



Cross Current

August—September 2024



A Prayer attributed to St. Francis

Lord, make us instruments of your peace. Where there is hatred, let us sow love; where there is injury, pardon; where there is discord, union; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy. Grant that we may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love. For it is in giving that we receive; it is in pardoning that we are pardoned; and it is in dying that we are born to eternal life. *Amen.*

Christ Episcopal Church

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

(503) 397-1033

find us on



Transition News

As summer takes our members away from Sunday services now and then, you may have missed some of the developments below.

On the first Sunday in July, Christ Church welcomed The Rev. Esme J.R. Culver as our transitional priest who plans to accompany us during the interim period before we call a new priest. For the past couple of years, she has led services at Calvary Church, Seaside, twice a month. We will continue to share her with Calvary for the last Sunday of the month, through October. From then on, she will be with us every Sunday, and for extra services around Christmas and Holy Week/Easter. Mother Esme will focus on worship primarily, but she also invites members to contact her for pastoral care. She looks forward to coordinating with Patrichia Altimus for visits to members in hospital or at home. As Fall arrives, Mother Esme hopes to sound out the congregation about participating in education, training or contemplative programs. During this summer, we will get acquainted! See her brief bio in this Cross Currents for her contact info. We are blessed to have Mother Esme walking with us as a faithful companion during the uncertainty of these interim months.

The last Sunday of the month, when Mother Esme is leading worship at Calvary Church, Seaside, we will change our pace with Morning Prayer. Father Gary graciously has agreed to preach. Members of the congregation will lead the readings and prayers. Some of us remember when Episcopal churches offered Morning Prayer on Sunday twice a month. Now we have a chance to re-visit this old form of worship.

The Profile/Search Committee has launched its work! After a kick-off Zoom meeting with Canon Chris Craun, they met to brain-storm our church Profile. Theresa Muth (team leader) and Nancy Tarnai are writing the first draft, which the Committee will review with Canon Chris. I hear they're "cooking with gas!" As the document progresses, the Committee will share the work-in-process with the congregation, so you know the direction and can offer feedback.

Transition News continued

Target completion of the Profile: end September. This is our advertisement to the national Episcopal church about who we are, our dreams for the future, and our opportunity for a new priest. Stay tuned.....

Rebecca Fowler
Senior Warden

p.s. From Theresa Muth: We had a team meeting via zoom and gathered all the thoughts and ideas from the committee to include in the first rough draft. We are hoping for feedback from the team on the draft and will meet again in person before we present to Chris Craun on our zoom meeting on the 8th of August

Other News

- We will not offer the Sunday service by Zoom during the interim period.
- We are posting Mother Esme's written sermons on the church website: StHelensChristChurch.org (note that this is our new website)
- The email address to contact the church is now office@StHelensChristChurch.org



...From the Treasurer



Financial Facts—June 2024

	June Actual	2024 YTD Actual	2024 YTD Budget
Income			
Contributions	\$16,507.00	\$53,561.00	\$37,840.00
Other Income	\$314.00	\$12,929.00	\$8,200.00
Total Income	\$16,821.00	\$66,490.00	\$46,040.00
Expenses	\$8,497.86	\$49,256.03	\$54,164.50
Net (Deficit)	\$8,323.14	\$17,233.97	(\$8,124.50)

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



Who to Contact During this Transition

During our time without a priest, the members of the congregation are in charge of running things. If you have any questions or comments, here are the names of those on the various committees or office that are getting the job done:

Bishop's Advisory Committee (BAC)

Rebecca Fowler, Senior Warden

Nate McCord, Junior Warden

Cindi Caruso, Treasurer

Peggy Rolf, Clerk

Theresa Muth

Jennifer Warner

Profile / Search Committee

Kathryn Brittain

David Cook

Kathy King

Nate McCord

Theresa Muth, Committee Head

Peggy Rolf (Search Committee Only)

Nancy Tarnai (Profile Committee Only)

Pamela Vetsch

Other

Nancy Tarnai, Parish Administrator & Blessing Woods Coordinator

Susan Wellington, Office Volunteer (bulletins & directory)

Jennifer Warner, Altar Guild Director

David Lee Bassett, Pianist and Organist

Kathy King, Choir Director

Kathryn Brittain, Prayer Chain initiator

Judy Keck, Card Ministry

Karen Van Winkle, Cross Current newsletter editor.

A Brief Biography of The Rev. Esme J.R. Culver



Background: Born in England, raised in Chepstow, a Norman town on the Welsh/English border county of Monmouthshire and Gloucestershire, amid a Norman castle, 11th Century St. Mary's Parish and Benedictine Priory, living within the ancient stone walls surrounding the small town.

Through life circumstances, at 17 I found myself in Los Angeles. Marriage took me to Ventura, California, to Toronto, Canada, arriving in Portland in 1976. These stark changes in lifestyles and cultures were valuable teachers for flexibility, adaptiveness and a deep awareness of the differences

and similarities among people.

Education: BSc in Business Administration/Marketing from Portland State University, Master of Divinity: Church Divinity School of the Pacific (CDSP) **2002 - 2005, Berkeley, California.**

Primary Work History:

CEO. Pro Tem Professional Staffing Service. Over 20 years helped to grow from single desk placing temporary employees to a full-service executive recruiting firm. Executive recruiter to the auto industry.

Associate Rector, Grace Memorial Episcopal Church, Portland. 2006 -2015.

Directed Grace Art Camps during summers and led camp to Inner-city Philadelphia, Africa, Peru.

Designed and led various weekend Women's Retreats, Grief Group Work, various Bible Studies and other various group teaching/training.

Rector, St. Aidan's Episcopal Church, Portland. 2015 – 2023.

Created Celtic Festival and development of outdoor Labyrinth/Gardens.

Led Benedictine studies, Women's Retreats, Liturgical Design for special services.

A Brief Biography continued

Current Supply Priest, Calvary Episcopal Church, 2003 –

Other Experience: Governor Appointment to Oregon Childcare Commission; President, Metropolitan Business Association; various business boards, Chapter Member, Trinity Episcopal Cathedral and other Diocesan-related committees.

Children:

Glyn Owen. Graduated with BSc. Marketing, PSU. Currently Manager of George Moreland Plumbing. Tigard flagship store.. (Fraternal twin)

Amber Eden: Graduated with Bsc Finance, PSU. MBA: California Polytechnic. Now a CPA and tenured teacher of Finance/Accounting at Mt. Hood Community College (Fraternal twin)

Geoffrey Rymer. Master of Divinity (M.Div.), General Episcopal Seminary, New York. Currently, Chaplain for Beloved Hospice, Wilsonville serving terminally ill patients.

The beauty of my homeland imprinted me deeply with a continuing love of nature and creation, all things that live and grow close to home and in the world. A lifetime animal lover, my current feline German Shepherd/Great Pyrenees friend, Hildie-the-Dog and I share a small house just north of the St. John's Bridge in Portland, with a huge view of the Cascades, an ever-changing sky and plenty of reason for gratitude.

Esme+

(You can find Mother Esme's contact information on page 15 in the FYI section)



Parish Health Ministry

Are You Feeling Chunky?

I'm not talking about your waistline....this is about working towards a better memory. The strategy is called Memory Chunking.

Our working memory doesn't hold many items: most research shows that people can hold four to seven items in their immediate memory. When you are faced with a 10 digit number, what can you do to put it into your short or long term memory? The answer is the reason why phone numbers are broken into smaller pieces with a hyphen in between. The numerals have been "pre-chunked" to help you remember. When you break a string of numbers into three or four items each, it's easier to remember because it doesn't tax your immediate memory as much.

Another chunking idea is to create acronyms. Do you have trouble remembering items on a shopping list—especially when you forget to bring this list? I do! Try this:

Imagine that you need cat food, apples, lettuce, soap and soup. You could create the word CLASS to remind you of Cat food, Lettuce, Apples, Soap and Soup. Another way to remember your list is to make a sentence out of the first letters: Lazy Children Always Slide to School. I make sentences that I find funny, which my memory seems to enjoy far more than the original list. At first, you think—all I did was make something else to forget! But give it a try, and I think you'll find that either the word or the sentence sticks in your brain more easily than the list. I can certainly picture and remember those lazy children sliding along.

There are lots of variations to this. The other day my shopping list had coffee, batteries, potato salad, dog kibble and peppers. I took the first letters and put them in alphabetic order: b, c, d and p, p. To my amusement, it also rhymed, which made it even more fun. I had no trouble at all remembering each item when I got to the store.

Why does this work? It gives your short term memory a "hook" to hang things on. It sounds silly, but give it a try; those hooks are powerful.

Carol Craig

Parish Nurse Ministries

Christ Church Bell Rings for the 4th of July

On July 4th at 2:00 pm, our church bell was rung 13 times by two members of the VFW, David Sleightam and Roger Antonich. Several Christ Church members also attended this ceremony. This tradition has happened at least six times at Christ Church. Bells were rung at several other locations in St. Helens, including the Columbia County Courthouse.



Roger Antonich (r) and David Sleightam (l) from the VFW ringing the bell at Christ Church.





Columbia County Habitat for Humanity Updates

Did you know? Columbia County Habitat for Humanity offers a tithe regularly throughout the year to two different mission focuses through Habitat for Humanity International. We designate these funds towards two different groups: Disaster relief and Orphans/Vulnerable populations. This past year Habitat tithes have made an impact in a diverse variety of communities. A sampling of efforts include:

Bangladesh: In early March 2023, nearly 3,000 shelters were destroyed after a fire broke out at a refugee camp. Habitat for Humanity Bangladesh supported more than 90 families with new shelters and employed more than 50 local laborers.

Brazil: In February 2023, historic flooding and landslides on the northern coast of São Paulo, Brazil, displacing more than 20,000 people and destroying more than 4,000 homes. Habitat for Humanity Brazil helped more than 50 families repair their homes.

Dominican Republic: Hurricane Fiona impacted more than 8,000 homes and community infrastructure. Habitat for Humanity Dominican Republic repaired 112 homes by employing 87 local construction workers.

Indonesia: After a magnitude-5.6 earthquake struck near Cianjur destroying more than 2,000 homes, Habitat for Humanity Indonesia supported 50 families with cash and voucher distributions and with training and technical assistance.



The Vernonia house is taking shape! Please contact Alex for information on volunteering: 971-374-7787 or volunteer@habitatcolumbiacounty.org We have a new online signup available as well! Thank you for your support!



*Angela Carlson
Administrative Assistant
Columbia County Habitat for Humanity*

Mother Jaime and Steve Sanders Sendoff

On June 30, Mother Jaime presided at her last service as Vicar of Christ Church before her retirement. The service included Proper 8, Ending of a Pastoral Relationship and Commissioning of the Profile / Search committee. Following the service we had a wonderful "Coffee Hour" provided by Mother Jaime and Steve Sanders. Terry King presented a slide show of photos from the past 9 years of Mother Jaime's service to our congregation. Rebecca Fowler presented Jaime a card, signed by members of the congregation, along with a check to be used towards a weekend in Ashland for the two of them.

We will miss you Jaime and Steve.



Blessing Woods in Full Bloom



Our nature park is thriving this summer, thanks to the help of Native Plantscapes NW and church volunteers. The pollinator garden has been particularly beautiful with the poppies bursting with color.

Visitors are showing up to walk the labyrinth and picnic in the woods or patio by the maple trees. The most common visitors though are the resident deer who love to hide in the shade.

Native Plantscapes NW serviced the property June 19 and 24, mowing, weeding and watering the nature park. Volunteers have adopted areas

of the park to water and have been diligently keeping up the pace throughout the July heat wave. Special thanks to Cindi Caruso, Peggy Rolf and Kathryn Britain for being water champions!

A beautiful new sign was placed in front of the church and another one coming soon will be placed on the side of the building.

It would be lovely to add birdhouses to our nature park. If anyone has some to donate, please see Nancy.

Thank you to June Dodson for tackling the weeds around the church building. We still need volunteers to help keep up the weeding. Feel free to reach out to me with any questions.

Nancy Tarnai
socialmedia@sthelenschristchurch.org

Save the Date!

Come Together to Celebrate 50 Years of Local Artistry
50th Annual Arts & Crafts Faire
Saturday November 9

Look for more details in the coming months. We will need help providing goodies to sell at the bake table, help in the kitchen, making soups to sell, setting up tables, take down, decorating etc.

Contact Cindi Caruso or Sherine Amick for more information.

Church Buildings for Rent

Do you know of any nonprofits seeking space for meetings or events? We are making the Parish Hall and other spaces (including outdoors) available for rent for reasonable prices. Please contact Nancy Tarnai, socialmedia@sthelenschristchurch.org if you have ideas or questions.



Ecumenical Picnic & Potluck

The local churches we partner with on special occasions are planning an ecumenical picnic for Sunday, Sept. 15 at McCormick Park.

CHURCH picnic

Join us at **12pm on September 15th**
at McCormick Park 475 S. 18th Street
Pavilions 1 and 2
For the St. Helens Ecumenical
Picnic & Potluck

Bring a dish and/or a game to share as we celebrate our joint love of Christ and neighbors here in our community by breaking bread together and celebrating God's glorious creation. Water will be provided or you may bring your own beverage.

LET'S HAVE SOME FUN TOGETHER!



Calendar



Sunday Services - Eucharist Sundays 10 am or Morning Prayer on the Fourth Sunday at 10 am.

Men's Fellowship Breakfast—First Saturday of the month at Warren Country Inn 9 am.

Ecumenical Picnic—Sunday September 15 at 12 pm at McCormick Park . See page 14 for flyer.

50th Annual Arts & Crafts Faire—”Come Together to Celebrate 50 Years of Local Artistry” - November 9th, 9 am to 4 pm

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.sthelenschristchurch.org

Email: office@sthelenschristchurch.org

Phone: (503) 397-1033

Search Facebook: Christ Episcopal Church

Mother Esme's Contact Information: jo.culver@comcast.net , (503) 522 8582

To receive the “Cross Current” newsletter via email rather than printed or “snail mail” email us to be put on the list.




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

Home of:



BLESSING WOODS
NATURE PARK & LABYRINTH

THE
Episcopal
CHURCH



welcomes you