



The Viewpoint

News from the Forest Grove United
Church of Christ

May 2024

Worship: A Celebration of Life!

In a graduation speech, the writer David Foster Wallace spoke of how we are creatures of worship. He describes worship as a way of paying attention to life! He writes,

“But if you’ve really learned how to think, how to pay attention.... It will be within your power to experience a crowded, loud, slow, consumer-hell-type situation as not only meaningful but sacred, on fire with the same force that lit the stars – compassion, love, the sub-surface unity of all things. The only thing that’s capital-T True is that you get to decide how you’re going to try to see it. You get to consciously decide what has meaning and what doesn’t. You get to decide what to worship.”

As a faith community we are a community of worship and help each other remember what we worship every week! In this beautiful time of the year when we wake up the Earth, it is a joy to continue to gather together for worship, which is like the pulse of our community that sets the rhythm for our lives. It is the Spirit of Life and the Love and Vision of Christ that centers us and makes us come alive. May is always a festive month for worship with our annual music Sunday. Worship, in all ways, is a celebration of life and an affirmation of our shared life with all things.

A beautiful way we are being invited to celebrate life in this season is with our neighbors at Pacific University. This year the Native American Students at Pacific University organized Pacific University’s first Pow Wow. The students are calling it a “reconciliation pow wow,” to recognize and honor the Native American children impacted by the Forest Grove Indian Training School. A Pow Wow is a celebration of traditional Native American culture. At a Pow Wow there is dancing, storytelling, music, and sharing of food and gifts. They are truly beautiful celebrations of life. The students are inviting the whole community because the celebration of Native culture has not always been welcomed. During the time when the University was running the boarding school for Native students, the dominant culture at the time saw it necessary to “assimilate” native peoples to settler ways of living. A hundred years later, despite such efforts, Native peoples have preserved their languages, cultures, and traditions and a Pow Wow is a way of celebrating that beauty, achievement, and resiliency. We can be joyful in this season of resurrection that we are living in times when we can celebrate our unity in diversity and all the

wisdom and beauty we have to share with each other as many cultures that make up our diverse community.

The Pow Wow will take place on May 4th at the Stoller Athletic Center at 12pm. Pow Wows are family friendly events! If you're reading this before May 4th feel free to attend and bring your family. And in this beautiful season of Spring, we can worship together in all the ways we celebrate Life and see it emerging around us!

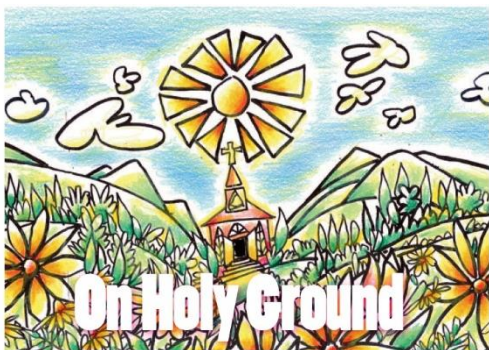
Peace and blessings, Brendan

Music Sunday, May 5

Please join us this Sunday morning for a very special service as we celebrate "The Seasons of the Spirit" in music and song. Music Sunday became a beloved tradition about 10 years ago, and is a wonderful celebration through music from our talented groups including Strong Wings, Sanctuary Choir, Main Street Strings and FGUCC Handbells.



Strengthen the Church Offering



The Strengthen the Church (STC) Offering supports congregations and initiatives that help us live into the United Church of Christ's "big tent" vision, and STC supports the expansion of ministry and growth of UCC local congregations. Funds raised support leadership development, new churches, youth ministry, and renewal initiatives in existing congregations. Your conference and the national ministries work together to use these funds for projects that matter now and for the future of our

movement.

Your support of this offering will help the UCC fulfill on its commitment to creating a just world for all by investing in new ministries and practices that meet the emerging needs of local communities, and through this offering, we further our commitment to being a multi-racial/multi-cultural church that is accessible to all.

Donations to this offering will be received through the end of May. Thank you for your generous support of this "All Church Offering!" For more in-depth information on STC, go to <https://www.ucc.org/giving/ways-to-give/our-churchs-wider-mission/strengthen-the-church/>

Best wishes to everyone celebrating a birthday in May

Alex Hoekstra—1
Brendan Curran—2
Dalton Burk—3
Blake Timm—7
Geneva Houx—10
Carlene Krueger—13
Marilyn Winterbourne—13
Emberly Eaton-Heredia—18
Robert Lacock—20
Pat Truax—20
Loren Waltz—27
Leo Barrett—30
Sherri Vann—31



IN OUR *Thoughts and Prayers*

Memorial Service for Ruth Holznagel—A memorial service for Ruth Holznagel will be held in the sanctuary on Saturday, June 1 at 2PM, with a reception to follow. For those wishing to make memorial donations, the family suggests Forest Grove UCC, P.O. Box 265, Forest Grove, OR 97116, P.E.O. (peointernational.org), or Friends of Historic Forest Grove (fhfg.org).

Sympathy—Our hearts go out to the family and friends of Jim Olson who passed away on March 9. Jim and his wife Bev (d.1989) and their five children were long-time members of FGUCC. Jim lived most of his life in Forest Grove. Lovingly referred to as “Large and in charge,” Jim’s family will forever remember him as a hardworking, loyal, spirited, compassionate man and the best father, husband, and grandfather anyone could ask for. A celebration of life is set for Saturday, May 4 from 1-4 in the Children’s Cottage at McMenamín’s Grand Lodge in Forest Grove.

New—Please remember Carlene Krueger as she's navigating new health issues. Carlene is currently living in the Dalles with her daughter Erica and son-in-law Mitch as she currently needs additional support.

New—Please remember Susan Shepherd as she continues to recover from knee replacement surgery Thursday, April 18.

Ongoing—Please continue to remember Charla as she is navigating ongoing health issues. She's currently in rehab at Prestige Care Center in Forest Grove and will have gall bladder surgery on Monday, May 6.

Update—Marcia Bickford is happy to be back home after an extended hospitalization and time in rehab following surgery sometime in March. Marcia and Jobina Lacock share a home together and thank you for your support with meals requested for them last week. They were greatly appreciated!

Ongoing—Please remember Patricia Spears who is recovering from long-haul Covid. Patricia is taking a break from teaching in our learning community for the remainder of the school year.

Continued remembrance—Please continue to remember Richard and Christine Kidd as Richard navigates 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 address is: Elder Garden Care Home, 4 NE 202nd Avenue, Portland, Oregon 97230.

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

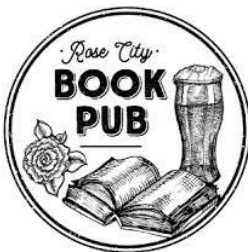
Continued remembrance—Please keep Deva Harris Williams in your prayers as she is still continuing to deal with health issues stemming from her fall last spring 2023.

Continued Prayers—Prayers of healing and comfort for all who have ongoing concerns, including Els Abma, Carol Benner, Bob Browning, Paul and Stephanie Edwards, Lillian Gimre, Charla Gladden, Max Groszmann, Jobina Lacock, Dick Lane, Yvonne Stacey, Barbara Strain, John and Mary Welch, 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, May 1 and 15, from 2-4PM**. The link to the Zoom meeting will be sent to everyone in the prayer shawl knitting group via email. If you'd like to participate, please call, or email Elena.

Yo Ma! A Poetry Reading in Anticipation of Mother's Day



All are invited to join in this poetry reading on **Friday, May 10 from 7-9:30 PM** at the Rose City Book Pub, 1329 NE Fremont Street, Portland, OR. This event features poetry by Mary Mullen, Merna Dyer Skinner and Melody Wilson and is followed by an open mic. Please join us to read two poems (5 minutes please). Bring your poems about having a mother, being a mother and not being a mother. For info, email melodywilson@comcast.net

Fill the Barrel!



Elijah's Barrel continues to take a prominent spot in our FGUCC narthex and it isn't unusual to find a few food donations tucked in the bottom. Let's bring Elijah's Barrel back to life and Fill the Barrel for the Blessing Box! Donations always welcomed include peanut butter (preferably healthy PB's such as Adams), mayonnaise, tuna, celery & carrots. Also, dish drops would be appreciated. Thank you!

FREE Musical Instruments

Ken and Bette Prickett are in the process of getting their home ready to sell and have a few musical instruments that need a home. If you are interested in a Pump Organ or a midcentury Wurlitzer Piano, please talk to Ken or Bette. Phone: 503-324-4220 or email at qkenbettp@gmail.com.



You're Invited to Participate in New Book Study

You're invited to join the book study group that meets weekly on Wednesdays at 10AM. We just began reading [We Survived the End of the World: Lessons from Native America on Apocalypse and Hope](#), by Steven Charleston. Steven Charleston is a citizen of the Choctaw Nation and is a retired Episcopal Bishop. The book is "full of lessons that say, for life to continue or thrive, hope must always be within reach." If you would like to participate in this class via Zoom, please e-mail Michael Colvin at michaelotiscolvin@gmail.com for the Zoom link. Even if Wednesday mornings don't work for you, this book may be one you would enjoy. It would be fun to share insights and reactions over lunch or over the phone. Copies of the book will be available for purchase in the church office beginning on Monday, April 15 for \$22.

New Community Library Box



In Mid-April, students and staff from the Community Alternative Learning Center (CALC) installed a "Community Library Box" right next to the original Community Blessing Box at our Main Street entrance. If you have any books you would like to donate, your book donations would be welcome. Be sure to check it out the next time you're in church.

Looking for Tour Guides!

Do you have knowledge of Forest Grove, our nature areas, forging, wineries or historic areas? Do you like to socialize, talk with people, and share your knowledge? Looking to make some extra cash? We're looking for people and ideas for tours we can offer visitors of our beautiful community and surrounding areas. If you have ideas or interest please email Donna Gustafson at dgustafsonconsulting@gmail.com

Parish Nurse Updates

Allergy season is upon us!

Very high pollen counts prevail in the Willamette Valley with a blooming of trees. Pollen counts are highest in the morning, so if you are able, plan your day so you're inside in the morning and do outside activities later in the day.

Symptoms often include runny nose, sneezing, itchy, watery eyes, and congestion.



Some preventative measures are to close windows, use HEPA filters on your air systems, change your air filter systems filters often, and cleaning the surfaces and any rugs in your home may also be helpful.

After being outside, remove your clothes and put them directly into the washer. Showering after being outside, rinsing your nose with nasal spray or a Netty pot, and rinsing your eyes may reduce your reaction to pollens.

Many medications are available to provide relief.

- Antihistamines can be very effective to reduce symptoms. Many allergy relief medications are available over the counter and by prescription.
- In the elderly Diphenhydramine (Brand names, Benadryl, Genahist, Noramine) should be avoided! The elderly are more susceptible to the side effects of antihistamines, such as confusion and drowsiness, which can increase the likelihood of falling. Antihistamines are also commonly found in sleep aid medications such as Tylenol and Advil PM.
- There are non-drowsy formulas such as Claritin or an antihistamine that says non-drowsy.
- Decongestants should be avoided by people with high blood pressure. Consult with your medical provider before using any over-the-counter medication!
- Also, it is very important to check with your pharmacist for compatibility with any of your current medications.

Welcoming spring with open arms and often a mask.

Shalom, be well. Deva, your Parish Nurse

BEST Team Recycling Information for May 5

Recycling update: We can no longer recycle ink cartridges.

PLEASE NOTE: We do not accept fluorescent bulbs or tubes on First Sundays.

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 Eplers will use)

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.

We cannot take fluorescent bulbs or tubes on First Sunday.

— Your FGUCC BEST Team

Do you need some extra help at home?



Do you need some help with yardwork or other manual labor? Isaac Dibley, a regular volunteer with the Blessing Box Crew, is looking for additional work to supplement his income. He works nights at Forest Grove Safeway. He can do manual labor such as raking leaves, moving heavy objects, or anything of that nature. He's asking for \$20/hour and will work at a pace that will make the cost worth it. You can contact Isaac directly at 971-354-6292.

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 also donate via 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 via PayPal. If you have any questions, please don't hesitate to let us know.



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 \$4,737.** If you want to participate in this easy fundraiser, blue bags are available to pick up in the church office. Contact Elena at 503-357-9121 or elena@fgucc.org if you have questions.

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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