you need help with errands or groceries or any other support if you are ill.

Place Your Order for Free At-Home COVID-19 Tests

As of September 25, 2023, residential households in the U.S. can order one set of #4 free at-home tests from USPS.com. Here's what you need to know about your order:

- Limit of one order per residential address
- One order includes #4 individual rapid antigen COVID-19 tests ([COVIDTests.gov](https://www.covidtests.gov) has more details about at-home tests, including extended shelf life and updated expiration dates. See information below.)



Expiration Dates Extended

Tests may show “expired” dates on the box, but FDA has extended those dates. To see the full list, click on this link: [see the full list of extended expiration dates](#).

Please call me if I can be of any assistance or support: 503-887-0242.

Deva, your FGUCC Parish Nurse

Christmas Poinsettias

We are taking orders for Poinsettias for Advent **starting on Sunday, November 5 through Sunday, November 26.** Poinsettias can be given in honor, memory or celebration of loved ones, and will be available for pickup on the first **Sunday of Advent, December 3.** Please complete and drop this form off at the church office, mail it to us at P.O. Box 265, Forest Grove, OR 97116, or you can email your order to elena@fgucc.org. Contact Elena Parker with any questions.



SIZE	RED	WHITE	PINK	MARBLE	PRICE
4 Inch					\$5
6 Inch					\$10
8 Inch		Not available	Not available	Not available	\$25
TOTAL					\$

Your Name: _____

In Memory of: _____ In Honor of: _____

Check box below to indicate if you want to take your poinsettia home or leave in the Sanctuary

Leave poinsettia in Sanctuary for Advent I want to take poinsettia(s) home

Update from Your Kitchen Capital Fund Team

We are still accepting pledges for the new kitchen project. If you have been planning to contribute to this project, you might consider making a gift in memory, or in honor of a special person in your life.

Ongoing monthly contribution options for Kitchen Project: If you're interested in making ongoing monthly contributions for a set period of time, there's an option available to sign up for electronic giving through Vanco "Making it easy for givers to give." Please let us know if you're interested so we can send the Vanco form for the Kitchen Project as well as a Pledge Card to you.

Pledges can be turned in to the church office, or returned by mail to: FGUCC, P.O. Box 265, Forest Grove, OR 97116. If you have any questions, please don't hesitate to let us know. Thank you for your generous support! Your Kitchen Capital Fund Team

—Your Kitchen Capital Fund Team

Joys, Concerns & Prayer Requests

New Prayer Concern—Please remember John and Mary Welch as John is currently navigating some ongoing health issues.

Continued remembrance—Please continue to remember Richard and Christine Kidd as Richard navigates ongoing health issues.

Continued remembrance—Please keep Paul Minor in your prayers as he continues to navigate ongoing health issues.

Continued remembrance—Please keep Russ and Ann Dondero in your prayers as they both continue to navigate health issues. If you would like to send them cards, their new address is: The Markham House, 10606 SW Capital Hwy, Portland, Oregon 97219.

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

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

Continued Prayers—Prayers of healing and comfort for all who have ongoing concerns, including Els Abma, Bob Browning, Paul and Stephanie Edwards, Lillian Gimre, Charla Gladden, 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, November 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 November 5

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

- ✓ Clear #1 plastics
- ✓ Air pillows
- ✓ 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.)

Battery and CFL bulb recycling information



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.

— Your FGUCC BEST Team

Can & Bottle Collection Fundraiser

Thank you for your steady support of the Can & Bottle Collection for our FGUCC Youth Ministry. **To date we have raised \$4,191.** 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.



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!

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.



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