



Cross Current

October—November 2021



Give thanks to the Lord, for he is good;
His love endures forever.

1 Chronicles 16:34 (NIV)

Christ Episcopal Church

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(503) 397-1033

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Dear Friends,

There are a lot of words in the Bible. Many stories, many histories, many admonitions for an earlier and different culture. Among the dense stratigraphy of words, there are nuggets. Precious touchstones for a life.

One of those nuggets for me is this passage:

“It was told to you, man, what is good
and what the Lord demands of you -
only doing justice and loving kindness
and walking humbly with your God.”

Micah 6:8 (Robert Alter translation)

I discovered these words at a hard and sad time of my life. As a young woman, I had moved to New York City to be near to a boyfriend who was studying there. Then we broke up. Through the Civil Service Exam I had gotten a temporary appointment in a poorly managed Federal agency: a dead-end job of endless piles of files, in Times Square which then was seedy and depressing. I didn't know what I was doing with my life, and adult life seemed overwhelming.

Between my subway stop and my office, there was a synagogue. Around the top of the building, in stone, was carved these words

DO JUSTICE

LOVE MERCY

WALK HUMBLY

WITH YOUR GOD

These words became my “one day at a time” mantra. As I walked to work I thought, “Today, I can do justice: I can fairly apply the law to these files. I can love kindness: I can be kind to the people I meet and

to myself. And I can remember that God is in control, so it is ok that I can't see the future." And, one day at a time, my life got better.

I am remembering those days and these words this week because life again is sort of hard and sad. The hope of summer, that vaccinations would bring an end to the pandemic, has been dashed by the confluence of the Delta variant and vaccine dilatoriness. As a congregation, we have so far escaped deaths from Covid, but we are isolated from each other and have lost two beloved members of our community in the past several months. My mother's mental and physical health has deteriorated, and she is in the hospital this week. I feel sad and discouraged.

But today, I can do justice. For me, that takes the shape these days of learning how my perceptions have been warped by the sin of racism, and sharing those learnings with others in classes for the diocese.

Today, I can love kindness. I can choose compassion in my daily interactions, and be gentle with myself. I can be generous in sharing.

Today, I can walk humbly with my God, turning over to God all those anxieties and fears over what I cannot control. I can pray. And, when I can't find the words, I can trust God to provide.

Vicar Jaime



...From the Treasurer

Financial Facts—August 2021

	August Actual	2021 YTD Actual	2021 YTD Budget
Income			
Contributions	\$4,189.00	\$62,110.60	\$54,643.33
Other Income	\$368.39	\$9,314.13	\$1,400.00
Total Income	\$4,557.39	\$71,424.73	\$56,043.33
Expenses	\$7,084.88	\$53,429.72	\$60,305.33
Net (Deficit)	(\$2,527.49)	\$17,995.01	(\$4,262.00)



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

Welcome Deacon SuEllen Pommier!



Greetings from your Deacon. I have been asked to tell you a little bit about myself. I am married with three adult children, Katelyn, Gabriel, and Madeline. Gabriel and Madeline live in Portland, while Katelyn lives in London with her husband and has a daughter, Isla (4 years old) who is my only grandchild. Before I was ordained, I worked for many years as a Research Associate Professor at

OHSU. I have a doctoral degree in Genetics and my research focused on breast cancer. My husband, Rod, who is a cancer surgeon, partnered with me for most of my professional life. I have now retired from OHSU as an emeritus professor. As a scientist and theologian, I see the beauty and works of God in nature.

I have worked as a lay minister all my adult life but decided to answer God's call to ordained ministry about 5 years ago. I completed my MDiv at the Church Divinity School of the Pacific in Berkeley this past May. I am not certain where God will take me on my spiritual journey, but I hope to engage in chaplaincy as well as in parish leadership.

My goal at Christ Episcopal Church is to be of service to the community. Please feel free to contact me any time. Let me know how I can be of assistance to you. I am also free if you would like to pray or just chat.

Blessings to you,

Rev. Deacon SuEllen

Bell Tower Repainting

Thank you to the 21 responders to the survey on paint colors for the bell tower. People made good arguments for all four of the colors given as options. The BAC considered those arguments, and also considered the tally of people voting for each color as their favorite and people voting for each color as their "least favorite." We also took into account the strength of sentiment against particular colors.

After considering all these factors, the BAC decided to go with the popular vote, which was for bronze. We think this will create contrast between the tower and the bell, without being so strong as to overpower the bell as the primary visual element in the tower.

We are grateful to Mary Lewis, whose bequest allows us to clean the bell and repaint the tower. I hope that when we are back to in-person worship some one or two people will take upon themselves what was her regular duty, of ringing the bell before the service.

Vicar Jaime



The newly painted bell tower.

Parish Health Ministry

Why it's Important to Get a Flu Shot?

This year has been rather disappointing for me as I thought we'd be done with the worst of covid and on to a more normal routine. Didn't happen!

So now we are facing another flu season and the need for booster shots, leaving some of us to wonder if we need to get a flu shot on top of our covid vaccines.

The short answer is yes, and the long answer is below:

- Both covid and flu use the same hospital resources when we get very sick, and those resources are stretched thin. Flu causes tens of thousands of deaths each year, and many more people are hospitalized to treat the flu.
- There's a flu shot that's made for older people, which gives them even better protection against the flu.
- You won't get the flu from the flu shot. Some people believe that you can contract the flu from a flu vaccine, but that is not possible. The shot uses a dead form of the virus.
- Flu shot side effects are usually mild. Many people experience no side effects. For those who do have side effects, the most common symptom is a sore arm. Other possible side effects are a mild headache and slight fatigue. Flu infection lasts for one to two weeks and the symptoms can be severe.
- The sooner you get the flu shot, the better. Flu season usually starts in October, so it is important to get vaccinated early.

Adapted from Piedmont Healthcare 2021.

The CDC has no restrictions on getting both flu and covid shots, even at the same time. Take care of yourself and get your flu and covid vaccinations!

Carol Craig

A General Thanksgiving

Accept, O Lord, our thanks and praise for all that you have done for us. We thank you for the splendor of the whole creation, for the beauty of this world, for the wonder of life, and for the mystery of love.

We thank you for the blessing of family and friends, and for the loving care which surrounds us on every side.

We thank you for setting us at tasks which demand our best efforts, and for leading us to accomplishments which satisfy and delight us.

We thank you also for those disappointments and failures that lead us to acknowledge our dependence on you alone.

Above all, we thank you for your Son Jesus Christ; for the truth of his Word and the example of his life; for his steadfast obedience, by which he overcame temptation; for his dying, through which he overcame death; and for his rising to life again, in which we are raised to the life of your kingdom.

Grant us the gift of your Spirit, that we may know him and make him known; and through him, at all times and in all places, may give thanks to you in all things. *Amen.*

From the Book of Common Prayer



In Memory of Jack Keppeler

A Celebration of Life was held on September 11 at Christ Church and on Zoom for John Paul (Jack) Keppeler II who passed away on August 1st after a long battle with cancer.

Jack you will be missed!



Morning Prayer and Art

Please join me and fellow worshippers to explore a new way in which we might open up to prayer.

We will combine the Rite II Book of Common Prayer liturgy with artful expression.

All you need are a willing heart, drawing materials such as **crayons, colored pencils** or **pens** and **paper**.

God has blessed us all with the artistic skills needed.

We will meet via Zoom and a link will be provided before each prayer group meeting.

Morning Prayer and Art

With Rev. Deacon SuEllen
Mondays at 9:00 am-10:00 am
October 4 -- November 22

Rev. Deacon SuEllen



Worship—by Zoom? In-Person?

What is Happening, and What Comes Next?

On September 12, in the new 9:30 AM Coffee & Conversation time slot, we had an open and respectful conversation about when people will feel comfortable returning to church in person.

We chose to go back to Zoom when Covid cases in Oregon were spiking to their highest level yet, local hospitals were asking that people reduce activities because they were overflowing, and the risk level for unvaccinated people in Columbia County was “Extremely High.”

On Thursday, September 30, the BAC will meet and discuss when we will resume in-person Sunday worship. Such worship will be with Covid precautions: masks and physical distancing required. We will also continue a Zoom alternative. People who are more vulnerable to Covid, by reason of vaccination status or age or underlying medical conditions, will be encouraged to stay home and participate by Zoom.

If you feel comfortable gathering with others indoors, with mask precautions, I encourage you to consider the new ecumenical bell choir that Joan Heide and First Lutheran’s musicians are organizing. Listen for announcements and watch your email for meeting times!

Vicar Jaime

Calendar

Evening Prayer via Zoom—Thursdays at 5 pm

Morning Prayer and Art with Rev. Deacon SuEllen -

Mondays 9:00 am to 10:00 am October 4—November 22.

Sunday Coffee and Conversation via Zoom—9:30 am

before the 10 am service



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

Email: christchurchsthelens@gmail.com

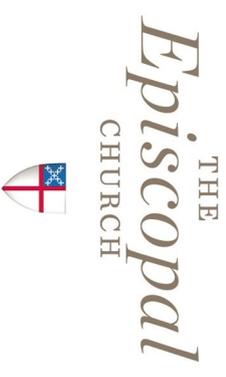
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Christ Episcopal Church
PO Box 478
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welcomes you