



Cross Current

February—March 2023



*But seek ye first the kingdom of God,
and his righteousness; and all these things shall
be added unto you.*

Matthew 6:33 KJV

Christ Episcopal Church

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

(503) 397-1033

find us on



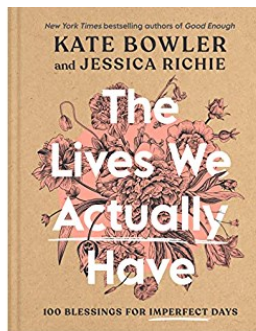
The Lent We Actually Have

Lent, we say, is a time when we walk with Jesus toward the cross. It might be more true to say that Lent is a time when we remember that Jesus is walking with us, as we walk through our joys and sorrows towards the death that awaits us all. Some years we give something up for Lent—this is historically in the church a time of fasting, which perhaps not coincidentally was a time of food shortage as the winter supplies were diminishing and the spring harvest was not yet come. Other years life takes something from us, and we have no need to deliberately give something up to feel the finitude and sorrow of our human life.

This Lent I invite you to join me in a small group to bless the lives we actually have. We will be using a guide based on a new book, *The Lives We Actually Have: 100 Blessings for Imperfect Days*, by Kate Bowler and Jessica Richie. Kate Bowler is the author of one of my favorite theological reflections on loss and grief, *Everything Happens for a Reason (and other lies I've loved)*. You can order the new book, but you don't have to read it to participate in the Lenten group. The authors have prepared a study guide and provided it for free.

This group of sharing, reflection, and prayer for Lent will meet on Saturdays from 1:30 to 2:30 pm from February 25 (the first Saturday of Lent) through April 1 (the last Saturday before Holy Week.) We will keep the meetings to an hour. Please join us.

Vicar Jaime



Did You Know?

On February 14, the Episcopal Church celebrates Cyril and Methodius rather than St. Valentine. Here is some information on them:



Cyril and Methodius, brothers born in Thessalonika, are honored as apostles to the southern Slavs and as the founders of Slavic literary culture. Cyril was a student of philosophy and a deacon, who eventually became a missionary monastic. Methodius was first the governor of a Slavic colony, then turned to the monastic life,

and was later elected abbot of a monastery in Constantinople. In 862, the King of Moravia asked for missionaries who would teach his people in their native language. Since both Cyril and Methodius knew Slavonic, and both were learned men—Cyril was known as “the Philosopher”—the Patriarch chose them to lead the mission. As part of his task among the Moravians, Cyril invented an alphabet to transcribe the native tongue, probably the “glagolitic,” in which Slavo-Roman liturgical books in Russian and Serbian are still written. The so-called “cyrillic” alphabet is thought to have been originated by Cyril’s followers. Pressures by the German clergy, who opposed the brothers’ teaching, preaching, and writing in Slavonic, and the lack of a bishop to ordain new priests for their people, caused the two brothers to seek foreign help. They found a warm welcome at Rome from Pope Adrian the Second, who determined to ordain both men bishops and approved the Slavonic liturgy. Cyril died in Rome and was buried there. Methodius, now a bishop, returned to Moravia as Metropolitan of Sirmium. Methodius, still harassed by German bishops, was imprisoned at their behest. Eventually, he was released by Pope John the Eighth, on the condition that Slavonic, “a barbarous language,” be used only for preaching. Later, the enmity of the Moravian prince caused Methodius to be recalled to Rome on charges of heresy. Papal support again allowed him to return to Moravia and to use Slavonic in the liturgy. Methodius completed a Slavonic translation of the Bible and of Byzantine ecclesiastical law, while continuing his missionary activities. At his funeral, celebrated in Greek, Latin, and Slavonic, “the people came together in huge numbers . . . for Methodius had been all things to all people that he might lead them all to heaven.”

https://www.episcopalcommonprayer.org/uploads/1/2/3/0/123026473/lesser_feasts_and_fasts_2006.pdf

...From the Treasurer

Financial Facts—December 2022

	December Actual	2022 YTD Actual	2022 YTD Budget
Income			
Contributions	\$7,274.00	\$90,785.02	\$81,870.00
Other Income	\$35.00	\$1,871.86	\$1,500.00
Total Income	\$7,309.00	\$92,656.88	\$83,370.00
Expenses	\$11,673.02	\$102,176.75	\$92,940.00
Net (Deficit)	(\$4,364.02)	(\$9,519.87)	(\$9,570.00)



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

Bishop's Advisory Committee Meeting Summary

Our building needs careful attention these days. In the past two months, we have worked on getting the porch lights and doorbell repaired, and a sign placed on the building. The leak in the roof has not reoccurred. We need to have the carpets cleaned and work out a schedule for painting the exterior.

The Permaculture Project sought a contractor to remove unwanted plants on the property, and settled on Cash Creek. The work will begin soon. The advisory committee is ready to begin their work.

We have a budget amount to hire a musician in the new year, and Mother Jaime is seeking applicants. Our heartfelt thanks to Kathy King, who shouldered this activity for so many years.

Cindi has prepared a budget for 2023, and it will be presented to the congregation at the Annual meeting.

Outreach Committee Distributes Arts & Crafts Faire Proceeds

The Outreach Committee had met and distributed the proceeds from the Arts & Crafts Faire as follows:

- Columbia Food Bank \$200
- St. Helens Community Backpack Program \$200
- Community Meals \$200
- Retained in Outreach Fund \$200
- Christ Church Operating Account \$800

Columbia County Habitat for Humanity

Updates

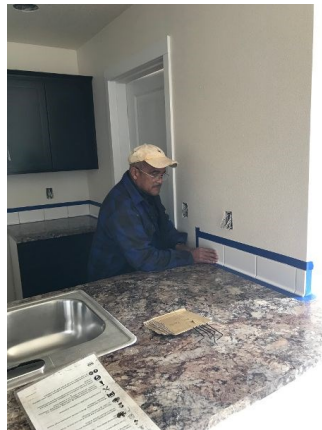


Our construction volunteers have been busy this past month!

Our St. Helens home now has a concrete driveway and a garage door installed. Our Habitat volunteers have now built the stairs in the garage and front porch and set the tile backsplash in the kitchen and bathroom. Final details are coming together as well, the mirrors have been hung, closet shelves installed and door knobs are all now in place.

Additionally, we have moved our tool container to our Scappoose property while we focus on preconstruction activities at that location. Our next project will be in Vernonia and we are still waiting on the permits to begin. We hope you all will be able to attend the upcoming Home Dedication once we are ready to sign the papers and hand over the keys! We'll be sure to send a "Save the Date" once we get closer to that timeframe.

Angela Carlson
Administrative Assistant
Columbia County Habitat for Humanity



ReStore Volunteer Opportunities



Columbia County Habitat for Humanity

As many of you know, Columbia County Habitat for Humanity's main source of funding for our construction projects is the ReStore where we sell donated goods to

the public. Our store is located at 164 Little Street in St. Helens and relies heavily on the amazing folks who are interested in helping out in the community. We even have a couple volunteers who regularly drive in from outside our county to help out!

Our ReStore is currently operating very short on volunteers so I'd like to include a few descriptions of job duties we have available. If you find any of the below opportunities slightly intriguing, please contact us and we will be happy to share more! We are looking for folks interested in volunteering 4 hours a week, either 9am-1pm or 1pm-5pm any day between Tuesday through Saturday, whichever is most convenient for you.

Let me know if this might be something you're interested in!

Cashier This position is responsible for taking customer payments, making change, answering the phone and greeting customers. This position will also arrange furniture, dust furniture, sweep, stock shelves, sort products and assist customers.

Stocking These positions are responsible for processing donations that have typically been presorted by the warehouse intake volunteers. Stockers sort, clean and price items before placing them in carts. Stocking volunteers place items on shelves in the appropriate area

Donation Intake A donation volunteer is responsible for receiving donations from the general public, unloading items as needed, issuing donation receipts, and placing the donated items in the intake area for cleaning. It is important to be aware of what we can accept, and not accept, graciously declining and offering alternatives if possible. Sorting items, occasional minor repairs or pricing, and movement to the sales floor are also helpful.

Delivery and Pickup These positions are responsible for delivery of sold items, picking up donated items and bringing them to the donation intake area at the store. Safe and efficient operation in order to maximize the quality and volume of donations is required. The ability to work as a team is essential in this position.

Angela Carlson

Administrative Assistant

Columbia County Habitat for Humanity

info@habitatcolumbiacounty.org

Happy New Year!

Making New Year's Health Resolutions Work

Parish Health Ministries

Do you want to make a change in your health in the new year? Did you want to establish a new health(ier) habit in your life? I have become very interested in the idea of creating “triggers” to help establish a new habit or recognizing triggers to break a bad habit.

If you would like to create a new habit here is an idea to try:

Pick a trigger for your new habit. Triggers can be anything that happens at a time of day when you can add your new habit. Suppose you want to think of a reason to be grateful each day, but you forget to do it. If you anchor it to a time of day that fits into your schedule and happens at approximately the same time each day, then you can use as your trigger something that you always do at that time, such as eat a meal or take a shower or let the cat in. When your trigger occurs, think of your grateful thought and before long something as simple as letting the cat in will automatically have you thinking of a grateful thought.

If you would like to break a bad habit, try sliding a good habit into the space occupied by a bad one.

Suppose you binge on junk food at night, although you don't want to put empty calories into your diet. In this case, it may be sitting down to watch TV that is your trigger. Try substituting a healthy habit for the unwanted one. When you turn on the TV after dinner, give yourself a “treat” of a mug of tea or a meditation app instead of the junk food. In time, your good habit will be triggered by sitting down to watch TV and will replace the junk food habit.

As with any habit, changing your behavior will take time and some effort. Your brain, however, will associate the new habit with the trigger over time, and building the new habit will be easier.

If you would like to learn more about changing habits through the use of triggers, try the site below.

[Triggers — The Key to Building and Breaking Habits | by Chris Sparks | Medium](#)

Carol Craig

Giving Tree Successful

Christ Church participated in the Giving Tree project sponsored by Day-Breakers Kiwanis working with the St. Helens School District. The tree we had in the narthex during Christmas had “ornaments” with a gift request for local teens who are “couch surfing” and need help.

Thank you to all the members of Christ Church who stepped up with gift cards, gifts and checks written out. These gifts, combined with all the others from the community were wrapped and given out.



Permaculture Steering Committee Forms Woods are Cleared!

A group of church members and neighbors met Jan. 21 to serve in an advisory capacity for the Sacred Outdoor Space project. The enthusiastic volunteers explored design plans, walked the land and shared ideas. Topics ranged from water drainage to types of trees and shrubs to plant to the removal of dog waste. The Steering Committee, whose purpose is to make recommendations to the Bishop's Advisory Committee about the project, will meet again in February.

Committee member Roxanna Jennings said, "I'm glad the community is included. I'm all for this." Joan Youngberg, gardener and artist, said, "I believe in the value of putting feet on the land." Rebecca Fowler said, "I like the idea of being quiet in the presence of God outdoors. I hope we can create a space for the neighborhood to discover."

In other news, Ash Creek Forest Management arrived with a crew wielding chainsaws and weed eaters on Jan. 23 to clear the woods of invasive species such as holly, blackberry and ivy. The hard-working crew tackled the project with gusto. This is another beginning step to get the project on its way.

To stay abreast, please visit <https://bit.ly/ChristChurchLand>

Nancy Tarnai



Permaculture Steering Committee

United Thank Offering



The Spring and Fall offerings are our churches combined donation to UTO for the year 2022. The grants for 22 were to be about how to improve the environment. The UTO committee which

consists of clergy and UTO faculty will meet and consider the various grant request from every diocese in the US. They meet in spring or summer and make the decision on who's grants are accepted. Each diocese can send in one grant request from there area. They also get request from Episcopal and Anglican missions around the world. Plus scholarships for those who want to go to seminary. In years past they have had over a million dollars to disburse.

Our Church donation for 2022 was \$850.83. Thank you to all who donated. I hope you find the idea of remembering your blessings and acknowledging that by putting some coins in the blue box rewarding.

Kathryn Brittain





Almighty and everlasting God, you hate nothing you have made and forgive the sins of all who are penitent: Create and make in us new and contrite hearts, that we, worthily lamenting our sins and acknowledging our wretchedness, may obtain of you, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Book of Common Prayer page 264

Seasons of the Church Year

Lent

Early Christians observed “a season of penitence and fasting” in preparation for the Paschal feast, or Pascha (BCP, pp. 264-265). The season now known as Lent (from an Old English word meaning “spring,” the time of lengthening days) has a long history. Originally, in places where Pascha was celebrated on a Sunday, the Paschal feast followed a fast of up to two days. In the third century this fast was lengthened to six days. Eventually this fast became attached to, or overlapped, another fast of forty days, in imitation of Christ's fasting in the wilderness. The forty-day fast was especially important for converts to the faith who were preparing for baptism, and for those guilty of notorious sins who were being restored to the Christian assembly. In the western church the forty days of Lent extend from Ash Wednesday through Holy Saturday, omitting Sundays. The last three days of Lent are the sacred Triduum of Maundy Thursday, Good Friday, and Holy Saturday. Today Lent has reacquired its significance as the final preparation of adult candidates for baptism. Joining with them, all Christians are invited “to the observance of a holy Lent, by self-examination and repentance; by prayer, fasting, and self-denial; and by reading and meditating on God's holy Word” (BCP, p. 265).

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

Liturgical colors for lent are purple/violet or unbleached linen.



Shrove Tuesday Pancake Supper



Come have pancakes on Shrove Tuesday!

**Tuesday February 21
5 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.

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.

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.

February 5— Training for acolytes/servers 9 am

February 19—Training for lectors 9 am

February 21— Lenten Rota published

February 21— Shrove Tuesday Pancake Supper 5-6 pm

February 22—Ash Wednesday Service 12 noon
(First Lutheran has one at 7 pm)

February 25— Lenten group 1:30-2:30 pm

March 4— Lenten group 1:30-2:30 pm

March 5—Columbia Convocation meeting, 3-5 pm

March 11— Lenten group 1:30-2:30 pm

March 18—Lenten group 1:30-2:30 pm

March 19— St. Helens Ministerial Assn. meeting 1 pm

March 25—Lenten group 1:30-2:30 pm

April 1—Lenten group 1:30-2:30 pm

April 6—Maundy Thursday Service 7 pm

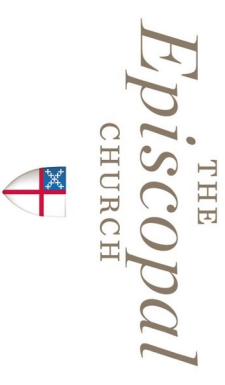
April 7—Ecumenical Good Friday Service 3 pm

April 9—Easter Sunday Service 10 am





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



welcomes you