



FOREST GROVE UNITED METHODIST CHURCH

Messenger

April 2020

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PALM SUNDAY FOREST GROVE COMMUNITY PRAYER WALK

April 14th, 2020, 3:00 p.m. - 5:00 p.m. Starting and
Ending at St. Anthony & St. Bede Shared Parking Lot
1660 Elm Street, Forest Grove

Submitted by: *Pastor Dan*

COLLEGE STUDENTS! SCHOLARSHIP APPLICATIONS

Here is a reminder to college students. If you wish to apply for a 2020 College Scholarship from Forest Grove UMC, your application must be completed and turned in to the church office by Sunday, April 26th in order to be considered.

Students who have an active and ongoing relationship with Forest Grove United Methodist Church are eligible. Application forms may be picked up in the church office, - or- downloaded from our web site,

www.umcforestgrove.org.

Submitted by: *Pastor Dan*

TOOL SHED CLEANING

Trustees are planning to clear out the tool shed by the kitchen door. If you have any of your own tools, in the shed that you want back, please come and get them in the next couple of weeks.

Submitted by: *Dan Gustafson*

FAMILY PROMISE FUND RAISER

Yankee Candle Sale: Please show your support for Family Promise by ordering Yankee Candles online using GROUP SALES #999998272.

It's easy and fun and Yankee Candles are great candles for yourself or as gifts.

Now through July 8, 2020. More detail about catalog sales in the future. Questions:

Submitted by: *Janet Hummel*

NEARING RETIREMENT

The last stage of my active pastoral ministry is not what I expected! Instead of counting down Sundays I'm hoping to at least have a few! I was looking forward to my last Easter; now it will come and go.

I had planned time off, anyway, to move out of the parsonage and into our new house. That is proving to be a big job, but it's coming along.

By the beginning of April, the parsonage will be vacant and your new pastor and family will begin to figure out how they will move from Hood River to Forest Grove. The Seymour House is a fine old place and should be ideal for Pastor David, Melissa, and their three kids.

Submitted by: *Pastor Dan*

THE PASTOR'S PAGE

These are strange and scary times, aren't they? Honestly, I feel like we are living in one of those weird end times science fiction movies. At least, so far, we are not in a zombie apocalypse and no walking dead are creeping up to our homes and our brains are safe. But the situation is indeed dire. Instead of taking up arms in this battle, we are asked to refrain from gathering together, keep our arms to our sides and our hands in our pockets, and maintain six feet of physical distance between ourselves and others, and to wash our hands frequently. This is a matter of life and death, as any one of us could, through a careless interaction, deliver a potentially deadly virus to a loved one, or a stranger whom we are called to love.

Thank you all for taking good care in this time. How often can we say that our actions, on a daily basis, save lives? Today we can say this with confidence.

I find myself adjusting to this new social norm, which is quite a change for someone like me who wants very much to shake hands and exchange hugs with others. I sure miss gathering for worship, though. The very word "church" is a translation of the word "ecclesia" which literally means "assembly". I find it difficult to maintain a sense of "church" when we cannot assemble in worship, or to work and serve, or just to enjoy one another's company. But we are, still, the Church, united in the Spirit of Christ.

I feel hopeful for the future. In the last few weeks, I see people adjusting creatively and humanely to the requirement to keep at a distance. At those times I need to be outside, people are more interactive than they were before our isolation. People in cars wave at stop lights and in passing. Pedestrians make eye contact and hail one another with friendly hellos and conversations across the street. Almost everyone I see is ready to flash a warm smile. It reminds me of living in remote rural areas, where folks practiced such things as an expression of community and safety. In those settings, neighbors could depend on each other for any help that was needed.

My prayer and hope are that this sense of community and connection, inspired under in this crisis, will become our new normal when things get better. In the meantime, let us keep in contact using the many tools we have at our disposal. Most of us have computers and access to email and internet, through which we can email and video conference. Most of us, also, have miraculous phones that, besides enabling us to text, actually work as phones, as well. The mail service is still working, too — wouldn't this be a great time to send cards and write some actual letters to each other? (Just, please, do not lick the envelope!)

Till we meet again!



Pastor Dan

FROM THE ALTAR TO THE WORLD

I was finding it hard to think of what to write in times like these and then I came across this piece of wisdom to share with you. I hope you are all well on this March day and in the days to come and are, perhaps, finding a new way of being.

“And the people stayed home. And read books, and listened, and rested, and exercised, and made art, and played games, and learned new ways of being, and were still. And listened more deeply. Some meditated, some prayed, some danced. Some met their shadows. And the people began to think differently.

“And the people healed. And, in the absence of people living in ignorant, dangerous, mindless, and heartless ways, the earth began to heal.

“And when the danger passed, and the people joined together again, they grieved their losses, and made new choices, and dreamed new images, and created new ways to live and heal the earth fully, as they had been healed.”

“Kitty O'Meara”

Peace,

Submitted by: Reverend *Rhoda Pittman Fuentes*, Retired Deacon

SUGGESTIONS ON SELF-CARE

These were sent to me from my yoga instructor and mentor, Tara McGuire, CEO, Epidaurus, Yoga Centers & Day Spa.

During this time of social restriction, I encourage you to take advantage by stepping up your self-care. Here are some suggestions:

- Pray
- Yoga at home. Don't know how? Just stretch gently, move largely, and breathe deeply.
- Sit in silence and stillness, and gaze out the window for 30 minutes (AKA; meditate).
- A long salt bath with a good book.
- Ride your bike
- Write positive affirmations.
- Call and talk to a friend or loved one.
- Read a good book.
- Color or do a craft.
- Cook some wholesome plant-based meals.
- Drink plenty of water and herbal teas.
- Zinc, Vitamin C, and Vitamin D³ are powerful for the immune system, as well as elderberry, turmeric, mushrooms, and garlic (throw them in the meal).

Submitted by: *Janet Hummel*

GUIDANCE AND DIRECTIVES FOR UNITED METHODIST CHURCHES

This month, our Bishop, Elaine Stanovsky, has guidance and directives for United Methodist Churches in the Greater Northwest Episcopal Area.

Bishop's COVID-19 Notice #3, March 24, 2020

Teacher,” he said, “what must I do to inherit eternal life?” He answered, “You shall love the Lord your God with all your heart, and with all your soul, and with all your strength, and with all your mind; and your neighbor as yourself.”

Luke 10:25b, 27

In the midst of a crisis beyond our imagination, it's good to go back to basics:

Love God | Love your neighbor | You will live

Jesus doesn't say that if you do this you will not get the Coronavirus or that if you get it you will not die. Jesus says that, no matter what happens, if you live your life in love with God and neighbor, you will experience the blessing of living life in all its fullness. I pray this for all of us who try to walk in Jesus' footsteps.

Loving God While Protecting Public Health:

Suspension of In-person Worship and Other Gatherings through April

As your bishop, I am charged to lead and oversee the spiritual and temporal affairs of The United Methodist Church. For the love of God and of our neighbors in every place, today I am directing continued suspension of in-person worship through April 30, 2020. This directive is in effect for United Methodist Churches across the states of Alaska, Idaho, Oregon, and Washington and anywhere in the Greater Northwest Area served by United Methodist clergy under my supervision. This suspension of worship includes Palm Sunday, Holy Week and Easter. It applies to both indoor and outdoor worship, weddings and funerals and to all days of the week. Please continue to conduct worship, bible study, prayer groups, and fellowship groups if you can do so remotely.

The virus is spreading in every state in the country in an invisible, vicious cycle. When a person becomes infected, symptoms don't appear for up to two weeks. If they don't follow hygiene and social distancing guidelines, they will expose others, who won't show symptoms for two weeks, while they, in turn, expose others. In order to slow the spread of the virus, and to protect health care systems from being overwhelmed, each of us must take precautions to protect ourselves and others as if we are carrying the virus ourselves and as if the people around us are infected. This is what loving ourselves and our neighbors looks like for the foreseeable future, no matter where you live or whether you know anyone who has been diagnosed with the Coronavirus.

Holy Week and Easter

For churches that are unable or choose not to lead worship remotely, I am working with a team to produce an Easter Sunday worship video resource that can be accessed by local churches at any time and in any place with internet service. It will include a variety of voices, faces, and landscapes from a wide variety of people and places across the greater northwest. We will encourage groups to organize watch parties on Facebook to share Easter together/apart.

[Continued on page 6](#)



The United Methodist Church

The Reverend Timothy L. Overton-Harris

District Superintendent

Linda Grund-Clampit

Administrative Assistant

Oregon-Idaho Annual Conference
Cascadia District

March 22nd, 2020

Forest Grove UMC

Mary Jane Nordgren, SPRC Chairperson

1726 Cedar St.

Forest Grove, OR 97116-2434

Dear Members and Friends of Forest Grove UMC:

Grace and peace in Christ!

This morning it is my privilege to share with you that it is the Bishop's intention to appoint Rev. David D. M. King as pastor of Forest Grove UMC, effective July 1, 2020.

Rev. King is currently pastor at Spirit of Grace, a Methodist and Lutheran union congregation in Hood River, Oregon, where he has served for six years. He is a full elder in the United Methodist Church, a musician and composer, and is working on his PhD in New Testament and Early Christianity. He has served as a chaplain in the Civil Air Patrol. David is married and he and his wife, Melissa, have three children.

On behalf of Bishop Stanovsky and the Cabinet, I want to express our gratitude and appreciation to Rev. Dan Thompson-Aue, who has served you and your community faithfully and well these past seven years. After nearly 40 years in local church ministry, we wish him well in retirement. I know that in the time you have left with each other you will express your gratitude and appreciation to Dan and his family for their time among you.

I am holding your leadership and the entire congregation in my prayers during this time of transition. I anticipate with you the vital ministry you will continue in your community with Rev. David King as your pastor.

Peace,

Rev. Timothy L. Overton-Harris
Cascadia District Superintendent



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“NON-ESSENTIAL”?

Continued from page 4.

I was recently informed by the Tuality Hospital Administration that I, along with the other volunteer Chaplains at the hospital were among those deemed “non-essential” volunteer positions and until further notice, when the Covid 19 virus threat subsides, we were not to enter the hospital for shifts to visits with patients.

I understand the reasoning behind this decision, but I would hardly think of what the Chaplains do in the Hospital as “non-essential”. One illustration of this was on my last shift; I was requested to visit with a family who were in the ICU with a patient on life support. The family was waiting for a brother to arrive from out of state before removing the life support at which time the patient was expected to die within a short time afterwards. It was late evening before I visited, and I found the only family member there at the time was a sister. She had been sitting in the darkened room praying for her unresponsive sibling. Hearing this, I asked if I could just sit with her for a time and pray with her, she was pleased for me to do this and I spent several minutes praying, mostly in silence.

As I left the room, I realized that I had not really done much or said much but I felt I had done all I could and for that patient and sister was all that could be done. I had done the “essential”, the same as I had done for many others in far less critical circumstances.

I do not know how long the patient lived afterwards nor can I find out with patient confidentiality regulations, and currently do not come to volunteer restrictions, but I don't feel any less essential in what I do.

Submitted by: *Rev. Dexter Danielson (Ret.)*

Closure of Church facilities to all except essential services

All United Methodist church buildings and other facilities are to be closed, effective March 28 to all but essential

services and only to the extent allowed by state and local government restrictions or advice. Protective clean

ing and hygiene practices are mandatory for all exempt essential services held in United Methodist facilities:

Sanitizing cleaning of the building before and after every use

6 feet social distance among participants

Handwashing with soap and water or hand sanitizer

Coughing and sneezing into tissues which are discarded into closed containers

Loving neighbors

God loves the faithful, so the faithful can love God's vulnerable children. This pandemic is putting many people at dire risk of disease, isolation, hunger, unemployment, mental illness. Protecting people from the virus is just the beginning. Our calling is to form life-giving relationships with people who are poor, homeless, outcast, unemployed, abused, despised or forgotten. In every place, I challenge you to think creatively about how your church can hear the cries of the needy and respond in ways that offer dignity, self-determination, and hope. Gift cards to grocery stores, drive-through food pantries, volunteers to purchase and deliver food to people with compromising conditions, phone calls, hygiene kits for homeless. If you ask people in your community what they need, they will tell you.

Sharing the burden in connection

We know that this crisis will create hardships for local churches. Church budgets will be strained as people are laid off from their jobs, struggle to buy food and pay rent, and watch their retirement savings plummet. Your conference leaders are planning for reduced income in local churches and at the conference level. My priorities, as we make adjustments are :

Finding ways to lighten the burden on local churches, Protecting income security for clergy and staff in our churches and conferences, Re-directing resources to relieve financial strain among the most vulnerable

We recognize that funds saved for a rainy day, are needed now. Watch for concrete plans.

Submitted by: *Pastor Dan*

U. M. W. MEETING

United Methodist Women will be meeting April 26th in the library on Monday, April 27th.

We are open to all women in the church wishing to join us.

Submitted by: *Sue Brenner*, Pres., U.M.W.

A MESSAGE FROM DEANNE MICHAUD

My name is **Deanne Michaud** and I teach several exercise classes here at the United Methodist Church. My classes are designed to allow anyone to attend with modifications shown for all levels of fitness. Whether you are an active adult or experiencing physical limitations, you are welcome.

I enjoy observing participants' delight as they achieve positive results of flexibility, strength, and improved balance, as well as increased joint mobility and stability. Regular physical activity improves mental and physical health, helping you to maintain your independence as you age. Some of the benefits also include disease prevention, decreased risk of falls, cognitive function, and social engagement.

We make new friends and share a lot of joy and laughter with each other as we move our bodies to fun music.

Please feel free to call me with any questions regarding my credentials or classes here in Forest Grove. (503) 799-8283.

My classes at FGUMC: Stretch and balance on Wednesdays and Fridays at 10:00 a. m.

Please be aware that “Silver Sneakers and Silver + Fit” participants are always free!

Good health and kind regards.

Submitted by: *Deanne Michaud*



BIRTHDAYS

Freya Jean Henriksen	April 6 th
Angela Gunther	April 7 th
Ruth Reese	April 7 th
Ted Oakberg	April 8 th
Ed Davie	April 11 th
Logan Anderson	April 12 th
Rea Hampton	April 12 th
Connor Dionne	April 13 th
Matthew Hampton	April 13 th
Sherry Hayes	April 16 th
Doug Scott	April 18 th
Frank Colcord	April 19 th
Alyssa Bond	April 24 th
Marion Gustafson	April 26 th
Ryan Jones	April 27 th
Laura Cattell	April 28 th

ANNIVERSARIES

Jody & Tara McCaughey	April 5th
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HAVE YOU MOVED?

Please be sure that the church office has your new address as soon as possible. Thank you.

Submitted by: *Noelle Voepel*
Church Administrative Assistant

CHURCH CORNER MEMORIES

I sip my tea from a blue mug covered in fluffy white clouds this morning, thanks to Maurine Scott, who first thrust it into my hands at a church bazaar, telling me to buy it. I did.

Born and raised in Nebraska, Maurine wrote tenderly about life on their farm, the smells from the kitchen, the swing hanging from the big tree in the yard and the animals and the awful day the family auctioned off everything (including her bike) and moved into town. “Unfortunately, Dad, who wanted to be a farmer, had three daughters—no son to help him with the heavy work of sowing and reaping.”

The family moved to Oregon the summer between Maurine’s freshman and sophomore years of high school. Maurine worked in a bakery attached to a hotel in Hawaii while her husband attended U. of Hawaii. Several movies were filmed on location while they were there and Maurine got to see a number of glamorous movie stars staying at the hotel.

With characteristic wry humor, she worked as the FGUMC secretary both in the old building across the street and here in our new church. She hosted rummage and craft sales for us, was active in women’s groups in the church and headed the Prayer Chain. Maurine loved reading, and blossomed as a writer with Writers in the Grove. She also loved to play bridge once or twice a week.

Her son Doug and wife Joy live here in Forest Grove and are active as FGUMC leaders, Doug as chair of the Finance Committee among other jobs he, too, takes on without fanfare.

Submitted by: *M. J. Nordgren*

SERVING IN APRIL

Lay Leader	John Hayes
Altar Guild	Val Hawkins
Coffee Coordinator	Amy Scott
Nursery Supervisor	TBD
Kitchen Elves	Ed & Patty Davie

MISSION STATEMENT

Know God.
Build Community.
Impact the World.

Open Hearts, Open Minds, Open Doors

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POSTMASTER: Send address changes to:

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Rhoda Fuentes	503-357-3998	Deacon
Noelle Voepel	503-357-2689	Administrative Assistant

Church Office Hours, Monday through Thursday

8:30 a.m. to 1:30 p.m.

Patty Davie	503-357-3185	Messenger Editor
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Please remember to get your articles to me by the 18th of each month!

e-mails: plc2fd@frontier.com, edavie@frontier.com