



# ***Cross Current***

*February—March 2024*



O God, who for our redemption gave your only-begotten Son to the death of the cross, and by his glorious resurrection delivered us from the power of our enemy: Grant us so to die daily to sin, that we may evermore live with him in the joy of his resurrection; who lives and reigns now and for ever. Amen.

Holy God,  
Holy and Mighty,  
Holy Immortal One,  
Have mercy upon us.

-From The Book of Occasional Services Stations of the Cross, Twelfth Station.

**Christ Episcopal Church**

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



Dear Friends,

This month of January is, in our general secular culture, a time of resolutions and new beginnings. “Dry January” encourages people to reset their relationship with alcohol. Gym attendance climbs, as people resolve (perhaps once again) to increase their exercise. Perhaps you have set yourself some new goals, or are working to establish some new habits.

By February, many of these goals and habits have fallen by the wayside. The factors in our lives that made it hard to exercise are still there. Our unaddressed emotional issues are still crying out to be masked with food or alcohol.

Our church calendar offers another opportunity for renewal of self, with a different emphasis. Lent is a time not for grand goals, but for introspection. For prayer, and inviting the guidance of One who understands us better than we understand ourselves. For working not towards a goal but on daily habits.

I commend to you, as we look towards Lent, this poem in our hymnal. A poem attributed to Richard of Chichester, who lived from 1197 to 1253:

Day by day, dear Lord,  
of thee three things I pray:  
to see thee more clearly,  
love thee more dearly,  
follow thee more nearly,  
day by day.

Ash Wednesday this year is February 14th. Now is the time to reflect and pray about how you intend to observe a holy Lent.

*Vicar Jaime*



# ***Outreach Committee Distributes Donations***

The Outreach Committee took in \$1,050.00 in funds from proceeds from the Arts and Crafts fair and disbursed funds as follows for 2023:

Hawaii fires	\$150.00
Backpack Buddies in St. Helens	\$300.00
Community Meals	\$300.00
Columbia Pacific Food Bank	\$300.00
Habitat for Humanity (reserves)	\$200.00

Thank you to the members of this committee: Luana Nelson, Cindi Caruso, Mo Brown, and Peggy Rolf.



## ***2024 United Thank Offering Grants***



The 2024 United Thank Offering grant application materials are now available. Over the next 3 years, the United Thank Offering, in the spirit of Matthew 25:36, will focus on areas of ministry that serve those who society has left out and left behind. The UTO grant focus for 2024 will be on

“the stranger” Jesus mentions, offering welcome and inclusivity.

*Kathryn Brittain*

## ***...From the Treasurer***

### Financial Facts—December 2023

	December Actual	2023 YTD Actual	2023 YTD Budget
Income			
Contributions	\$7,602.00	\$92,307.29	\$85,680.00
Other Income	\$1,523.00	\$17,281.05	\$16,795.00
Total Income	\$9,125.00	\$109,588.34	\$102,475.00
Expenses	\$16,374.42	\$116,681.64	\$107,562.00
Net (Deficit)	(\$7,249.42)	(\$7,093.30)	(\$5,087.00)



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

# ***BAC Candidacy, 2024***

## **Statement by Rebecca Fowler**

Responding to suggestions from church members, I am submitting my candidacy for the 2024 BAC elections.

Jim and I joined Christ Church in 2017, when we moved to Scappoose to be near my father during his last years. We were new to the Pacific Northwest, but now, several years after my father's death, we are happy to stay. Christ Church is a big factor in our attachment to the area.



Back in 2017, we were returning to the US after 20 years in southeast Asia. We had jumped off the edge of our world to experience life in other lands. Jim and I worked on our own, eventually each running an independent business. He spent most of those years based in Bangkok, while I worked in Thailand, Hong Kong, Malaysia and Vietnam. We drank deeply of life as foreigners, relished the adventure, and now are glad to be home.

Prior to 2017, we lived conventional lives in North Carolina, Chicago and Texas, Jim working as an executive on the business side of newspapers and me in hospital management. We had met in Boston, while attending graduate school. My career as a student spanned an undergraduate degree in History from Harvard, a year at the Episcopal Divinity School in Cambridge, MA (on a one-year Rockefeller scholarship), and an MBA from the University of Chicago.

My search for the spiritual expressed itself in my college study of mystics across the centuries and my life-long attraction to prayer and those who practice it more formally. During my ten years in Kuala Lumpur, Malaysia, I became active with lay people in the Anglican cathedral who organized silent, contemplative retreats. These included Roman Catholics and Methodists as well as Anglicans.

I am honored to be considered for the BAC, and look forward to joining the efforts of those “experienced hands” to nurture and grow Christ Church.

# ***Parish Health Ministry***

## ***Brainiac Tips for a Healthy Brain***

I recently wrote about the trustworthiness of supplements, and hopefully you noted that unregulated over-the-counter supplements are unlikely to help with many of the concerns that all of us have. One of the most prevalent worries that many of us have is whether we are losing mental sharpness and if we might develop dementia. It's very scary to think about declining mental abilities—who we are and our ability to function in the world are closely connected to our minds. So if supplements are unlikely to help, what will?

Just last month, the Mayo Clinic published a list of 8 things that may be helpful to maintaining your brain.

### **1. Exercise!**

I talk a great deal about the benefits of exercise, and the evidence is very strong that even small amounts of exercise are beneficial to your brain and your body as a whole. We are not talking about trips to the gym here: for most people as little as 11 minutes a day at a mild pace can result in a lower risk for death and disability. And on the positive side, if you go outside for that mild walk, it can result in stress reduction, less depression and an improved sense of well being. Try getting that from a pill.

### **2. Protect your head.**

As recent studies of people with more than one concussion (think football players in retirement) have shown, hitting your head can result in damage that can show up as difficulty in thinking and sometimes early dementia. How do you protect that precious brain? Wear a helmet when you do such activities as riding a bike, skiing, horseback riding, motorcycle riding, etc.

You also need to protect yourself from falls. Keep high traffic areas well lit, don't use skittery throw rugs, and think about trip hazards in your home.

### **3. Take care of your health**

Some medical conditions can reduce blood flow to your brain or increase your chances of having a stroke. Control diabetes, heart disease and high blood pressure to keep the blood flow to your brain unimpaired.

### **4. Maintain your social life and contacts**

Having other people in our lives helps to reduce depression and loneliness, both of which are linked to problems with thinking and even make dementia more likely. If you find yourself isolated, try taking on new hob-

## ***Parish Health Ministry*** *continued*

bies or interests where you could talk with other people and perhaps find new interests.

### **5. Sleep**

The recommended amount of sleep is 7 to 9 hours each night, if you feel rested and alert when you awaken. If you snore and might have sleep apnea—that where you stop breathing during sleep, you may be in bed that long but not feel rested. Get an apnea test if you are constantly tired during the day. Sleep helps the brain “recharge” and keeps you sharp.

### **6. Think about a rainbow when you eat.**

A healthy diet has plenty of fruits and vegetable, whole grains and lean proteins. When you look at your plate, do you have at least three colors (red, yellow/orange, green, blue/purple, white)? Try switching up different vegetables and fruits for different colors and tastes. Your plate should be  $\frac{1}{2}$  fruits/vegetables,  $\frac{1}{4}$  grains and  $\frac{1}{4}$  lean proteins. Eating the rainbow most every meal is wonderful for your overall health and provides important nutrients for your body and brain.

### **7. Give your brain something to chew on.**

When you engage your brain, you help keep your brain health and sharp. Try something new, no matter your age. Take an online course, read a book you’ve always wanted to tackle, learn a new skill, volunteer with a group activity (that also helps with #4).

### **8. Medications and alcohol.**

The last time I wrote about alcohol and health I got some interesting feedback. Many people were surprised that the recommended daily and weekly limit was one drink per day for women, and no more than 5 per week, and two drinks per day for men, with no more than 10 drinks per week. Remember that one drink is 12 ounces of beer, 6 ounces of wine or 1 ounce of distilled spirits. Since I wrote that, more evidence has come forward to encourage people to drink even less, or to consider not drinking alcohol at all. I know this isn’t the most welcome news for many people, but the evidence is trending in that direction.

Medications, of course, are prescribed to keep us healthier and functioning well. Just remember to take them exactly as directed, and to let your provider know about over-the-counter medications that you also take.

Your brain will thank you.

*Carol Craig*  
*Parish Health Minister*

## Stations of the Cross

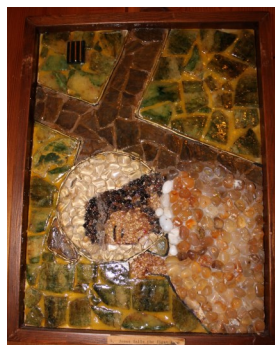


1—Jesus is condemned to death.

year to finish the 14 stations of the cross. The stations were blessed by the Rt. Rev James W. F. Carman, Bishop of Oregon at the time., one of his last official functions before his retirement.



2—Jesus takes up his cross.



3—Jesus falls the first time.

If you haven't taken the time to study these gems, it will be worth your time.

The Stations of the Cross (or Way of the Cross) is a devotion that is done during Lent



4—Jesus meets his Mother.



5—Cross is laid upon Simon of Cyrene.

particularly on a Friday but it does not take place of the Good Friday Liturgy. The number of stations has been fixed at 14. Eight are based directly on the Gospels, and the remaining six ( numbers 3, 4, 6, 7, 9 and 13) are based on inferences from the Gospels or legend.

The stations of the cross devotion can be found in

the [Episcopal Church Book of Occasional Services](#) or the Forward Movement Stations of the Cross booklet.

Karen Van Winkle

- Photos taken by Nancy Tarnai. Excerpted from article in *The Chronicle* newspaper January 3, 1974.



## ***Stations of the Cross*** *continued*



*6—A woman wipes the face of Jesus.*



*7—Jesus Falls a second time.*



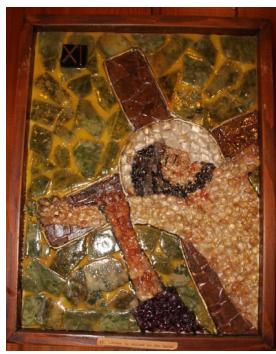
*8—Jesus meets the women of Jerusalem.*



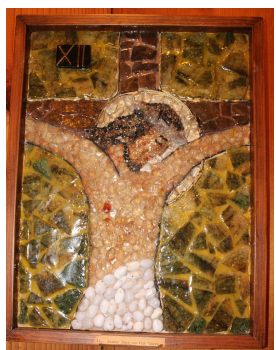
*9—Jesus falls a third time.*



*10—Jesus is stripped of his garments.*



*11—Jesus is nailed to the cross.*



*12—Jesus dies on the cross.*



*13—The body of Jesus is placed in the arms of his mother.*



*14—Jesus is laid in the tomb.*

## ***Support for Nature Park Grows***

While it may appear that the church's Blessing Woods Nature Park is dormant for the winter, it's good to note that methods for supporting the project continue to expand.

Parishioners and community members are searching their hearts and finding ways to boost the project. One church member donated in memory of a spouse and trees in the park will forever keep memories sweet. Another person is donating a bench in memory of loved ones.

A community member who has never even visited the church donated in memory of her father after reading a newspaper article about Blessing Woods.

A couple donated historic bricks which are now the patio area and one of the Steering Committee members gave an art installation which will brighten the paths near the children's play area. Many others have shared their time and energy serving on the Steering Committee and removing invasive plants.

We will continue to need the support of our congregation, neighbors and friends to prepare and preserve our church land as a public park and sacred grounds.

If interested in helping, please reach out to Vicar Jaime or Nancy Tarnai. And please keep an eye out for opportunities to engage with Blessing Woods in work and prayer events.

*Nancy Tarnai*



Crew from Native Plantscapes Northwest provide shelter for a beautiful Sequoia tree during the January ice storm. The tree will be planted in memory of the late Ross Williams in Blessing Woods Nature Park .



**Blessing Woods Nature Park  
DEDICATION**

**SAVE THE  
DATE**

*May 25, 2024*

*Christ  
Episcopal  
Church*

*35350 E.Division  
Road, St.Helens,  
Oregon*

*[christchurchsthelens.org](http://christchurchsthelens.org)*

## ***Annual Meeting & Potluck Lunch***

The Annual Meeting and Potluck Lunch is scheduled for **February 4th** after the service. New BAC members and delegates to convention will be elected. Come ask questions about church finances, review of the past year and plan for future events.

For the Potluck:

If your last name begins with A-J : Please bring a Main Dish

If your last name begins with K-S: Please bring a Side Dish

If your last name begins with T-Z: please bring a Dessert

See you there!



## ***Shrove Tuesday Pancake Supper***



Come join us for food, fellowship and fun at the annual Shrove Tuesday Pancake Supper to be held on Tuesday February 13 5 pm to 7 pm hosted by the men of the church. There will be a suggested donation.

If you are interested in helping please contact Jim Fowler or Nate McCord. Table and room set up is the biggest need.

Hope to see everyone there!

## **Adult Education in Lent: Study, Work & Pray**

On the Saturdays in Lent, Vicar Jaime will offer a class based on her sermon of January 21st in which she summarized following Jesus as a life of study, work, and prayer in Christian community.

The class will run from 10:30 to noon, and will include Bible study, sharing, hands-on work, and prayer. Depending on the weather, we may be indoors or we may utilize the Blessing Woods Nature Park. Participants should wear practical clothes suitable for cleaning or weeding. Here is the schedule:

10:30-10:45 Gathering and check-in; information about day's work options.

10:45-11:15 Bible study

11:15-11:45 Silent work

11:45-11:50 Clean-up and regathering

11:50-12:00 Closing Prayer.

Dates: February 17 & 24; March 2, 9, 16, 23 & 30.

Each class will stand alone—you don't have to participate in all of them to come to one of them.

## ***Holy Week Schedule***

***Palm Sunday***—Sunday March 24 at 10 am

***Maundy Thursday***—Thursday March 28 at Noon followed by an Agape meal in the parish hall (Signup sheet by Sunday March 24)

***Good Friday***—Friday March 29 at Noon

***Easter Sunday***—Sunday March 31 at 10 am (remember it is also Daylight Saving Time)



# ***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.



**Annual Meeting & Potluck Lunch**—Sunday February 4, 2024. See page 12 for details.

**Shrove Tuesday Pancake Supper**—Tuesday February 13 at 5 pm

**Ash Wednesday Service**—February 14 Noon

**Adult Education in Lent**—February 17 & 24; March 2, 9, 16, 23 & 30.  
10:30 am to Noon. See page 13 for more details.

**Holy Week Schedule**—See page 14

Daylight Savings time—Sunday March 31 (Easter Sunday)

**Dedication of Blessing Woods Nature Park & Labyrinth** with Bishop Diana Akiyama. May 25, 2024, 1:30 pm

## ***Prayer Requests***

Send requests to Kathryn Brittain by email at [kathjbritt@gmail.com](mailto: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](http://www.christchurchsthelens.org)

Email: [christchurchsthelens@gmail.com](mailto:christchurchsthelens@gmail.com)

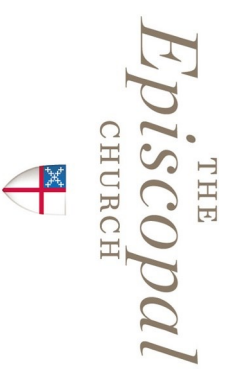
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*welcomes you*