



Messenger

January 2023

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WORSHIP IN JANUARY

submitted by Pastor David

We continue our journey through the 12-day season of Christmas. On January 1st, Rev. Dr. Lowell Greathouse will be leading worship, starting off the New Year with a focus on the beginning of all things. We'll celebrate Epiphany of the Lord a day late, on January 8th, as we consider the story of the magi. On January 15th, Rev. Gwen Drake will lead worship while Pr. David is away on Board of Ordained Ministry business in Seattle. Towards the end of the month, we'll consider a story from the beginning of Jesus's earthly ministry and some words from Paul on the paradoxical nature of God's wisdom.

January 1, The First Sunday after Christmas
Genesis 1:1–5, 31—2:4; John 1:1–5
“Let's Start at the Beginning”
Guest preacher: Rev. Dr. Lowell Greathouse

January 8, The Epiphany of the Lord (transferred)
Matthew 2:2–12
“Nations Will Come to Your Light”

January 15, The Second Sunday after the Epiphany
Guest preacher: Rev. Gwen Drake

January 22, The Third Sunday after the Epiphany
Matthew 4:12–23
“Capernaum by the Sea”

January 29, The Fourth Sunday after the Epiphany
1 Corinthians 1:18–31
“The Wisdom of Foolishness”

+ Pastor David

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PASTOR'S MESSAGE

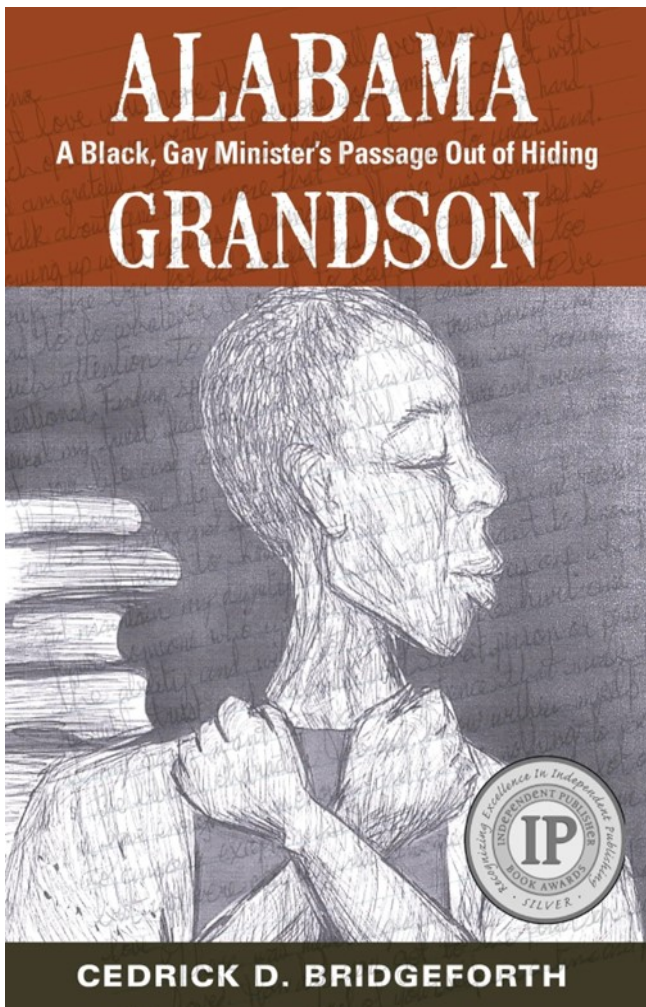
submitted by Pastor David

Early Church Study

Early Church has just started studying a new book by our incoming bishop, Rev. Dr. Cedrick Bridgeforth. *Alabama Grandson: A Black, Gay Minister's Passage Out of Hiding* is a memoir, written during the pandemic, and dealing with deep questions of identity, acceptance, and faith. Join us at 8:30 on Sunday mornings either in-person in the Garden Room or online via Zoom.

Meeting ID: 916 3238 9612

Passcode: FGUMC



“With heart-wrenching vulnerability, Cedrick Bridgeforth has crafted a beautiful and riveting narrative.

It reveals how personal integrity and character develop through Black gay self-acceptance and deep, nurturing, love by family. This spiritually enlivening journey contains both excruciating, betrayal-filled life lessons and awe-inspiring examples of his non-judgmental, compassionate care for others.”

—Traci C. West, PhD, Professor of Christian Ethics and African American Studies

“My brother Cedrick comes out of the closet like an educational cyclone with this book. After reading it you will be both blown away and enlightened. With each chapter I clutched my pearls, busted a gut laughing, and wept with his pain. This book is a must-read for all who seek to embrace and understand our LGBTQIA brothers and sisters. Once you read it, you cannot remain the same.”

—Dr. Sheron Patterson, Senior Pastor of Hamilton Park UMC in Dallas, TX and author of *The Blessings and Bling*

Merrill Ludlam Passing

Merrill Ludlam passed away on December 15 peacefully in his sleep. He leaves his wife of 50 years, Betty.

Merrill was a veteran of the Korea War and an active member of our community and church for many years. He and Betty were also great supporters of Methodist camping programs. He will be interred in the Willamette National Cemetery.

Remembrances can be sent to the church or Betty Ludlam, 2221 Oak Street #362, Forest Grove, OR 97116



FOOD PANTRY NEEDS:

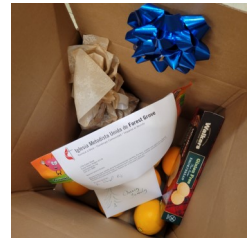
**BRING THESE ITEMS AND ANY OTHER
NONPERISHABLE FOOD FOR:**

**January
Flour and Soup**

AGAIN, YOUR HELP TAKING DECEMBER FOOD TO THE FOOD
BANK ON JANUARY 4 AT 10:00 A.M. IS ALWAYS
APPRECIATED!

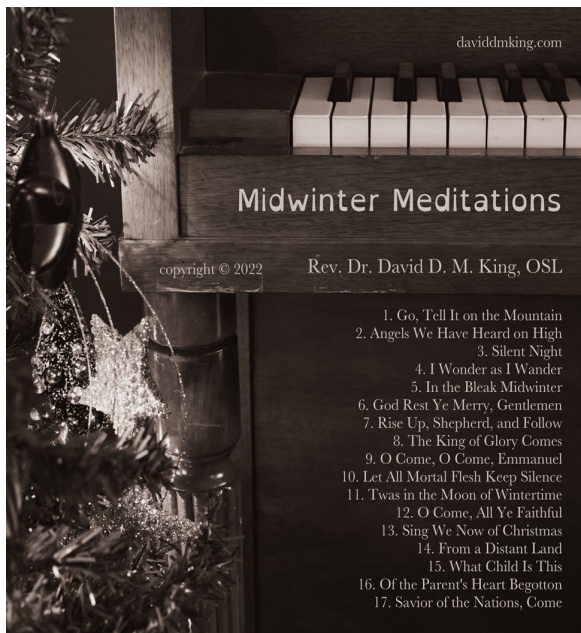
submitted by Betty Pritchard

thank you!



Thanks to the many members that donated to the Christmas boxes which were provided to six families this year and were greatly appreciated.

Special thanks to Janet Hummel for acquiring the gift cards, cookies, candy and fruit included in the boxes and to Leah Hendrickson, Cathy Hummel, Melissa King and Pastor David for coordinating pickup and delivery of the baskets.



Christmas Album

Pastor David has recorded a new Christmas album

Midwinter Meditations

It's a collection of instrumental impressions of Advent and Christmas carols. You'll find it on most music streaming services, including Apple Music, Spotify, and YouTube. CDs are available in the office for \$10.

Escaping a Dementia Diagnosis

Many factors influence the development and progression of dementia, but research indicates that patients can significantly minimize memory loss through life style changes. A free e-book with specific recommendations can be found on the website for Stay Sharp Naturally; but, making changes in the areas of food choices, exercise, sleep and stress will offer many brain and body benefits.

- Food choices: Eat a balanced diet of vegetables, especially leafy greens and crucifers such as broccoli, cauliflower and cabbages; berries, especially blueberries; avocados and flaxseed, pumpkin seeds and walnuts; fish such as salmon and anchovies; lots of water and vitamin and mineral supplements. Avoid refined sugars, sweet beverages and juice concentrate.
- Exercise: Exercise most days. Exercise is one of the best ways to reduce dementia risk. Regular exercise will help improve oxygen flow, support new brain cell formation and improve memory. Walk around the block a couple times or on a treadmill at the gym, take a class in yoga or weight training, go for a hike at the local park or a swim at the local aquatic center.
- Sleep: is vital for detoxifying the brain. Build an environment for getting a good nights sleep including temperature of the room and habits before bed. Avoid blue screen time before bed and read a book.
- Stress: is associated with a myriad of health problems, such as weight gain, headaches, and insomnia which all play a part in brain function. Avoid stress, be grateful, take time for yourself daily.

Cognitive decline is like any form of early physical deterioration. If you take care of your mind and body, you'll age better, live longer, and enjoy better health.

On-going and Upcoming Events:

Chair Yoga and Meditation: Saturday at 10 AM Room 8A: Beginners welcome!

Volunteer Sunday: January 8 after service. Grab a cup of coffee and a cookie and learn about church volunteer opportunities throughout the year.



Blood Drives in 2023

Friday, February 24

Friday, May 5

Friday, August 4

Friday, October 27

If you have any questions
please contact :

Janet Hummel 503-341-2182

janet.hummel@frontier.com

MARK YOUR CALENDARS AND PLAN ON GIVING THAT DAY IF YOU CAN!!!!

VOLUNTEER (S) NEEDED TO MOVE TABLES BEFORE AND AFTER THE BLOOD DRIVE AND TO WELCOME AND LOG DONORS.

LAY LEADER REPORT

You know, it is so good that Jesus shares his birthday with us; to celebrate, to have big parties, to share intimately as well as publicly moments together even if we don't thank him consciously. But maybe we should. We can, when we are going about in our daily lives, we can thank the postal worker, the teller that rings us up, the guy or gal driving next to us by letting them over or in or out, I think this is called being courteous to those around us. We all enjoy it when it is done for us, and it is even greater when we do these things for others, we feel so warm and cuddly inside when we do.

We are returning with our donations to St. Antony's. They have been up and running again for almost a year now but are having a hard time getting food donations supplies again, so I think we can help. They are asking for the basics, flour sugar, etc. as well as soups of all kinds.

The first Sunday is the first of January, with us taking the food over Wednesday, the 4th. Your donations are always appreciated.

submitted by Chuck Pritchard

SERVING IN JANUARY

Lay Leader	Chuck Pritchard
Altar Guild	Valerie Hawkins
Coffee Coordinator	Amy Scott

BIRTHDAYS

Jan Stewart	January 20
Betty Weekley	January 21
Donna House	January 22

ANNIVERSARIES

Dan and Kathy Wilson-Fey	January 2
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COOKIE SALE SUCCESS!!!

THANK YOU TO ALL THAT CONTRIBUTED COOKIES FOR THE COOKIE SALE
AND

TO ALL THOSE WHO BOUGHT COOKIES!!!
Over \$170 was added to the Kitchen fund for needed items.





**Forest Grove
United Methodist
Church is rooted in
loving God, loving our
neighbors, and sharing
God's abundance.
We welcome everyone
on the Christian way of
learning to live
generously.**

**MISSION STATEMENT:
Know God.
Build Community.
Impact the World.**

CHURCH CORNER: Alisa Hampton

submitted by M.J. Nordgren

Alisa has found a happy home in Cornelius, large and open for grown-up children, Rei, K, Matthew and Micah to feel welcome visiting or staying. And warm for friends and family gatherings with garlands or nutcrackers to adorn the open staircase.

Since COVID, Alisa has been working at least part time at home in Human Resources for Portland Community College as she functions to increase diversity among faculty and staff. It has been a fundamentally eye-opening experience for all concerned.

Our piano magician and accompanist, Alisa finds beautiful variations on familiar hymns. And when she isn't lifting our souls with music, she, as church treasurer, is doing spread sheets to keep our struggling budget in view and manageable.



**Open Hearts.
Open Minds.
Open Doors.**

**Forest Grove United Methodist Church
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Regular Church Office Hours will resume in January		
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Please remember to submit your articles by The 18th of each month to fgumcorg@gmail.com		