



FOREST GROVE UNITED METHODIST CHURCH

Messenger February 2020

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WORSHIP IN FEBRUARY

This month we continue in the season of Epiphany - a time to open our minds and hearts to new insights about who Jesus is. This season concludes with Transfiguration Sunday on February 23rd, when we join Jesus on a mountain top and see him revealed as the Son of God. Then, we descend the mountain and enter into another season of reflection as Lent begins on Ash Wednesday, February 26th. I hope you will consider beginning Lent by coming to the sanctuary at 5:30 p.m. on February 26th for a short service of devotion and blessing with anointing of ashes.

Submitted by: *Pastor Dan*

VALENTINE POTLUCK

Valentine's Day Fellowship Time, Sunday, February 9th. Please bring your favorite Valentine treats to share.



COMING IN MARCH

Start planning now for our St Patrick's Day potluck. Search for the perfect recipe to make and bring for this year's St Patrick's Day pot luck on March 15th!

Submitted by: *Janet Hummel*

IMPORTANT NOTE

Our new church e-mail address
fgumcorg@Gmail.com

AN OPPORTUNITY FOR VOLUNTEERS!

Have you ever wondered how our sound system works on Sunday Mornings? Have you ever wondered where the controls are so you could turn it up louder? Have you ever wished to be in charge?

We need some recruits to learn our sound system works, and how to operate it. To give you that ability and to give you the power, please sign up for a class on managing the sound system.

In order to volunteer, you will need to attend 2 of 3 training sessions. One will be a morning class for the early risers, the second will be an evening class for those who work during the day, and a third will be on a Sunday after worship.

These will be taking place soon to acquaint the 5 or 6 volunteers needed for this important job.

Please sign up in the office by February 18th.

Submitted by: *Chuck Pritchard*

BOX TOPS

Box Tops used to be printed on cereal boxes, tissues, etc. We collected and distributed the cardboard coupons to FG schools; each was worth 10 cents, so the amounts given out really helped. But now the Box Tops require scanning the grocery receipt and cereal top, which I am not digitally savvy enough to do.

Please, someone more educated than I am, take over to aid our schools or perhaps now just Joseph Gale Elementary.

Submitted by *Betty Pritchard*

PS: Betty has been doing this for decades! She deserves a vacation!

By: The *Editor*

THE PASTOR'S PAGE

As I write this month, I'm simply amazed at the times in which we live. If we believe all the news, our government is dysfunctional, our international alliances are frayed, foreign operators are brainwashing us, killers galore are assaulting our borders, people out of control with their assault weapons are planning more murderous mayhem, the climate is collapsing, and the Church on the whole appears out of touch and impotent.

I wonder, though, if our present capacity to make and spread news is just more prolific than it was in the past. I'm not sure but that many of the problems of the present age have been brewing and building for my whole lifetime. Now, perhaps, we have the ability to watch it all happen in real time, with the added bonus of constant spin that warps truth. So maybe it seems the world has gotten worse when really, we are just daily made more aware of chronic problems and disturbing trends.

If this is the case, then what, as Christians, shall we do?

Perhaps the same thing we have always done, or should have done, or will do with fresh alacrity. What is that thing we can do no matter what is or isn't going on in the world? What is a sound and reasonable and empowering strategy with which to live in these times?

Is that thing not the very same thing we know we can and should always do? I think, for Christians, it is to hear and heed the call of Christ: "Take up your cross, and follow me".

Charles W. Everest wrote words in 1833 that may still inspire today:

"Take up thy cross," the Savior said, "if thou wouldst my disciple be; deny thyself, the world forsake, and humbly follow after me."

Take up thy cross, let to its weight fill thy weak spirit with alarm;
his strength shall bear thy spirit up, and brace thy heart and nerve thine arm.

Today, as every day, is a good one to take as it is, asking of ourselves this question: "What would Jesus do?" Then, when the answer comes clear, simply do that which he would do, trusting in God's strength to lift our spirits, make our hearts brave, and move us to words and deeds that will, even now, be salt to the earth and light to the world. If we do this, with God's help, we will do little wrong, and much that is right.

Blessings



Pastor Dan

FROM THE ALTAR TO THE WORLD

When I first started attending Forest Grove United Methodist Church nearly 20 years ago it was not a “hugging” church. As a senior living alone, hugs are a necessary way of communicating and I really missed that kind of support from the church. Thankfully that has changed. Hugging is a common sight any Sunday.

In researching for this article I found all sorts of comments that support the richness of hugging. Here are several quotes that support its importance.

“I love the kind of hugs where you can feel the sadness leaving your body.” Attributed to Snoopy.



“Hugging is good medicine. It transfers energy and gives the person hugged an emotional lift. **You need 4 hugs a day for survival, eight for maintenance, and twelve for growth.** Scientists say that hugging is a form of communication because it can say things you don’t have the words for. And the nicest thing about a hug is that you usually can’t give one without getting one!” The longer a hug is the more beneficial also.

“Hugging is the most beautiful form of communication that allows the other person to know beyond a doubt that they matter.”

At one point in my teaching career, I went to a workshop on that day where all teachers go to workshops (does that exist anymore?) We were encouraged to hug kids a lot – that many children are yearning for that kind of positive physical contact with adults. I went back to school, talked with the principal about using hugs as a strategy especially with difficult students. I was told to go ahead. It was not long before I was told to stop. Parents were so leery about physical and even sexual abuse of their children that they didn’t want them touched in any way.

If you are the one offering the hug be sure you know that it will be welcomed. “Would you like a hug?” is an easy thing to say.

Looking for hugs on Sunday morning or any time.

Submitted by: Rev. *Rhoda Pitman Fuentes*, retired deacon.

College Students! Scholarship Applications

Available February 1st, 2020

Application forms for college scholarships from Forest Grove United Methodist Church will be available in the church office and through our web site as of February 1st, 2020. Students who will be enrolled in college this year, and who are members of or active participants in our church, are eligible to apply. Applications will be reviewed by the church Scholarship Committee, and awards announced by May 31st, 2020.

The deadline for completion and submission of applications is Sunday, April 26th.

Submitted by: *Pastor Dan*

MINISTRY CONVERSATION ON MONDAY, FEBRUARY 17TH

Everyone is encouraged to come to a **conversation with Rev. Tim Overton-Harris on Monday, February 17th at 7:00 p.m.** at the church.

At this meeting we will give a description of our current mission and ministry and talk together about our future as a church. This should be an interesting and enjoyable meeting.

Submitted by: *Pastor Dan*

F. G. U. M. C. CALENDAR FOR FEBRUARY 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
January		March				
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	
		S	M	T	W	T
		1	2	3	4	5
		8	9	10	11	12
		15	16	17	18	19
		22	23	24	25	26
		29	30	31		
2	3	4	5	6	7	8
8:30 a.m. Early Church 10:00 a.m. Worship: Communion Sunday 11:15 a.m. Fellowship 11:15 p.m. Bell Choir Rehearsal	4:00 p.m. Yoga Training: Room 8A		9:00 a.m. Guy Talk 10:00 a.m. Senior Fitness Class 7:00 p.m. Trustee Committee (AS NEEDED)	11:00 a.m.-11:50 a.m. Journeys program. 2:30 p.m.-3:15 p.m. Music Group, Montessori school 7:00-8:30 p.m. Chancel Choir Rehearsal	Pastor's day off 11:00 a.m. Have January committee minutes in the office 10:00 a.m. Senior Fitness Class	Pastor's day off 7:00 p.m. Born Again Narcotics Anonymous Support Group
9	10	11	12	13	14	15
8:30 a.m. Early Church 10:00 a.m. Worship 11:15 a.m. Valentines Day Potluck 11:15 p.m. Bell Choir Rehearsal	4:00 p.m. Yoga Training: Room 8A 7:00 p.m. Worship Committee	7:00 p.m. SPRC Meeting (AS NEEDED)	9:00 a.m. Guy Talk 10:00 a.m. Senior Fitness Class 7:00 p.m. Church Council (AS NEEDED)	11:00 a.m.-11:50 a.m. Journeys program. 2:30 p.m.-3:15 p.m. Music Group, Montessori school 7:00-8:30 p.m. Chancel Choir Rehearsal	Pastor's day off 10:00 a.m. Senior Fitness Class Valentine's Day	Pastor's day off 7:00 p.m. Born Again Narcotics Anonymous Support Group
16	17	18	19	20	21	22
8:30 a.m. Early Church 10:00 a.m. Worship 11:15 a.m. Fellowship 11:15 p.m. Bell Choir Rehearsal	4:00 p.m. Yoga Training: Room 8A 7:00 p.m. All Church Ministry Planning with Rev. Tim Overton-Harris President's Day	March Messenger articles due	9:00 a.m. Guy Talk 10:00 a.m. Senior Fitness Class 7:00 p.m. Finance Committee (AS NEEDED)	11:00 a.m.-11:50 a.m. Journeys program. 2:30 p.m.-3:15 p.m. Music Group, Montessori school 7:00-8:30 p.m. Chancel Choir Rehearsal	Pastor's day off 10:00 a.m. Senior Fitness Class	Pastor's day off 7:00 p.m. Born Again Narcotics Anonymous Support Group
23	24	25	26	27	28	29
8:30 a.m. Early Church 10:00 a.m. Worship 11:15 a.m. Fellowship 11:15 p.m. Bell Choir Rehearsal	1:00 p.m. UMW meeting, in the Library 3:00 p.m. Jennings-McCall Gathering w/Pastor Dan 4:00 p.m. Yoga Training: Room 8A	Print Messenger	9:00 a.m. Guy Talk 10:00 a.m. Senior Fitness Class	11:00 a.m.-11:50 a.m. Journeys program. 2:30 p.m.-3:15 p.m. Music Group, Montessori school 7:00-8:30 p.m. Chancel Choir Rehearsal	Pastor's day off 10:00 a.m. Senior Fitness Class	Pastor's day off 7:00 p.m. Born Again Narcotics Anonymous Support Group

FOREST GROVE UMC AS A CLEAR APPOINTMENT

Since our Bishop and Cabinet are well aware of my upcoming retirement in June, they know to be working early on identifying your next pastor. In anticipation of this, your SPRC has worked in the last few months to complete a recommended profile for your next leader; this was published in last month's Messenger and is also posted on the Church At Work bulletin board.

As appointment conversations begin at the Cabinet level, FGUMC is listed as a Clear Appointment. This announcement allows clergy who may be interested in serving here the opportunity to contact the Bishop regarding their interest. In response the Bishop and Cabinet will consider whomever does so along with their own evaluations of potential pastors who may be candidates to assign here.

Being a Clear Appointment does not allow potential pastors to contact our SPRC or members of the church for information or an interview, as appointment of the next pastor is a prerogative of the Bishop only.

Submitted by: *Pastor Dan*

UPDATE ON MARCELLE DANIELSON

Because many of you at the Forest Grove Church ask about Marcelle, Nancy and I thought we should give an update on her health. We (Nancy, I and Mom) have decided to start her on hospice care. Outward, physically, you would not find her greatly different than when you saw her on her birthday, but recent blood tests have revealed some ongoing concerns for her health.

Most concerning is the significant rise in her white blood cell count due to her Chronic Lymphocytic Leukemia (CLL). This was to be expected especially after her decision (with our concurrence) late last summer to discontinue the chemo pill that she was taking to mitigate the disease. This was the lowest dose of chemo therapy that could be given her and more aggressive chemo would have much greater and possibly non-survivable side effects, but even this low dose caused side effects that caused her great discomfort and distress and was not curative, meaning she would have needed to be taking it continuously. Along with the CLL are the effects of age particularly her lowering kidney function.

We were in a quandary of what to do, return to specialist with little hope of answers that did not require drastic medical interventions, something she definitely did not want, or just continue with doctors consults as best they could do, or wait for things to naturally progress. Needing help, we contacted her insurance and were referred to Hospice care. We found that with Hospice a large part of what is done is comfort care and that a large part of the Hospice care is a team approach to that care, not necessarily meaning being near death nor involving extensive medical curative procedures. We have met with several members of her team which includes nurses, social worker, doctors and chaplains who offer support for her comfort with medications, medical supplies and emotional and mental health support. We have 24 hour on-call nurse support as well as regular visits, weekly to every two weeks by the team members, all with doctor back-up. This is all without having to leave the house and happens with home visits and is paid by Medicare.

This approach to her health care has relieved all of us of a great concern for how to proceed. We still covet and thank you for your prayers for her as we go through this season of her life.

Submitted by: *Dexter Danielson*

LIVING A LIFE FILLED WITH GRATITUDE IS KEY TO OUR SPIRITUAL JOURNEYS

“I think gratitude is really the catalyst for all of our spiritual growth because it opens the door for us in so many ways to experience God’s goodness, to recognize God’s goodness. It impacts how we respond in service, in relationships, in our ministries, in our family,” says the Rev. Cathy Boileau, pastor at [First United Methodist Church](#) in Chambersburg, Pennsylvania. “The power of gratitude is that it allows us to see how God is working in our lives and that God is the center of the story and not us.” Growing in gratitude requires intentionality. We have to work at it.

“What we count, we tend to increase... If we are a person who tends to count our blessings, there are more blessings to count,” says Dr. Kent Millard, president, United Theological Seminary and author of "[The Gratitude Path](#)." “If we count our problems, there are more problems to count. Am I complaining or am I giving thanks? They are mutually exclusive,” Millard says.

Take a cue from Jesus

The story recounted in all four gospels of Jesus feeding 5,000 people near Bethsaida illustrates Jesus modeling gratitude. “And he directed the people to sit down on the grass. Taking the five loaves and the two fish and looking up to heaven, *he gave thanks* and broke the loaves. Then he gave them to the disciples, and the disciples gave them to the people” (Matthew 14:19 NIV, italics added).

Later in the New Testament we learn Paul was also a big fan of the practice. In 1 Thessalonians 5:18 the apostle leaves no room for anything but gratitude when he writes, “In everything give thanks.”

The Rev. Susan Oeffler, pastor at [First United Methodist Church of Rice Lake](#) and [Canton United Methodist Church](#), both in Rice Lake, Wisconsin, advocates that gratitude can bring balance to lives and to a world that can feel out of control. “The uncertainty of the world is not going to change, but we can change. We are not built to always be stressed out,” she says, adding that gratefulness in our lives leads to feeling grace, which leads to seeing beauty in the world and reduces anxiety. “Every time someone asks you ‘how are you doing?’ return with ‘I am grateful,’” Oeffler says. “These simple words cause each of us to recheck our gratitude meter and be thankful.”

Pain is real. When Millard’s wife of 47 years passed away, he found an unexpected relationship between his grief and gratitude. “I found myself writing about how lonely I was and how much I missed her,” he says. “In the midst of writing about the pain, I could not deny that I was deeply thankful for a community of people who walked me through the loss. “When I expressed my gratitude, the grief began to dissipate.”

Though painful situations do occur, Boileau believes that gratefulness helps us better navigate challenges. “Grateful people are more resilient,” she says, “because they understand everything they have is a gift. So, when that ‘thing’ disappears, they are more able to thank God for the gift. “Gratitude is that which calls to mind God’s presence,” she says. “I think focusing on what God is doing helps us to trust Him with all the things that aren’t healed or aren’t full enough.”

How do you begin to focus on gratitude?

Here are a few ideas:

1. Give one compliment per day to someone.
2. List five items a day for which you are grateful; remind yourself of what is good in your life.
3. Keep a gratitude journal. Ask yourself, “Where did I see God at work in my life today?”
4. Slow down and be intentional (i.e., stop and recognize the sunrise or the sunset).
5. Write and send cards of thanksgiving.
6. Expound on the words “thank you.” Be specific and say “Thank you for ____.”
7. Find time to spend with God.

Cultivating gratitude step-by-step: John Stephens, senior pastor at [Chapelwood United Methodist Church](#) in Houston, echoes Millard’s idea about choosing to focus on our blessings rather than our problems. Philippians 4:8 calls us to do just that, “Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.” (Philippians 4:8 NIV) “Paul is saying, ‘I want you to change the way you think.’ And you’re going to have to allow God to help you,” Stephens says. “That’s what allows us to live a life of gratitude.”

From: [UMC.org](#).

U. M. W. MEETING

United Methodist Women will meet on Monday, February 24th in the Library at 1:00 p.m.

The meeting is open to all women.

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

MUSIC SPECIALIST

For February, I will have Montessori school music classes on Thursdays 2:30-3:15 p.m.

The Journeys program, with Pacific Music Therapy Dept., will be Thursdays at 11 a.m.-11:50 a.m.

Submitted by: **Lisa Peterson**

FIRST ANNUAL SANCTUARY CLEANUP

It's time for our first annual Sanctuary cleanup! HOW FUN! Please wear your work clothes to church on **Sunday, March 22nd** and plan on staying after service to help clean up the SANCTUARY (and anywhere else that might need some early Spring cleaning). The goal is to wash the windows (at least inside) and clean the carpet (several carpet cleaning machines are available) and dust and shine the wood work.

Pizza, salad and beverages will be provided for lunch. Contact Betty Pritchard or Janet Hummel with questions!

Submitted by: **Janet Hummel**

BACK PACKS

The New year is here, and hopefully it will be a good year for everyone.

I was so happy to be at the Church when the Christmas Baskets were distributed. It was a wonderful time to see so many people happy to receive the gifts and food that we give them.

I would like to remind you that we are still collecting food for the back pack program. There are food lists above the grocery box, and I know the ladies at the elks are very happy to receive what we donate. I will check with them and update the lists.

For now, I send my love to everyone and thanks.

Submitted by: **Linda Randle**

BIRTHDAYS

Jenny Lyn Englin	February 1 st
Emily Tabb	February 1 st
Caroline Dau	February 6 th
Mark McConnell	February 6 th
Edythe Westlund	February 6 th
Adrienne Dionne	February 8 th
Laurie Bond	February 9 th
Betty Pritchard	February 10 th
Alyssa Dionne	February 11 th
Virgil Foxley	February 17 th
Cricket O'Neill	February 20 th
Jan Schrock	February 22 nd
Leah Henriksen	February 24 th
Jasper O'Sullivan	February 25 th
Lilly LaCombe	February 26 th

ANNIVERSARIES

None	
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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

RUGER SOPHER

Eight-year-old grandson of Ken and Elizabeth Larsen, Ruger is learning to be our acolyte. At first it was a little scary and Cricket processed with the boys, but now Ruger lights his candle on his own with full confidence. And after service, he really enjoys the coloring papers with bold blues and blacks.

He is an active 3rd grader at Fern Hill School who enjoys math, but lists his favorite class as Physical education, even higher than music, which he also loves. Ruger is active after school, too. He has been working at Next Generation Karate for a year and a half and has earned a yellow belt. Another active love is soccer, which he has been playing for three years.

Ruger loves to debate, especially with his grandmother. But there is no debate over his favorite meals: pizza, spaghetti and Panda Express.

Submitted by: **M. J. Nordgren**

SERVING IN FEBRUARY

Lay Leader	John Hayes
Altar Guild	Ella Collins
Coffee Coordinator	Amy Scott
Nursery Supervisor	TBD
Kitchen Elves	Will vary weekly

MISSION STATEMENT

Know God.
Build Community.
Impact the World.

Open Hearts, Open Minds, Open Doors

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Church Office Hours, Monday through Thursday 8:30 a.m. to 1:30 p.m.		
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Please submit your articles
by the 18th of each month!

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