



# Cross Current

June—July 2023



Almighty God, you have revealed to your Church your eternal Being of glorious majesty and perfect love as one God in Trinity of Persons: Give us grace to continue steadfast in the confession of this faith, and constant in our worship of you, Father, Son, and Holy Spirit; for you live and reign, one God, now and for ever. *Amen.*

*Collects for Various Occasions  
Book of Common Prayer pg 251*

## Christ Episcopal Church

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

(503) 397-1033

find us on



## ***After Pentecost***

On Sunday May 28th we will hear a reading from the Acts of the Apostles that begins, “When the day of Pentecost had come, the disciples were all together in one place.” Acts 2:1. The text does not specify where that was, but it was evidently in a place where many Jews, from all nations, were gathered—the disciples among them.

Pentecost is the Greek name for the Jewish festival Shavuot, known in English as the Feast of Weeks. It is one of the major religious festivals of Judaism, marking both the wheat harvest and the revelation of the Ten Commandments to Moses and the Israelites at Mount Sinai. It was a pilgrimage festival, when Jews from around the diaspora came to Jerusalem. Among at least some modern Jews, I am told, it is the custom to spend the night before Shavuot at the synagogue, studying Torah. I wonder if the same custom was true in the disciples’ time? Perhaps the disciples were gathered together with other Jews from many nations at the Temple, studying Torah?

Among Christians, on Pentecost we celebrate the giving of the Holy Spirit to the disciples and—by extension—the Church. As ancient Jews were formed into a community by the Commandments and the rest of Torah, the followers of Jesus were formed into a community by the giving of the Holy Spirit. That Spirit does not supplant the study of Scripture in community, but enhances it. We use reason and prayer to understand Scripture and the world; we discern the work of the Spirit in community

On May 25th, our church calendar commemorated Bede (honored by the church in the 9th century with the title Venerable). The Venerable Bede was a Biblical scholar and

author of the primary source for early English history, *Historia Ecclesiastica Gentis Anglorum*, which was completed in 731. Bede was a monastic, whose life combined scholarship and worship, in Christian community. I think the Collect for his commemoration is appropriate for this season after Pentecost, and I commend it to you as a prayer:

Almighty God, who has enriched your Church with the learning and holiness of your servant Bede: Grant us to find in Scripture and disciplined prayer the image of your Son our Savior Jesus Christ, and to fashion our lives according to his likeness, to the glory of your great Name and the benefit of your holy church; through the same Jesus Christ our Lord. Amen.

*Vicar Jaime*



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

### Financial Facts—April 2023

	April Actual	2023 YTD Actual	2023 YTD Budget
Income			
Contributions	\$8,362.27	\$35,997.27	\$28,560.00
Other Income	\$110.00	\$11,480.00	\$5,598.00
Total Income	\$8,472.27	\$47,477.27	\$34,158.00
Expenses	\$7,909.26	\$29,600.44	\$35,854.00
Net (Deficit)	\$563.01	\$17,876.83	(\$1,696.00)



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

# Parish Health Ministries

## Let's Get Moving!

We all know that physical activity is extremely important at all stages of our lives for optimal health and wellness. This article goes over ways to be active without much money and fun ideas to consider to increase your activity.

You don't need to spend a fortune to be physically active. In fact, you can be active in many ways without spending any money. You don't need special exercise equipment other than comfortable walking shoes. Here are a few ideas to help get you moving for free:

- Make your own weights from household items such as soup cans or bottles of water.
- Try out free demonstration exercises classes at your local senior center or fitness center.
- Go for a hike in a park.
- Participate in community-sponsored fun runs or walks.
- Yard work such as raking, digging, and planting can keep you active.



How about some wellness games?

Wellness games are, as they sound — games that promote optimal health through a variety of engaging activities.

These games can cover a wide range of health-related topics and facets, offering an entertaining and relaxing way for people to spend leisurely time working on their health. To better support their psychological and physical health, as well as their social life and spiritual needs, small everyday steps can make all the difference. That is why healthy wellness activities are so great!

- **Physical games** — These physically work the body. For seniors, these games and [exercise routines](#) may focus on improving mobility, reducing joint pain, and promoting better health overall.
- **Mental games** — Mental games and brain games are those that promote positive mental health, such as those that focus on stress management, mental stimulation, or mood.

## ***Let's Get Moving! continued***

- **Social games** — Social interaction is so important for anyone, but especially seniors. These games promote a sense of connection, reducing feelings of isolation.
- **Intellectual games** — Whether it be word puzzles, trivia games, or bingo, it's important to keep the brain active with fun games.
- **Spiritual games** — "Spirituality" means different things to different people. However, regardless of one's beliefs, these games focus primarily on the human spirit or soul, as well as religious practices.

Whether you're interested in physical or social activities, the options are nearly endless.

[Virtual bingo](#) is a great game to start with. It promotes several areas of wellness, including mental, social, and intellectual health. Since it can be played with a small or large group, it's the perfect game for older adults who live in care homes to join as a group, or for individuals using their own devices.

Technology is also allowing games like [Bingo to be digitized](#) and enjoyed on a larger scale through interactive virtual events. [Virtual Trivia](#) is another option, which helps older adults work their brain muscles while staying social.

Games come in all forms, including physical activity. When participating in light aerobics, [strength training](#), or [yoga](#), everyone wins! Again, these wellness activities for older adults promote positive health across the board, encouraging greater mental, physical, and social health.

Writing & journalling is another activity that can be highly beneficial for those seeking spiritual and mental stimulation.

If you're looking for other easy wellness games to play, some great wellness day ideas include:

- Puzzles! Simple but straightforward, puzzles are a great way to build camaraderie, offer healthy competition, and force your brain to work.
- [Multi-player online games](#), like bingo and trivia
- Name-That-Tune and other [fun musical activities](#)
- Dancing games that work memory and movement

## ***Let's Get Moving! continued***

- [Social wellness games](#)
- Guided hands-on activities, such as flower arranging, painting, or scrap-booking
- Charades, and other [creative activities](#) you can do while social distancing
- [Chair Exercise Routine](#) like the ones we have every Thursday that include exercise, meditation, dancing, and more.

*Carol Craig*



## ***Bishop's Advisory Committee Meeting Summary January/February 2023***

We are continuing to search for an organist or pianist to play for Sunday Services. We expanded our advertising to emphasize pianists and we bought a new piano that will be better able to serve our music needs.

We are working on the roof to remove the moss, clean the gutters and fix any leaks around the flashings. In addition to work on the roof, our Junior Warden is working on fixing the doorbells and the light in the Vicar's hallway.

The summer fundraiser, Tea and Treasures, is proceeding, and Nancy Tarnai has created advertisements to attract people to come sell their treasures. We will be encouraging church members to bake items for the "tea" part of the fundraiser.

The Permaculture Project now has a designer working on possible designs, with input from the committee and the congregation as a whole.

## ***Thank You Kathy King!***



On Sunday May 14, Kathy King played the organ for the last time as our organist. Mother Jaime's sermon was on the importance of music in our worship.

We thank you, Kathy King, for 27 years of exceptional music & devotion to our church! Next time you say you'll fill in until someone is found, you might think

twice. (Kathy volunteered to play the organ back in 1996...just until the church found a musician.)

Kathy received a thank you card with a gift of tickets to a Mariner's game in Seattle. A small token for her many years of service. We also followed up with a wonderful spread at coffee hour.

We will miss seeing you sit at the organ but welcome you in the pews!



## ***Thank You From Kathy King!***

*Dear Christ Church family,*

*I can't thank you enough for the special coffee hour and kind words on the card. Terry and I are looking forward to our baseball weekend in Seattle and rest assured that we will report back to you when we go.*

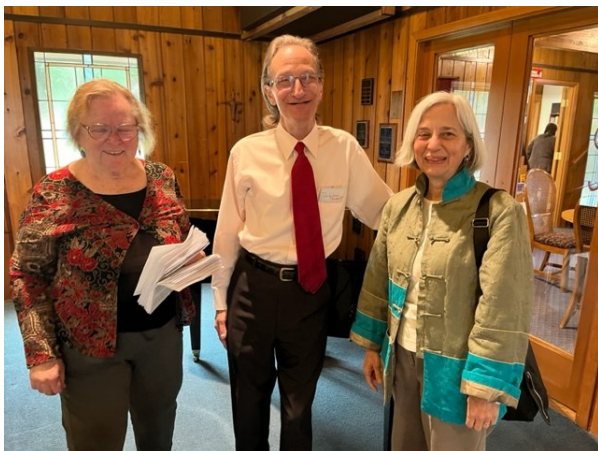
*It has been my honor to play for you these past years. While I have enjoyed it, I also have learned so much— not only the music, but from all of you as well. Thanks again for all of your support and I will see you in the pews. You are the best.*

*Love, Kathy*



## ***Welcome to our New Musician David Lee Bassett!***

Welcome to David Lee Bassett, our new musician! David has been composing, producing and playing music for half a century. He lives in Portland and has also worked in radio broadcasting. His first Sunday to play for the church was May 21. He said he is looking forward to having a regular place to play music and that Christ Church seemed like a good fit. "Music is part of who I am," he said. "I think I'm called to be a musician and perhaps bring a smile and make the world a slightly better place. Make a joyful noise!"



New musician David Lee Bassett (center) with parishioners Susan Wellington (L) and Rebecca Fowler .

## ***New Piano Blessed!***

The new piano was dedicated at the service on May 7.



# *Beautiful Windows*

Whenever someone new visits Christ Church, they remark on how beautiful the sanctuary is. The wood paneling is very calming but the stained glass windows add a brightness and cheerfulness to the space. When the church was built in 1970, it had plain colored windows in blues and reds that were scheduled to be replaced in 3 years. Move forward to 1993 or so and that project was finally going to get done.

Father David Olsen, the vicar at that time, worked with a committee of parishioners, the Art and Architecture Committee, who selected glass artist Gerard Veley of Banks to design and build the windows. The committee and the artist worked on designs for the 13 windows depicting the symbols of the 12 Apostles and Christ the King.

The windows were funded by anonymous gifts as well as the purchase of a window as a memorial. You can see on the plate by each window if it was purchased as a memorial.

Many of the symbols represent how the apostle died. Other symbols represent how the apostle was called or what his line of work was. Can you tell which symbol represents which apostle? Make a prediction and then see what the answer is.

Thank you to Nancy Tarnai for taking the photos.

*Karen Van Winkle*

1



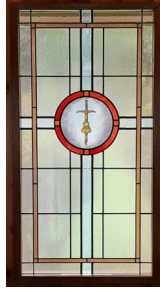
1—The symbol in this window represents Christ the King.

## Can you tell which Apostle the window symbolizes and why?

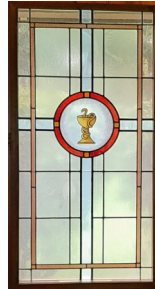
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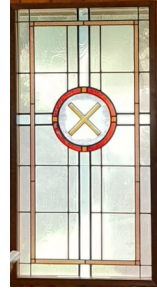
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4



5



2. St. Peter, Apostle—The keys refer to the keys of Heaven, and the inverted cross refers to Peter's crucifixion.
3. St. James the Greater, Apostle—He was the first of the twelve apostles to be martyred. He was killed with the sword. The scallop shell represents pilgrimages and spiritual protections.
4. St. John, Apostle—This symbol refers to the legend that John was given a cup of poisoned wine that he drank without harm. The chalice symbolizes the Christian faith prevailing over death, signified by the serpent.
5. St. Andrew, Apostle—According to tradition, Andrew believed himself to be unworthy to be crucified on a cross like that of Christ so he was crucified on an X-shaped cross.

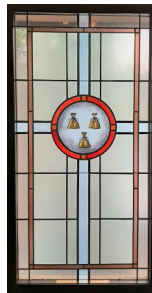
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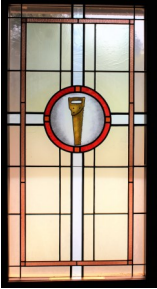
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6. St. Philip, Apostle—It is Philip that stressed the cross as a sign of Christianity and victory.
7. St. Bartholomew, Apostle—It was said that St. Bartholomew was flayed and crucified.
8. St. Matthew, Apostle—The three moneybags refer to the occupation of St. Matthew as a tax collector before he was called by Jesus.
9. St. Thomas, Apostle—The ruler refers to the tradition that St. Thomas built a church by hand. St. Thomas was martyred with a spear.

## ....More Windows

10



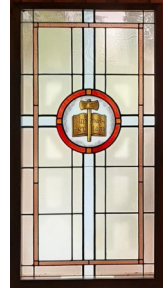
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12



13



10. St. James, Son of Alphaeus—Also known as James, the Lesser or Younger. According to tradition, St. James was stoned and sawn by his attackers.
11. St. Jude, Apostle—Also known as Thaddeus sailed to many ports as he journeyed as a missionary and thought to be a fisherman.
12. St. Simon, Apostle—He was a companion of St. Jude, was a fisherman by trade, but also known as a great fisher of men.
13. St. Matthias, Apostle—St. Matthias was chosen to replace Judas Iscariot. The ax refers to his martyrdom.



## ***Columbia County Habitat for Humanity Updates***



The Oregon IDA Initiative provides matched state funds for low income families saving for a specific reason, such as a home purchase. Throughout the program, savers deposit an agreed upon amount monthly as well as complete two educational courses relating to finances and their goal. The state of Oregon grants these savers once they have graduated with as much as a 5:1 match towards their goal. Columbia County Habitat for Humanity is the only provider

in Columbia County for this program and we are able to offer applicants currently saving for a home purchase this opportunity to make a tremendous impact towards their closing costs.

Two years ago, Caressa applied for the Oregon IDA through CCHFH and diligently saved every month and completed all the requirements for this program. Last month she closed on a house in St. Helens and was finally able to move her daughter to their own home near where she attends school. They are both looking forward to a having this stable foundation from which to grow for many years. We are proud of her accomplishments and excited to enroll more local prospective home owners in the future. If you know of local families who might be interested, please read more here:

<https://habitatcolumbiacounty.org/wp-content/uploads/2023/01/IDA-brochure.pdf>

*Angela Carlson*

Administrative Assistant

Columbia County Habitat for Humanity

## ***Sacred Outdoor Space Concept Design in the Works***



*Catherine Trzybinski of Native Plantscapes NW gave a presentation to the Christ Episcopal Church sacred outdoor space steering committee on May 6.*

The sacred outdoor space steering committee spent time May 6 with landscape designers from Native Plantscapes NW, examining a draft plan and providing ideas and suggestions. "It's essential to have you here to reflect on our progress," Catherine said. "You are a key to moving forward."

She said the work Vicar Jaime Sanders and the steering committee accomplished prior to her involvement was extremely helpful. "When we started this project I was in awe at the progress," Catherine said. "It's a demonstration of your commitment and excitement."

While "re-wilding" the land is not without its challenges, Catherine said she loves figuring problems out and transforming them into solutions. "We will find the right plant for the right place."

After the meeting, Catherine re-visited the small forested area on the church

## ***Sacred Outdoor Space continued***

property. "In the woods area there are many native plants leafing out and I think, with a bit of clean up and path designation, you could be really happy with what you have once you add a bunch of Trilliums. The native plants leafing out in this area are the Cascade Oregon Grape, Salal, Thimbleberry, Ninebark, Osoberry, Inside Out Flower and I suspect you already have a Nootka Rose in there, as well.

"With continued maintenance and removal of Ivy and the Himalayan Blackberry, you could be well on your way to having your first tranquil woodland sitting area."

Joni Shaffer-Elteto, co-owner of Native Plantscapes NW, said, "What you are doing and how much support and enthusiasm you have is truly unique."

The group will provide input to the design team before a final plan is achieved. The consensus of the group was that creating paths through the woods is likely to be one of the first priorities.

*Nancy Tarnai*





# Seasons of the Church Year

**Ordinary Time**—This term is used in the Roman Catholic Church to indicate the parts of the liturgical year that are not included in the major seasons of the church calendar. Ordinary time includes the Monday after the Feast of the Baptism of our Lord through the Tuesday before Ash Wednesday, and the Monday after Pentecost through the Saturday before the First Sunday of Advent. A vigil or other service anticipating the First Sunday of Advent on the Saturday before that Sunday would also be included in the season of Advent. Ordinary time can be understood in terms of the living out of Christian faith and the meaning of Christ’s resurrection in ordinary life. The term “ordinary time” is not used in the Prayer Book, but the season after Pentecost can be considered ordinary time. It may be referred to as the “green season,” because green is the usual liturgical color for this period of the church year. The BCP provides numbered propers with collects and lectionary readings for the Sundays of the Season after Pentecost. The Epiphany season includes the Epiphany, the First Sunday after the Epiphany: the Baptism of our Lord Jesus Christ, and the Second Sunday through the Last Sunday after the Epiphany (BCP, p. 31). In view of the Epiphany themes that are presented throughout the Epiphany season, it should not be considered ordinary time. However, many parishes use green as the liturgical color for the Second Sunday through the Sunday prior to the Last Sunday after the Epiphany, and sometimes the Last Sunday after the Epiphany. Epiphany season and the season after Pentecost vary in length depending on the date of Easter (see BCP, pp. 884-885).

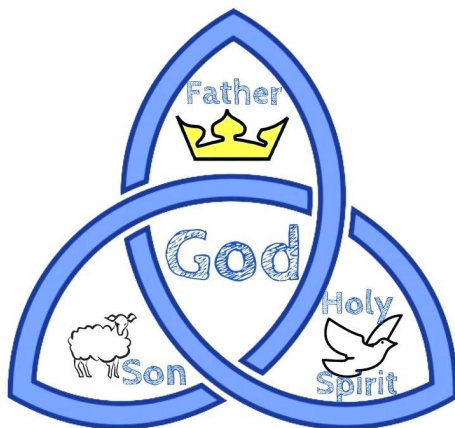
<https://www.episcopalchurch.org/calendar-church-year/>





## ***Trinity Sunday***

Feast that celebrates “the one and equal glory” of Father, Son, and Holy Spirit, “in Trinity of Persons and in Unity of Being” (BCP, p. 380). It is celebrated on the first Sunday after Pentecost. Trinity Sunday is one of the seven principal feasts of the church year (BCP, p. 15). The proper readings and collect for Trinity Sunday are used only on the feast, not on the weekdays following. The numbered proper which corresponds most closely to the date of Trinity Sunday is used (BCP, p. 228). The BCP also provides the proper “Of the Holy Trinity” for optional use at other times, subject to the rules of the calendar of the church year (see BCP, pp. 251, 927). The Hymnal 1982 presents ten hymns in a section on The Holy Trinity (Hymns 362-371), including “Holy, holy, holy! Lord God Almighty!” (Hymn 362), “Come, thou almighty King” (Hymn 365), and “Holy Father, great Creator” (Hymn 368).



Celebration of Trinity Sunday was approved for the western church by Pope John XXII in 1334. This feast is associated with Thomas Becket (c. 1118-1170), who was consecrated bishop on Trinity Sunday, 1162. His martyrdom may have influenced the popularity of the feast in England and the custom of naming the remaining Sundays of the church year “Sundays after Trinity.” The Sarum Missal and editions of the Prayer Book through the 1928 BCP named these Sundays the Sundays after Trinity. The 1979 BCP identifies this portion of the church year as the season after Pentecost, and names these Sundays the Sundays after Pentecost (see BCP, p. 32).

[https://www.episcopalchurch.org/glossary/trinity-sunday/#:~:text=Feast%20that%20celebrates%20E%20%80%9Cthe%20one,church%20year%20\(BCP%2C%20p.](https://www.episcopalchurch.org/glossary/trinity-sunday/#:~:text=Feast%20that%20celebrates%20E%20%80%9Cthe%20one,church%20year%20(BCP%2C%20p.)

# ***Tea and Treasures Coming Soon!***

## ***Are You Ready to Declutter Your Life?***



Our summer fundraising event, **Tea and Treasures, will be on July 8<sup>th</sup>**. If you would like to have a table at the event, please contact Carol Craig at [carol.craig19@yahoo.com](mailto:carol.craig19@yahoo.com) to let me know. I will assign you a table and number once you let me know.

Please be aware of the following guidelines:

1. Set up time will be from 9 am to 10 am on July 8<sup>th</sup>.
2. Sale hours will be from 10 am to 3 pm.
3. You or another seller must stay with your table during the sale. You cannot drop off items for church members to sell for you unless you are donating them to the church, in which case the church will keep all of the proceeds.
4. You can set your own times for your sales. If you want to only sell items from 10 to noon, that's fine.
5. You will need to tag your own items.
6. Unsold items must be taken away at 3 pm. The church will not take them.
7. 15% of the proceeds from all sales go to the church.
8. The church will be responsible for all advertising, providing a table and chairs for you, a credit card "square", tracking your sales and assistance with moving larger items.
9. When you arrive on the 8<sup>th</sup>, you will be given a number and a receipt book. Your 85% of the profits will be calculated from your receipts with your number.

The more we sell, the more we raise!

We will also have a sign-up sheet at the church to ask you to help with set-up and take-down, baking items, and sales.

We hope everyone will be able to participate!

*Carol Craig*  
*Senior Warden*

## ***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.

**June 4**—Trinity Sunday

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

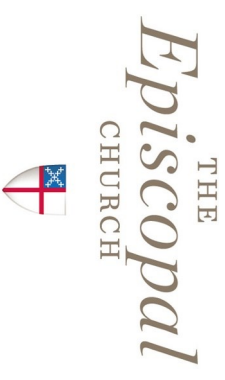
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*welcomes you*