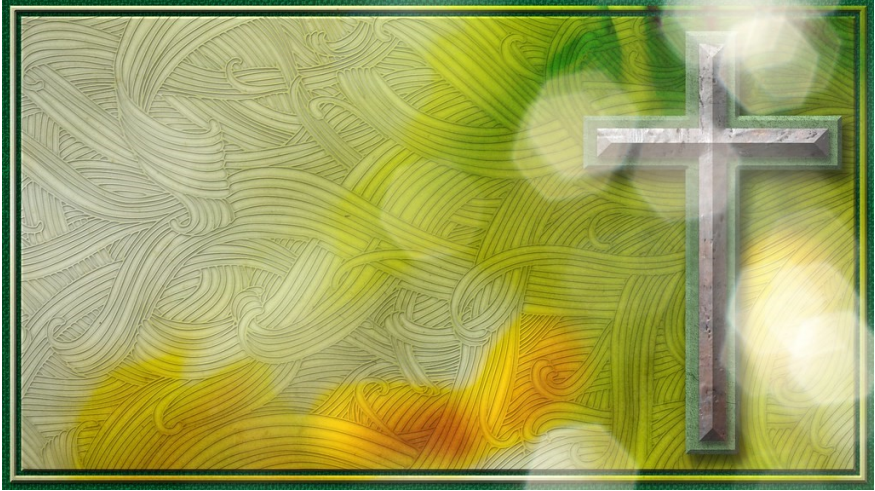




Cross Current

April—May 2022



Almighty God, who through your only-begotten Son Jesus Christ overcame death and opened to us the gate of everlasting life: Grant that we, who celebrate with joy the day of the Lord's resurrection, may be raised from the death of sin by your life-giving Spirit; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. *Amen.*

Collect for Easter Day, Book of Common Prayer

Christ Episcopal Church

35350 E. Division Road, St. Helens, OR 97051

(503) 397-1033

find us on



Hallelujah! Christ is Risen!



Easter Sunday is April 17, and Christ Church will resound with this joyful proclamation!

Resurrection follows death, and during Holy Week we will walk with Jesus in his last days.

On Palm Sunday we will remember his entrance into Jerusalem, with its threat of disruption to the Roman occupation.

On Maundy Thursday we will remember the Last Supper, when Jesus washed the feet of his disciples and shared bread and wine with them.

On Good Friday we will remember Jesus' trial, torture, and crucifixion. We will sorrow with those who loved him in his earthly life, not as those without hope, but as those who taste tears of loss. Tears that are then wiped away in the awesome

reality of the resurrection.

The resurrection does not stand alone. Its meaning comes from Jesus' earthly life and teachings. The resurrection without the feeding of the five thousand would not have the same meaning. The resurrection without the Beatitudes would not have the same meaning. We proclaim Easter not only on Easter Sunday but on every day that we live in the confidence that love triumphs over fear; that generosity triumphs over greed; that there are in fact no aliens, but only neighbors.

Vicar Jaime



...From the Treasurer

Financial Facts—February 2022

	February Actual	2022 YTD Actual	2022 YTD Budget
Income			
Contributions	\$3,295.00	\$10,979.00	\$13,644.99
Other Income	\$652.00	\$846.99	\$250.00
Total Income	\$3,947.00	\$11,825.99	\$13,894.99
Expenses	\$10,744.12	\$17,776.88	\$15,489.99
Net (Deficit)	(\$6,797.12)	(\$5,950.89)	(\$1,595.00)



Thank you to everyone for keeping your pledges current .

You can always mail your pledge to the church PO Box:

Christ Church
PO BOX 478
St. Helens, OR 97051

Renew Our Parish Prayer List



Invoking the power of focused intention is one of the most powerful ways our church serves the world. Our Parish Prayer list reflects the concerns of the people in our congregation and our list needs to be renewed to reflect the changes in people's lives over the past two years.

You can request an intercession to be added to the list by supplying the name and the reason to focus our intention for that person. Intercessions can be offered for joyful occasions like a birth or new job, or for support in trying times. Names will remain on the list for 4 weeks unless otherwise requested through the Vicar.

Use the following form for your request for united support for the person. The form can be placed in the offering plate to be blessed at the altar or you can send the message as an e-mail to christchurchsthelens@gmail.com

.....
Your Name _____

Date: _____

Please Pray For: (Name) _____

Reason: _____

Columbia County Habitat for Humanity Updates

Columbia County Habitat for Humanity is in the process of closing on the home on North 12th Street in St. Helens. Kris and her son have logged all their sweat equity hours in the home and the ReStore and she has completed her educational requirements as well. This opportunity is a direct answer to prayer and we are pleased to keep this property in the hands of our community members seeking affordable housing.



Construction continues on our build site on South 8th Street in St. Helens as well (photos attached). The trusses are now all in place and we are awaiting our next inspection. Anyone interested in receiving weekly updates are encourage to contact us at: info@habitatcolumbiacounty.org



Our Family Selection process for our lot in Vernonia is narrowing and a partner family may be selected as early as this month. Once the family is chosen, we can begin designing the plans for the home and getting started!

Angela Carlson
Administrative Assistant
Columbia County Habitat for Humanity



Join the Christ Church Sandwich Makers

As part of Christ Episcopal Church's commitment to the Habitat for Humanity organization we will now be offering a bag lunch to the volunteer construction workers one day per week, Fridays. They are very excited about this! If you have been looking for a way to contribute to Habitat for Humanity and feel called to this ministry, please consider joining our group of Christ Church sandwich makers.

For further details or to volunteer please contact me at pommiersuellen@gmail.com. You can also catch me after Sunday services.

Rev. Deacon SuEllen



Parish Health Ministries

Will 10,000 Steps Per Day Make You Healthier?

If you're like most people, you have probably heard that setting a goal of 10,000 steps per day is necessary to seeing any health benefit. Interestingly, there seems to be little scientific evidence behind choosing 10,000 steps as an "ideal" number. A 2019 article in the Journal of the American Medical Association said that the goal of 10,000 steps likely came from a Japanese activity monitor whose name translated to "10,000 Steps Meter"! Without any evidence, a goal was born.

Along with the number of steps that we take, a good question is "what kind of steps?" Fast ones, strolling ones, taking all the steps at one time, getting short bursts of steps throughout the day, steps done in doing other work—there are lots of ways to walk through a day. Does it make a difference in health benefits?

What health benefits have been associated with walking? There are quite a few! The Centers for Disease Control includes all of these as potential benefits: better sleep, reduced risk of heart disease, reduced risk of diabetes, reduced risk of colon and breast cancer, stronger bones and muscles, improved mood, improved ability to do daily activities, decreased risk of falls and an increased chance of living longer. That's a lot from simply getting steps in your day.

A couple of recent studies are helping to answer questions about how many steps are needed to see health benefits and what kind of steps are best. A 2019 study from the Harvard Medical School found the maximum health benefit in a group of more than 16,000 women increased as step count increased, with benefits

topping out at 7500 steps. More steps were not associated with greater health benefits. This same study did not find any difference in the kind of steps. Fast steps going uphill were no more beneficial than slow steps on flat ground. Only the number of steps showed a difference in health.

A second study completed in 2021 of both men and women found that for a group of 2,110 adults, those who took at least 7000 steps per day compared with those who had fewer than 7,000 steps had a 50% to 70% lower risk of death. There was no association of step intensity with mortality regardless of adjustment for step volume.

So what sort of conclusions does evidence support at this point in time?

- -If you don't walk, start. Any regular steps will begin to improve your health.
- -Don't worry about getting to 7000 steps or so per day when you begin. It's a goal to achieve if you can.
- -Walking at a comfortable pace will be just as beneficial as race walking—it's the number of steps, not the intensity.

Carol Craig, Parish Nurse



Annual Meeting Highlights



The Annual Meeting was held March 13th after the service.

Nate McCord, Senior Warden recognized the current BAC Members. The three members that are scheduled to retire this year are Nate, Cindi Caruso and Peggy Rolf. Nominations were received and the following new BAC members

were elected unanimously: Jennifer Warner, Theresa Muth and Peggy Rolf who will continue as BAC Clerk.

Mother Jaime thanked Nate for being Senior Warden for the past three years.

Cindi Caruso presented the 2022 Budget that has been approved by the BAC.

Both Nate McCord and Vicar Jaime worked on saving on copier expenses and phone/internet expenses.

Cindi thanked Ross Williams, Rebecca Fowler and Vicar Jaime for help with the financial duties of the parish.

Vicar Jaime announced that Christ Church was given the EBOF Grant from the Diocese for our permaculture project to better utilize our property. Look for further information on this in the coming months.

Bishop's Advisory Committee Members

- Carol Craig, Senior Warden
- Jim Fowler, Junior Warden
- Peggy Rolf, Clerk
- Jennifer Warner
- Mark Peckover
- Theresa Muth

In Memory of Dorothy Fleury



Longtime Christ Church member Dorothy Fleury passed away on February 5th, surrounded by her loving family. Condolences to her husband Bud and family. A service will be held at a future date. Dorothy, you will be missed!



Easter Choir Practice

The Choir is gearing up for Easter Sunday by having choir practice on Sundays at 9 am before the service. If you haven't already joined, there is still time to do so.

THE WONDER OF THE HUMAN INDIVIDUAL

Indeed, it is now clear that the soul of a faithful person, the most worthy of all creatures because of the grace of God, is greater than heaven itself, since the heavens and the rest of creation cannot contain their Creator; only a faithful soul is His dwelling place and throne, and this only through the charity that the wicked lack. The Truth says: Whoever loves me will be loved by My Father, and I too shall love them, and We shall come to him and make Our dwelling place with him. *St. Clare of Assisi*



I AM WONDERFULLY MADE

You have searched me, Lord, and you know me. You know when I sit and when I rise; you perceive my thoughts from afar. You discern my going out and my lying down; you are familiar with all my ways. Before a word is on my tongue you, Lord, know it completely. You hem me in behind and before, and you lay your hand upon me. Such knowledge is too wonderful for me, too

lofty for me to attain. Where can I go from your Spirit? Where can I flee from your presence? If I go up to the heavens, you are there; if I make my bed in the depths, you are there. If I rise on the wings of the dawn, if I settle on the far side of the sea, even there your hand will guide me, your right hand will hold me fast. If I say, "Surely the darkness will hide me and the light become night around me," even the darkness will not be dark to you; the night will shine like the day, for darkness is as light to you. For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth.

Psalm 139: 1-15

PRAYER

Creator of the universe, you have made me in your own image and likeness. This alone demonstrates my deep connection to you and endows me and all other people with special value and dignity. This Easter / Lenten season, remind me of how precious I am in your eyes, and keep me ever mindful of my own dignity and worth as well as that of other. Amen

Treat all those with whom you come into contact today with the respect that is worthy of their dignity.

Patrichia Altimus





- ◇ Palm Sunday April 10. Blessing of Palms, procession and service 10 am
- ◇ Maundy Thursday April 14 - Service 6 pm
- ◇ Good Friday April 15 Service—12 noon
- ◇ Easter Day April 17 - Service 10 am

Calendar

Evening Prayer via Zoom—Thursdays at 5 pm

Sunday Coffee and Conversation via Zoom—
9:30 am before the 10 am service

Choir Practice—Sundays through Easter 9 am before the
service.

Holy Week Services—See page 14

Pentecost—Sunday June 5



Vicar Jaime's Office Hours

Thursday 1—5 pm
Friday by Appointment

Prayer Requests

Send requests to Kathryn Brittain by email at kathjbritt@gmail.com or
phone 503-543-6870 or cell phone 503-438-5908.

FYI

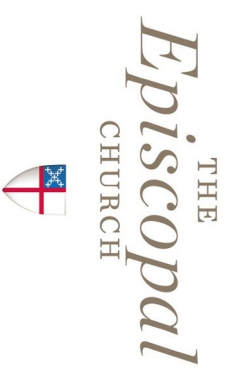


Our Website is: www.christchurchsthelens.org
Email: christchurchsthelens@gmail.com
Phone: (503) 397-1033
Search Facebook: Christ Episcopal Church

To receive the Cross Current via email rather than printed or “snail
mail” email christchurchsthelens@gmail.com to be put on the list.



Christ Episcopal Church
PO Box 478
St. Helens, OR 97051



welcomes you