



Cross Current

August—September 2022



*The Lord bless you and keep you;
the Lord make his face shine on you
and be gracious to you;
the Lord turn his face toward you and give you peace.*

Numbers 6:24-26 NIV

Christ Episcopal Church

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(503) 397-1033

find us on



Dear Friends,

In this season after we remember the great events of the salvation story—after Good Friday, and Easter, and Pentecost—it is fitting to reflect on the effect of those events. We say that Jesus Christ is the means to salvation. What do we mean by that?

The answer to that question will vary from one person to another.

W. Paul Jones, formerly a professor of philosophical theology, identifies five “theological worldviews” within Christianity. He argues that each of the five is supported by scripture and tradition, and that much of our church disagreements is caused by members of one worldview believing that it is the only valid Christian worldview. Each person, and each congregation, tends to feel comfortable within two or three of these “theological Worlds.”

Each theological World, Jones asserts, revolves around a central problem to which we see Christ as the answer, setting up an essential rhythm. That problem might be suffering, for example, in which we experience life as overwhelming, and find in Christ a Suffering Servant; a companion and refuge giving us endurance. (Jones calls this “World Five.”) Or the problem might be conflict, an experience of the world as oppressive and unjust, in which we see Christ as Love taking our part and a promise of ultimate vindication. (Jones calls this “World Two.”)

As you listen to the readings this season from the Hebrew prophets, you will hear some of the scripture that highlights conflict and injustice in the world.

Amos, for example, channeling God in denouncing those who “trample on the needy, and bring to ruin the poor of the land.” (Amos 8:4). The prophet Isaiah, proclaiming that God does not care about worship, but demands that the people

“remove the evil of your doings from before my eyes;
cease to do evil, learn to do good; seek justice, rescue
the oppressed, defend the orphan, plead for the
widow.” (Isaiah 1:16-17)

Jesus as restorer of justice and lover of the oppressed is lifted up in

the Eucharistic Prayer we are using this season. “Living among us, Jesus loved us. He broke bread with outcasts and sinners, healed the sick, and proclaimed good news to the poor.” (Enriching Our Worship, Eucharistic Prayer 1).

Within this theological world, we Christians are called to be not passive observers, but active doers of that “good news to the poor.” The Confession of Sin we are using this season prays that God may “Forgive, restore, and strengthen us through our Savior Jesus Christ, that we may abide in your love and serve only your will.” The Eucharistic Prayer says that “we offer to you our gifts of bread and wine, and ourselves, a living sacrifice,” and prays that God may “make us your new creation, the Body of Christ given for the world you have made.”

So this season, I invite your reflection. How are you acting to bring good news to the poor? Where do you see injustice and oppression in the world? What are you doing about it? What is the role of the church in this work?

If the answers are, “I don’t know,” and “not much,” perhaps this might become a focus of your prayer this summer.

Blessings,

Vicar Jaime



...From the Treasurer

Financial Facts—June 2022

	June Actual	2022 YTD Actual	2022 YTD Budget
Income			
Contributions	\$4,228.00	\$62,676.00	\$40,935.00
Other Income	\$0.00	\$978.78	\$750.00
Total Income	\$4,228.00	\$63,654.78	\$41,685.00
Expenses	\$10,951.40	\$46,433.31	\$46,470.00
Net (Deficit)	(\$6,723.40)	\$17,221.47	(\$4,785.00)



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

June 21 BAC Meeting Highlights

- Locking up after church—the counters will be responsible for locking up the church after the services on Sundays.
- Nancy Tarnai started work the 2nd week of June for the permaculture project. She is also working on our website.
- A suggestion was made to remove the moss on the driveway. Two congregants have pressure washers that will help facilitate this but someone else will need to run them.



Columbia County Habitat for Humanity Updates

We've had quite a lull in our home construction project since we've been waiting on our subcontractors' work for now, BUT we've pivoted our focus in the meantime to our low-income senior neighbors needed access to their homes.

First our volunteers replaced a rotting deck for a St. Helens resident. We also were able to get a storm door for her as well.



Our construction crew was also able to install a metal ramp for a Scappoose resident who has been hospitalized for three months and had no way of coming home otherwise. The volunteer builders needed to construct

a wooden extension to make the ramp fit, but they completed the project in one day and the homeowner was able to return home immediately! Thank you to Christ Episcopal church for funding the placement of the ramp. Total Cost of Materials was \$393.47

Thank you to Christ Episcopal Church for providing lunch on Fridays to our volunteers!

If you want more information, contact Angela at info@habitatcolumbiacounty.org



Quilt Raffle for Habitat for Humanity

A quilt was donated from Judy Ann Johnson from First Lutheran Church to raise money for Habitat for Humanity. Raffle tickets can be purchased for \$1 at the ReStore in St. Helens.

The drawing will be held October 1st.



Welcome New Members



Nancy Tarnai—Nancy is the new Permaculture Project assistant as well as our new Director of On Line Communications for Christ Church. She recently moved here from Fairbanks, Alaska where she had lived for 20 years and is living in St. Helens. Her son and his family live in Scappoose. Welcome Nancy!

Flora Brown—Flora is a native Oregonian but has moved around. She comes to us from St. Stephens in Longview, but was previously a member of St. Augustine on the big island in Hawaii which also happens to be the former church of our Bishop Diana. She has family in Scappoose which is where she now lives. Flora is a cradle Episcopalian and always has a smile on her face. Welcome Flora!



welcome

July 4th Bell Ringing

The City of St. Helens had a “Let Freedom Bells Ring” celebration on July 4th with a flag raising ceremony and the ringing of the “Big Bells” around town.

The Big Bell locations included the Columbia County Courthouse’s clock tower bell, the Courthouse Fog Bell, Warrior Rock Replica Bell, Columbia River Fire & Rescue, St. Frederic Catholic Church, First United Methodist Church, **Christ Episcopal Church**, Plymouth Presbyterian Church, John Gumm Olde School, and St. Wenceslaus Catholic Church.



David Sleightam and Kathy Antonich came to Christ Church to ring our church bell for July 4th Let Freedom Ring Celebration.



Parish Health Ministries

Know Your Alcohol Interactions

A couple of issues ago I decided to talk about alcohol. I heard back from some of you about the size of a drink! This time I'm going to tackle alcohol and safety with prescription drugs. Since alcohol is everywhere and many of us take one or more prescription drugs, problems are common.

General problems with mixing prescription drugs and alcohol fall into three categories:

- Alcohol can change the performance of the drug
- Sometimes alcohol can stop the drug from working completely

Finally, alcohol can increase the impact of the side effects of the drug

The following are the specific types of prescription drugs that interact with alcohol and can cause problems:

Opioids

Opioids are used primarily as pain killers. The combination of opioid painkillers and alcohol dramatically increases drowsiness, confusion, hallucinations, and overdose. Taken together, alcohol and prescription pain medications cause slow breathing and loss of coordination. Falls are a concern for anyone who is older, and this combination can trigger falling.

Antidepressants

Since the beginning of the pandemic, the use of antidepressant drugs has increased dramatically. Antidepressants correct chemical imbalances in the brain that affect changes in mood and behavior, improving mood and the ability to function. When you drink alcohol with anti-depressants they work less effectively and symptoms of depression can intensify. You may feel very drowsy or sedated and have difficulty with simple tasks.

Cholesterol Medications

Alcohol and cholesterol-lowering medications can lead to liver damage and internal bleeding. Just having one drink per day while taking cholesterol medications may increase your risk of developing problems.

Arthritis Medications

Mixing arthritis medications with alcohol can increase your risk for stomach ulcers and bleeding in the stomach, as well as liver problems.

Sleeping Pills

Mixing alcohol and sleeping pills is a dangerous combination. These drugs work in a way that slows down activity in the brain to aid a person to fall asleep. Combined with alcohol, coordination is seriously affected. Memory problems and disruption to the central nervous system can result in passing out.

Blood Thinners

Blood-thinning medications (anticoagulants) are designed to reduce your blood's ability to clot. At the same time, this means you are more likely to bleed easily.

Drinking while taking a blood thinner puts people at increased risk of a stroke or a heart attack. Even occasional drinking can cause internal bleeding. Heavy drinking can also cause internal bleeding, and increase the risk of blood clot formation.

It's important to let your health care provider know about all the prescriptions that you take and equally important to let your provider know your alcohol intake. Careful use of your medications and alcohol will help you to get the full benefit of your prescriptions. I'll talk about the interactions between alcohol and over-the-counter medications in a future article. If you have any questions about your specific medications and alcohol, please ask me!

Carol Craig

Parish Health Minister



Sacred Outdoor Space Project off to a Thoughtful Start

The project to restore/improve Christ Episcopal Church's land is off to a slow, steady and thoughtful start. It began when church members asked themselves, "How can our two acres of land make visible and nurture relationships with God?"

Our Permaculture Project represents the church living into the Baptismal Covenant by restoring the land in a way that honors the Creator. We hope to transform our land to show Christ's power of creation, healing and invitation. in living form, and engage the congregation in life-giving collaboration with people in the broader community.

Joining Christ Episcopal Church as the Permaculture Project Assistant/Director of Online Communications is an honor, and shows the church is committed to the project. The neighborhood picnic held July 23 was the next step in communicating with our neighbors and getting their input.

As the project progresses, we will keep you informed. We appreciate your ideas and hope and pray that in a few years our land will have been transformed into the sacred outdoor space we are dreaming it can be.

Nancy Tarnai



More Photos from the Neighborhood Picnic



Psalm 46:1-12

¹ God is our refuge and strength,
a very present help in trouble.

² Therefore we will not fear, though the earth be moved,
and though the mountains be toppled into the
depths of the sea;

³ Though its waters rage and foam,
and though the mountains tremble at its tumult.

⁴ The LORD of hosts is with us;
the God of Jacob is our stronghold.

⁵ There is a river whose streams make glad the city of God,
the holy habitation of the Most High.

⁶ God is in the midst of her; she shall not be overthrown;
God shall help her at the break of day.

⁷ The nations make much ado,
and the kingdoms are shaken;
God has spoken, and the earth shall melt away.

⁸ The LORD of hosts is with us;
the God of Jacob is our stronghold.

⁹ Come now and look upon the works of the LORD,
what awesome things he has done on earth.

¹⁰ It is he who makes war to cease in all the world;
he breaks the bow, and shatters the spear,
and burns the shields with fire.

¹¹ "Be still, then, and know that I am God;
I will be exalted among the nations;
I will be exalted in the earth."

¹² The LORD of hosts is with us;
the God of Jacob is our stronghold.

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.**



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

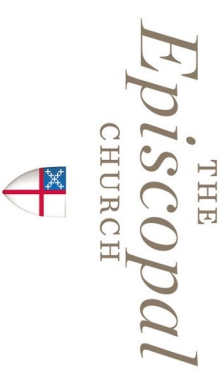


Our Website is: www.christchurchsthelens.org
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To receive the Cross Current via email rather than printed or “snail mail” email christchurchsthelens@gmail.com to be put on the list.



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welcomes you