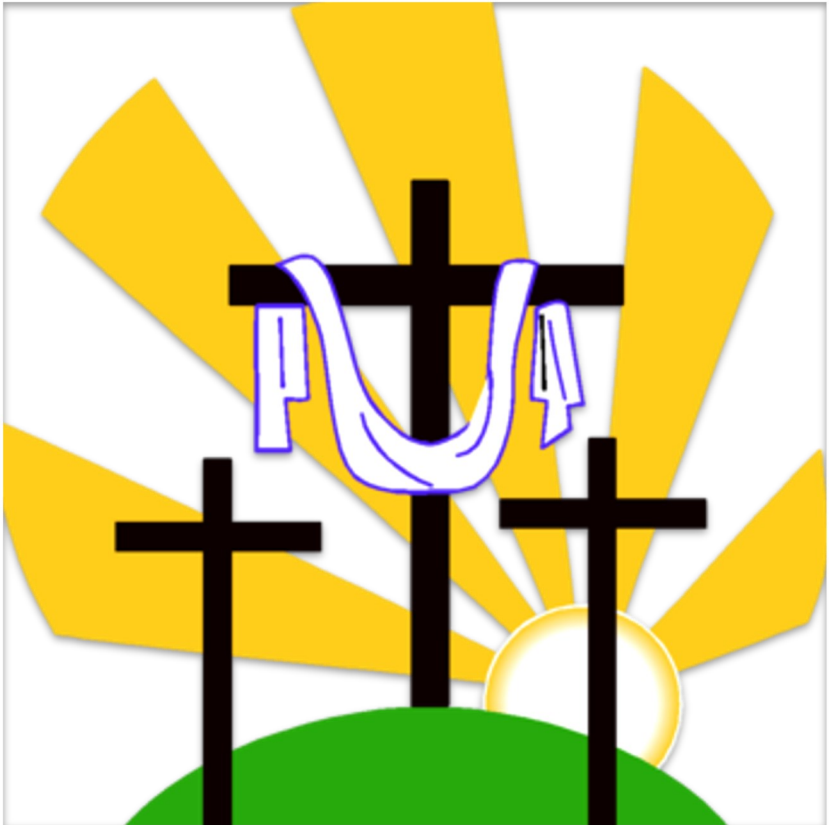




Cross Current

April—May 2023



Christ is Risen, He is Risen Indeed!

Christ Episcopal Church

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

(503) 397-1033

find us on



Alleluia! Christ is risen!

The Lord is risen indeed! Alleluia!

This salutation begins our service on Easter morning. Easter, the Feast of the Resurrection of Christ, is the greatest and oldest feast of the Christian Church. After walking with Jesus through betrayal, torture, and death during Lent and Holy Week, we are astonished and rejoice with his first followers at the resurrection. We are reminded again that God's justice overcomes evil, God's love overcomes betrayal, God's life overcomes death.

In the early church, Easter was the day when catechumens were baptized and were admitted to Communion for the first time. In the medieval Western church, it was a feast day after a period of fasting. In our church today, we have been fasting from receiving the chalice—not for theological reasons, but for reasons of public health.



The single chalice, the common cup, is an important symbol in our faith. It symbolizes our unity with Christ and one another, and our full participation in the community we enter through our baptism. With the lifting of the Covid state of emergency, we are going to resume offering the chalice at communion. However, many of us have a different assessment of risk from sharing in one cup than we did before the pandemic. And viruses have not gone

away. I want to remind you, therefore, that communion in one kind (receiving only the host) is perfectly valid and full participation in the sacrament of Communion. If you choose to not receive the cup, cross your arms over your chest after receiving the host, and the second chalice bearer will hold the chalice in front of you and say the words, "The blood of Christ, the cup of salvation." (If you want to receive juice rather than wine, cross your arms over your chest when the first chalice bearer comes by and uncross them for the second.)

Whether you choose to personally share in the chalice or not, I hope you will welcome its return to the service as another sign that this church we love has survived the trial of the pandemic. This is a community that lives Jesus' commandment to love God and love our neighbors. We share one another's sorrows; let us this Easter also share joy.

Vicar Jaime

Parish Health Ministries

Hoping to Live to 100?

Reporters like to interview people who live to be 100, asking what they think allowed them to outlive most other people. Answers range from a shot of whiskey every day, big steaks, cigars, walking, prayer and raw vegetables. None of these has been shown to reliably increase longevity to 100, although walking and prayer certainly help most people to live a healthier life at any age. Living to 100 is probably due more to good genes rather than healthy habits.

HOWEVER, there is lots of evidence that some behaviors will help you obtain a life that is satisfying and fulfilling at any age. For those of us who lack good genes, here are five daily practices that will help you to have a better quality of life and perhaps live longer. Through a study that tracked the behaviors of Seventh Day Adventists, who tend to be vegetarian and who do not smoke, researchers were able to narrow the most important daily practices for longevity down to these five. On average, Seventh Day Adventists tend to live to between age 86 and 90, regardless of race, ethnicity and socioeconomic status. The only common theme was that they all strictly followed the five behaviors listed below.

1. Follow a diet of whole foods, healthy fats and lots of fruits and vegetables. Avoid red meat more than once per week.
2. Sleep at least 8 hours daily.
3. Manage your stress levels—the Adventists primarily used prayer.
4. Exercise at least 30 minutes at least 5 days per week.
5. Don't smoke.

If you don't want to do all five behaviors, consider working towards one or two. But remember—how long you live is less important than how well.

Carol Craig

Parish Health Minister

...From the Treasurer

Financial Facts—February 2023

	February Actual	2023 YTD Actual	2023 YTD Budget
Income			
Contributions	\$6,813.00	\$12,654.00	\$14,280.00
Other Income	\$630.00	\$780.00	\$2,799.00
Total Income	\$7,443.00	\$13,434.00	\$17,079.00
Expenses	\$6,846.22	\$11,562.04	\$16,757.00
Net (Deficit)	\$596.78	\$1,871.96	\$322.00



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

Happy Birthday Bud!

Happy Birthday to Bud Fleury! First we said the birthday prayer, then sang the birthday song, followed by cake & conversation on Sunday March 19th.



Bishop's Advisory Committee Meeting Summary January/February 2023

We have an annual shortfall of about \$10,000 dollars, and the BAC brought up the need for new income sources at the congregational annual meeting. The BAC is pursuing the idea of a second fundraising event this summer, and has decided to have an estate sale/auction on July 8th.

Other ideas are to rent out our church building as an event center along with our Permaculture Project. We are exploring groups that could use meeting space.

We are still seeking a new organist to replace Kathy. We have not had any applicants as yet.

We hope to see church members involved in permaculture projects to clear our land and do other small activities that will promote the project.

*Carol Craig
Senior Warden*



Columbia County Habitat for Humanity Updates

While waiting for the home on South 8th to close we gathered our trusty construction volunteers to help a Deer Island woman who needed a ramp at her home after a recent amputation.



We're also closely following a single mother in St. Helens who is purchasing her first home with the USDA loan we helped package for her. She has also been saving money for this endeavor almost two years through the Oregon IDA matched savings plan which we manage as well. This purchase is a longtime dream for this young family and we are delighted to see her hard work pay off at last!

Angela Carlson

Administrative Assistant

Columbia County Habitat for Humanity



*Come help us
celebrate!*

***Dre's family
home dedication
April 5th at 3:00 pm***

***496 S. 8th Street
St. Helens***

*Please park at the Armory around
the corner at 474 S 7th St*

*Thank you to all our donors and
volunteers who have helped to
make this project a reality!*

Thank You for the Pancakes!

Thank you to the men of the church for cooking, serving and bussing tables for the Shrove Tuesday Pancake Supper that was held on February 21. It was great to be able to get together with everyone again!



Volunteers Needed at St. Helens Senior Center

Christ Episcopal Church has a long history of volunteering serving lunch at the St. Helens Senior Center. We used to have a large crew in the kitchen sometimes peeling and chopping. After the center was remodeled, only two volunteers were needed out front serving meals and cleaning up. During the pandemic in-person meals were stopped. Awhile ago we were asked to help again but it still didn't feel safe. Now we need to decide if this is a ministry the church still wants to do. It involves two hours once a month or less. We would need about three new volunteers. If you are interested or have questions talk to Peggy Rolf 503-556-2319. This is a way for our church to be active in the community.

Sacred Outdoor Space Design Work Begins

After approval from the Steering Committee and the BAC, our church has entered an agreement with Native Plantscapes Northwest to prepare an extensive design plan for the project. Native Plantscapes Northwest will meet with Vicar Jaime soon to view the property and discuss the concept design goals that the Steering Committee has developed. Then they will perform a site analysis, taking a plant inventory and noting site issues such as drainage, views and screening. Next is a base map and functional analysis of the property, drafting a concept design that cohesively integrates all the features requested, followed by “idea pages” with photo images to convey design concepts. When the concept plan is finalized, it will include plant grouping suggestions and landscape features. The design work is expected to be completed by early summer.

Our March 4 work party was canceled due to wet, chilly weather, but we will notify everyone when we reschedule. Ash Creek Forest Management sent a crew to do more invasive plant removal in the woods on March 10, for which we are so grateful.

We are encouraging those who are interested to attend the native plant sale Saturday, April 8 from 9 a.m. to 2 p.m. behind the Scappoose High School to get ideas about plants suitable for our region.

To sum up the Sacred Outdoor Space project, it’s a work in progress! If anyone has ideas or questions, please contact Vicar Jaime or Nancy Tarnai. You can also view the idea boards in the hallway in the office end of the church.

Nancy Tarnai

Neighborhood Watch

When I was young and teaching school (a lot of years ago), Neighborhood Watch was a community program to ensure children were safe as they walked to school. Do children even walk to school these days? This Neighborhood Watch is different. This about other “residents” of our church neighborhood.



I arrived at Christ Church early for the meeting, so I sat in my car parked at the front corner facing the woods. It was a sunny and relatively warm March early afternoon. Movement caught my eye and I looked up to see deer entering stage left. Four appeared on the grass at the edge of the parking lot. There were three smaller ones and one larger. No horns visible. A doe and triplets! I guessed. Deer twins are not rare but triplets? I admired the doe for raising triplets to the “youngster” stage. She showed her wisdom; she watched my parked car intently as the youngsters daintily made

their way into the woods. The doe glanced over her shoulder as she also went into the woods behind the aspen tree.

I saw what had caught her attention. A branch in the oak tree was wiggling which revealed the presence of a squirrel. He was leaping from tree to tree in classic squirrel fashion, Wiggle here and wiggle there marked progress, plus the view of the creature legs stretched forward and back, tail flowing behind as (s)he flew from oak to maple.

A flash of blue revealed the presence of a jay, probably a Scrub Jay. They live among oak trees. My car cut out the sound of the squawk it would be making as it went about its business of alerting the denizens of the woods.

After a few quiet moments, Mr. and Mrs. Quail came out of the cover of the woods and walked unprotected across the blacktop finding things- seeds and bugs- to peck at as they made their way to the shrubs in front of the church. When I rudely opened my door, with a whirr, they flew and glided back to the cover of the woods.

There is a lot to watch in our neighborhood while our congregation is away.

Susan Wellington

Seasons of the Church Year

Holy Week From early times Christians have observed the week before Easter as a time of special devotion. As the pilgrim Egeria recorded in the late fourth century, Jerusalem contained many sacred places that were sites for devotion and liturgy. Numerous pilgrims to the holy city followed the path of Jesus in his last days. They formed processions, worshipped where Christ suffered and died, and venerated relics. From this beginning evolved the rites we observe today on Palm Sunday, Maundy Thursday, Good Friday, and Holy Saturday. These services provide a liturgical experience of the last days of Jesus' earthly life, as well as the time and events leading up to his resurrection. The BCP provides special liturgies for each of these days. The eucharistic lectionary also provides proper readings for Monday, Tuesday, and Wednesday in Holy Week. Some parishes observe the service of Tenebrae on one of these days in Holy Week. In many dioceses, the diocesan clergy will make a reaffirmation of ordination vows in the context of a eucharist during Holy Week, usually before Maundy Thursday. The three holy days, or Triduum, of Maundy Thursday, Good Friday, and Holy Saturday are at the heart of the Holy Week observance. In many Episcopal parishes, the liturgical color for Holy Week from Palm Sunday through Maundy Thursday is red. Holy Week ends at sundown on the Saturday before Easter, or with the celebration of the Easter Vigil.

<https://www.episcopalchurch.org/glossary/holy-week/>



Easter The feast of Christ's resurrection. According to Bede, the word derives from the Anglo-Saxon spring goddess Eostre. Christians in England applied the word to the principal festival of the church year, both day and season. 1) Easter Day is the annual feast of the resurrection, the pascha or Christian Passover, and the eighth day of cosmic creation. Faith in Jesus' resurrection on the Sunday or third day following his crucifixion is at the heart of Christian belief. Easter sets the experience of springtime next to the ancient stories of deliverance and the proclamation of the risen Christ. In the west, Easter occurs on the first Sunday after the full moon on or after the vernal equinox. Easter always falls between Mar. 22 and Apr. 25 inclusive. Following Jewish custom, the feast begins at sunset on Easter Eve with the Great Vigil of Easter. The Eastern Orthodox Church celebrates Easter on the first Sunday after the Jewish pesach or Passover (which follows the spring full moon). Although the two dates sometimes coincide, the eastern date is often one or more weeks later. 2) Easter Season. See Great Fifty Days.

<https://www.episcopalchurch.org/glossary/easter/>

Seasons of the Church Year *continued*

Pentecost The term means “the fiftieth day.” It is used in both the OT and the NT. In the OT it refers to a feast of seven weeks known as the Feast of Weeks. It was apparently an agricultural event that focused on the harvesting of first fruits. Josephus referred to Pentecost as the fiftieth day after the first day of Passover. The term is used in the NT to refer to the coming of the Spirit on the day of Pentecost (Acts 2:1), shortly after Jesus’ death, resurrection, and ascension. Christians came to understand the meaning of Pentecost in terms of the gift of the Spirit. The Pentecost event was the fulfillment of a promise which Jesus gave concerning the return of the Holy Spirit. The speaking in tongues, which was a major effect of having received the Spirit, is interpreted by some to symbolize the church’s world-wide preaching. In the Christian tradition, Pentecost is now the seventh Sunday after Easter. It emphasizes that the church is understood as the body of Christ which is drawn together and given life by the Holy Spirit. Some understand Pentecost to be the origin and sending out of the church into the world. The Day of Pentecost is one of the seven principal feasts of the church year in the Episcopal Church (BCP, p. 15). The Day of Pentecost is identified by the BCP as one of the feasts that is “especially appropriate” for baptism (p. 312). The liturgical color for the feast is red. Pentecost has also been known as Whitsun or Whitsunday, a corruption of “White Sunday.” This term reflects the custom by which those who were baptized at the Vigil of Pentecost would wear their white baptismal garments to church on the Day of Pentecost. The BCP provides directions for observance of a Vigil of Pentecost, which begins with the Service of Light (p. 227). The Hymnal 1982 provides a variety of hymns for Pentecost (Hymns 223-230) and the Holy Spirit (Hymns 500-516).

<https://www.episcopalchurch.org/glossary/pentecost/>



Tea and Treasures

Summer Fundraising Event



Are you decluttering? Do you have treasures that you are ready to pass on to new homes? Your church is here to help!"

At our annual meeting, we decided to do a summer fundraiser. The BAC has decided on a combination of Living Estate

Sale (the "treasures") and a bake sale which emphasizes pie and strawberry shortcake plus any other baked goodies that people would like to donate (the "tea").

So, do you have things around your home that you'd like to send to a new home? There will be two methods that you can choose:

- Donate your items to the church and all of the proceeds from their sale will go to the church.
- Bring your items to the church, sell them yourself at your own table, keep 75% of the sales and give 25% of the proceeds to the church.

Our advertising will include good quality "estate" items, our always popular pies, our summer item, which will be strawberry shortcake, and other goodies that people would like to make and sell. We want the treasures to be clean and in good condition. We are considering offering credit card sales, which would be set up as a central sales point as we do at the Arts and Crafts Fair. In that case, we would ask for a greater percentage of the sales to go to the church if you decide to use the credit card service.

We are opening up the opportunity to set up a treasures table to anyone in the community who is interested, so please let your neighbors know.

Mark your calendars for Saturday, July 8th, from 10 am to 3pm. If you are bringing items to sell, set-up times will be from 9 am to 10 am. We will not be taking "leftovers", so any unsold items must be taken back home with you—therefore price everything to sell!



Prayer Requests

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

Vicar Jaime's Office Hours

Thursday 1—5 pm
Other days by Appointment

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.



Community Good Friday Service

Join a Taizé style

Good Friday Service

April 7 at 3 p.m.

Scripture readings, prayer, music, and contemplation of Jesus's crucifixion. *Presented by the St. Helens Ministerial Association.* Doors open at 2 p.m. for self-guided Stations of the Cross.

at Christ Episcopal Church, 35350 E.
Division Road, St. Helens, Oregon

Calendar

Evening Prayer via Zoom—Thursdays at 5 pm

Sunday Service - Sundays 10 am in person and on zoom.
see the email invitation with the zoom link.

April 1—Lenten group 1:30-2:30 pm



Holy Week Schedule

April 2—Palm Sunday with Blessing of Palms, 10 am

April 6—Maundy Thursday Service 7 pm

April 7—Good Friday. Church open 2-3 pm for self-guided Stations of the Cross; 3 pm Ecumenical Taize service with St. Helens Ministerial Association

April 8—Blessing the Lent We Actually Have group 1:30—2:30 pm

April 9—Easter Sunday Extended Special Coffee Hour 9-10 am and after service; Holy Eucharist with choir 10 am; children's Egg Hunt after service.

May 14—Rogation Sunday: Blessing the Land after the service

May 21—The Sunday after Ascension Day

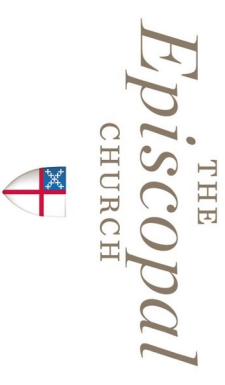
May 28—Pentecost (wear flame colors)

June 24—Trinity Sunday

July 8—Tea and Treasures Summer Fundraising Event 10 am—3 pm



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



welcomes you