



Cross Current

October—November 2022



*Rejoice always, pray continually,
give thanks in all circumstances;
for this is God's will for you in Christ Jesus*

1 Thessalonians 5:16-18 NIV

Christ Episcopal Church

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

(503) 397-1033

find us on



Thanksgiving

Consider what would change if you hear “Thanksgiving” not as a noun but as a verb. Not the name of a day on the calendar, a day with its rituals of food and gathering and, perhaps, football, but a description of an action. Thanks giving; giving thanks.

Giving thanks surely starts with noticing. Noticing the ripe blackberries on the unwanted vines at the back of the garden. Invasive, unwanted—yet bearing gifts of sweetness. Noticing the stranger standing in line next to you in the grocery store. What happens if you smile at them? If you notice their presence, not as an inconvenience delaying your turn at the checkout counter, but as a gift?

“The Earth offers gift after gift—life and the living of it, and light and the return of it, the growing things, the roaring things, fire and nightmares, falling water and the wisdom of friends, forgiveness. My god, the gift of forgiveness, time, and the scouring tides. How does one accept gifts as great as these and hold them in the mind?”

Kathleen Dean Moore, Wild Comfort, quoted in Andrew Blackmun, Holy One Go With Us.

I read an article once by a journalist who was given a large expense account to spend time in the haunts of the very rich. He wrote about how discontented the very rich were: when one is spending a fortune on a hotel room, on a dinner, it “should be” perfect. And real life always has its tiny imperfections. Or, rather, reality is never quite in line with fantasy. For is not the real perfect in itself, in its own way? But we are seduced by

illusion, by fantasy. As hostess of Thanksgiving, are we not invited and seduced to measure our experience against the fantasy of countless magazine articles? Against carefully staged pictures of feast tables? Against rosy recollections of family togetherness? Against such fantasy, how can reality compare? Reality that sometimes includes underdone turkeys, and family members who are disagreeing with each other or who are absent, and children who have had too much sugar and not enough routine and are having a meltdown?



This Thanksgiving, my prayer for you is that you let go of expectations and fantasy of what “should” be, and spend some time noticing what is. The tiny act of kindness from a stranger, the plump berries on the thorny weed, the first bite of pie. May you notice, and be thankful.

Vicar Jaime

...From the Treasurer

Financial Facts—August 2022

	August Actual	2022 YTD Actual	2022 YTD Budget
Income			
Contributions	\$3,100.00	\$70,379.00	\$54,580.00
Other Income	\$58.08	\$1,036.86	\$1,000.00
Total Income	\$3,158.08	\$71,415.86	\$55,580.00
Expenses	\$12,760.95	\$63,818.16	\$61,960.00
Net (Deficit)	(\$9,602.87)	\$7,597.70	(\$6,380.00)



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

Blessing of the Animals

Sunday October 9 at 2:30 pm in front of the church.

Bring your pets and other domestic animals to a service celebrating and blessing all creatures, domestic and wild, in honor of St. Francis of Assisi.



Dogs on leashes please, horses in trailer or on lead rope, spiders in cages. If your pet would be too scared, you can bring a picture or other representation!

Bishop's Advisory Committee Report

We are working towards a number of long-term projects, many of which we have discussed during our worship services.

We voted to construct a survey of congregational interests for the Fall and Winter, and the surveys were completed. The surveys led to the renewal of our coffee hour. We will continue our fellowship during coffee hour, with occasional educational programs after service as we share coffee and cookies together.

The arts and crafts fair was also popular in the survey and will be on November 12th this year.

The church needs painting, and bids are coming in. If these prove to be too expensive, then we will talk with the congregation about providing the labor ourselves. Our other painting project to put new striping on the parking lot is done.

Carol Craig
Senior Warden

Columbia County Habitat for Humanity

Updates



In addition to the home projects, Columbia County Habitat for Humanity also helps our disabled seniors:

Making a Difference for Disabled Seniors

Generous gifts from Home Depot, TCC Verizon, Christ Episcopal Church and several individual donors, have enabled our volunteers to complete a number of projects this summer.

A broken hip kept a low-income veteran hospitalized for three months since he was unable to navigate the stairs by the front door of his Scappoose home.

Fortunately, our Habitat volunteer builders were able to customize a donated metal ramp with an extension to keep the landscaping and stairs intact. Our amazing volunteers made quick work of this job and the veteran was thrilled to finally be home at last!

Shortly afterwards we learned of a senior in Warren with multiple injuries from a fall. Her children finally brought her home from the hospital and carried her up and down the stairs, but they desperately needed a better solution. Dick King led Habitat's enthusiastic construction volunteers to build a very sturdy ramp. The family is so grateful to our skilled volunteers and the donors who made this project possible.

While waiting for subcontractors to finish work on the St. Helens house, Habitat volunteers were also able to reconstruct a concrete approach that had been a hazard for paramedics trying to help a stroke victim.

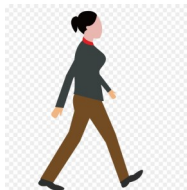
Each of these projects represent so much in terms of independence and self-reliance. The generosity of those who donate time or money make these projects come to life. THANK YOU!

For more information, contact
info@habitatcolumbiacounty.org



Talk the Talk and Walk the Walk

Parish Health Ministries



A couple of months ago I wrote about whether people need to get 10,000 steps per day to improve their health. The answer was, if you remember, you don't.

I also wrote that starting a walking program of any length will be beneficial to your health.

OK, IT'S TIME!!

You probably know by now that walking will improve your heart function and help you to lose or maintain a healthy weight. A 2022 publication from Harvard Health Publishing added five reasons that you probably don't know about:

1. It counteracts the effects of weight-promoting genes. Walking can "turn off" some of the genes that are trying to make you obese.
2. It helps tame a sweet tooth. Walking can reduce cravings and intake of sugary snacks.
3. It reduces the risk of developing breast cancer. An American Cancer Society study of walking found the women who walked seven or more hours each week reduced their risk of breast cancer by 14%.
4. Walking reduces arthritis joint pain.
5. It boosts immune function. A study of over 1,000 men and women found that those who walked at least 20 minutes a day, at least 5 days a week, had 43% fewer sick days than those who exercised once a week or less. And if they did get sick, it was a milder illness.

SO, HOW ABOUT IT?

I would like to start a walking group. This won't be a group for runners or athletes, this will be walking at a pace that is comfortable for you for 30 minutes. If you can't do 30 minutes, come out for 15 or 20 minutes.

LET ME KNOW IF YOU ARE INTERESTED.

I'll put a sign-up sheet at church for us to walk after service on Sundays. We can walk around the church and you can drop out at any point. If that goes well, we could consider another time during the week in addition.

Carol

Parish Health Nurse

Another Field Trip is in the Works



Following our enlightening journey to Gresham in July, we are now planning an outing to Elk Rock Garden for Friday, Oct. 14. The purpose, in addition to fellowship, is to get ideas for the “Sacred Outdoor Space” project.

This article by Matthew Korfhage of the Willamette Week details the site:

On Dunthorpe's Elk Rock bluff facing Mount Hood and the river, flush from the grain business, a turn-of-the-20th-century Scotsman named Peter Kerr built a 13-acre garden manse in the old English style befitting naturalists and romantics—a place of winding paths and fishponds and streams that is carefully tended to appear somewhat untended. At the Elk Rock Garden at the Bishop's Close, there is an almost unfathomable bounty of plant life. Rare magnolias and chrysanthemums bloom, wisteria snarls against the manor walls, and bishop's hat nestles against the oaks. Witch hazel grows in the parterres, where curving paths are lined with low hedges, and Japanese paper bush grows to the height of a man.

In Oregon's wealthiest neighborhood by real estate pricing, Elk Rock Garden is a place of uncommon serenity that is accessible to all. And in a sort of photo negative of Oswego Lake, it is a private garden that is always open to the public. After Kerr's death in 1957, his children donated it to the Episcopal Diocese of Oregon on the sole condition that it always be available to the public at no charge.

There is a signup sheet at the church for anyone interested in joining this “research party.” Plan to meet at Christ Episcopal Church Oct. 14 at 12:30 p.m. There is no picnic area so eating lunch prior to the excursion is suggested.

If you have questions, contact Nancy at njtarnai@gmail.com.

Fall Stewardship Drive Coming!

Christ Church is supported by its members. Unlike some churches, we do not have an endowment. Nor do we routinely receive money from the diocese. (We have received a few special grants, for which we are grateful!) While we are grateful to receive contributions at any time, our annual budget depends on pledges. In the fall, we ask members to make a commitment for the following year. The Bishop's Advisory Committee then relies on those pledges in making a budget, which is presented to the members at the Annual Meeting in January or February.

This is this year's stewardship theme:



'Is a lamp brought in to be put under the bushel basket, or under the bed, and not on the lampstand?'

Mark 4:21

When you pledge this year, you will be supporting actions to make our faith more visible in the wider community. Elsewhere in this Cross Current you will read about our invitation to newcomers to our towns. You will read about our Sacred Outdoor Space initiative, which engages our neighbors in planning meditative and regenerative use of our property. With the Neighborhood BBQ this summer, Blessing of Animals, and Arts & Crafts Faire, we are becoming more visible and invitational.

We pray that God will bless these efforts.

Vicar Jaime

In Memory of Father David Olsen

Dear friends in Christ,

I write to inform you that yesterday morning, the Rev. David Olsen passed into life eternal in Milwaukie, OR. David was born September 6, 1936, at Good Samaritan Hospital, Portland, Oregon. As a child, he grew up in a variety of communities across the United States until his family settled in North Bend, Oregon. David attended Lewis and Clark College in Portland and the University of Denver.



He later served as a chaplain's assistant to the Episcopal Chaplain at Fort Ord, California from 1959 - 1962. In 1972 he graduated from Nashotah House Episcopal Seminary in Wisconsin and was ordained a priest in the Diocese of Oregon in 1973.

His first call was as Vicar of the congregations in Newport, Toledo, and Waldport. He then served as Rector of St. David's in Portland. In 1990, he became Vicar of Christ Church in St. Helens, serving there until his retirement in 1999. He spent his retirement years in Palm Springs and Portland. In 2014, he married Peter Carney at St. John the Baptist, Portland.

Information regarding a memorial service will be shared once it is available. Please join me in prayer for the repose of the soul of our brother, David, and his husband Peter, their family, and friends. May light perpetual shine upon him.

Yours in Christ,

+Diana



Almighty God, we remember before you today your faithful servant David; and we pray that, having opened to him the gates of larger life, you will receive him more and more into your joyful service, that, with all who have faithfully served you in the past, he may share in the eternal victory of Jesus Christ our Lord; who lives and reigns with you, in the unity of the Holy Spirit, one God, for ever and ever. Amen.

Memories of Father David Olsen

I have many memories of Father David. First of all, I became the fill-in organist in 1996 . He really tried to find someone to do the job, so I said I would stay until someone else could be found. He made some changes that are still with us today. The choir got music folders, two music stands were purchased, and an organ program called Synthia was purchased that could accompany the congregation. Other changes came in the form of new doors leading into the church, and the replacement of windows in the church through memorial funds and donations.

As I look around Christ Church each Sunday, these changes are still evident and in use. I am grateful that Father David accomplished so much and his leadership was great. We were blessed to have him with us. May he Rest In Peace.

Kathy King



Bishop Ladehoff is on the left and
Father David s on the right.

Be Safe From Extremely Devious Bank Imposters

This is an important message to all Oregonians from Oregon Attorney General Ellen Rosenblum:

Do not — under any circumstances — provide personal information to anyone who calls claiming to be from a bank or other financial institution and tells you your account has been compromised. That's because they're — more than likely — trying to scam you. Banks do not place calls like these.

Take charge! Tell the caller you'll call back. Then: find a reliable phone number — not one they give you — for your bank and call them. Tell them what just happened.

In particular: never give any caller your account number, credit card information, pin numbers, ids, passwords, or Social Security number (or any part of it).

Similarly: do not click to respond to a text or email purporting to be from a bank. Again: find a reliable number for the bank (especially a local branch) and call them yourself.

Why am I sounding so urgent about this? The other day, my husband and I almost fell for this very scam. So, I want all of you to be safe from extremely devious bank imposters. (If it can happen to me, it can happen to anyone!)

Ellen

Here's a little more on the subject from our Consumer Protection Team:

1. Visit "Banks Never Ask That" (<https://www.banksneveraskthat.com/>). This is a very helpful and informative industry-wide campaign to educate consumers about phishing scams.
2. Verify that there is an issue. If you get a text message or phone call that looks to be from your bank, claiming your account has been compromised, do not respond until you can verify there is an issue. Find your bank's phone number in a phone directory or on the back of your debit or credit card, or on a monthly statement to ensure you're actually calling your bank — and not a scammer. Call that number and ask the bank if there is an issue with your account.
3. Never give personal information to unsolicited callers. If your bank, cable

provider or utility company says they are the caller, do NOT give them your personal information to “verify” your identity. Hang up the phone, find the phone number to the bank, cable provider or utility company, and call to verify.

4. Be cautious of links sent via text. The link sent via text could be a look-a-like website, mimicking your online banking portal. If you click on the link and provide your login information, the scammers then have access to your accounts online. **INSTEAD:** Visit your bank's website from another source—not by clicking through a link sent via text.
5. Ignore instructions to text "STOP" or "NO" to prevent future texts. This is a common ploy by scammers to confirm they have a real, active phone number.

SUMMARY:

Oregon Attorney General Ellen Rosenblum is warning consumers about phony banking texts and phone calls and encouraging Oregonians NOT to respond. The Oregon Department of Justice has received reports that many of these alleged text messages and phone calls claim to be from the individual's actual financial institution, causing people to panic. They believe their bank account is in jeopardy and they need to correct the problem immediately. Not so. This is a ploy to get personal information. Don't fall for it!

In one version of the scam, a text message arrives, implying that changes have been made to your account. The message may mention a phone number, email, or password. It will instruct you to call a number "if you did not make this request."

In another version of this scam, the text asks if you attempted to make a large purchase on a particular date and requests that you reply with "Yes" or "No."
AGAIN: Don't do it!

"Do NOT respond to these phony calls and texts! They're a scam," says Attorney General Ellen Rosenblum. "If you do respond, the thieves will use every opportunity to convince you they are calling from your bank and need personal information, like your account number, PIN number or even social security number. Don't be fooled. By giving them this information, they can gain access to your financial accounts and rob you blind."

If you have fallen victim to a phony bank text or phone call scam, please file a complaint with Oregon Department of Justice online at www.oregonconsumer.gov or call 1-[877-877-9392](tel:877-877-9392) and ask that a complaint form be mailed to you.

Cider Pressing Party



After a two year pause because of the pandemic, we gathered again for a Cider Pressing Party on Saturday September 17th. People brought apples and containers to take home fresh cider. Some cider was saved and served at coffee hour on Sunday September 18th.

Thank you Steve Sanders and Mother Jaime for bringing out the cider press for this fun fall event.



Fall Planning

The results of the Fall Planning Survey are in and—there is consensus that Coffee Hour is a good thing! There are also many of you willing to help with the Arts & Crafts Faire!

There is less consensus on **when** you would like to have adult education. So I am going to try offering one adult education activity per month during coffee hour. The November activity will be the Bishop's Visitation.

October 16: Practices of Personal Prayer

November 20: Conversation with Bishop Akiyama

Vicar Jaime

Inviting and Welcoming Newcomers

You might have noticed new houses and apartments being built in St. Helens and Scappoose. And you might have thought, “how can we invite these new neighbors to come to Christ Church?” Well, we now have a way!

Jim and Rebecca Fowler own a company, “Our Town,” that sends packets of invitations/gift certificates to people who move to the community. Only one of each type of business can participate. It helps people find services in their new community. The Fowlers have generously given Christ Church a one-year membership!

This means that everyone who moves to St. Helens, Scappoose, and Columbia City, will receive an invitation to consider Christ Episcopal Church. Most, of course, will not avail themselves of the invitation—they might not be interested in a Christian church, or they might have a different denominational loyalty, or they might check us out on our website and decide this isn’t the right fit for them. But some will visit!

Part of the Our Town program is that when someone uses the certificate, and visits, we give them a gift. So we thought, “what is a gift of The Episcopal Church?” and answered, “the prayer book!” So we have created a little booklet of prayers, mostly from the prayer book, to be a gift for visitors. Ushers will be trained on how to welcome the Our Town participants, and give them the gift. But each one of us has a part to play in welcoming visitors, helping anyone who looks confused by the liturgy, and introducing them at coffee hour!

*Welcome to
Christ Church*



The Arts & Crafts Faire is Back!

We haven't had one since 2019, so get ready for the 48th Annual Arts & Crafts Faire on Saturday November 12 from 9 am to 4 pm! There are changes that have been made this year: it will be held one day only, and we will not have the kitchen serving soups, chili and pie to the fairgoers. We will, however, have the Bake Sale table and sell pieces of pie (or whole pies) from there.

The theme this year is taken from the Advent Candle:

"Peace, Hope, Love, Joy".

The committee is working on securing craft vendors and getting the word out.

We need help with the following jobs:

- Decorate the church Thursday November 10 at 10 am.
- Setup Tables on Sunday November 6 after church.
- One person or a group to put together a raffle basket. The congregation can help with providing items for the basket once a theme is chosen.
- Cashiers
- Bake Sale Table
- Supplying the Bake Sale Table with goodies priced to sell including whole pies or pies by the piece
- Providing Lunch for the artists' lunch
- Providing Dessert for the artists' lunch
- Greeter
- Takedown Saturday November 12 at 4 pm.

A signup sheet will be up in the narthex closer to fair for you to sign up for these jobs. Half of the proceeds from the Arts & Crafts Faire go to Outreach and the other half goes to the general fund.

If you have knowledge of a potential artist please contact Sherine Amick or Theresa Muth who are scheduling the artists for the faire to see if there is room for more.

If you have any other questions, please contact Cindi Caruso for more information.



**At
Christ Episcopal Church**

35350 E. Division Road (off Hwy 30), St. Helens

Featuring unique handcrafted items!



*Browse the bake table while you shop:
cookies, pies, breads and more!*

UTO Boxes Ingathering

Sunday November 27



This year the annual fall ingathering at St. Helen's Christ Episcopal Church will be on Sunday, November 27, the Sunday after Thanksgiving. If you have been collecting coins of Thanksgiving in your blue boxes, please bring them in on that Sunday. If you would like to make a donation to UTO there will be envelopes provided in your

Sunday bulletin. Replacement boxes will be available.

The UTO Board is using *Matthew 25:36* as their focus for the next three years of United Thank Offering funds.

Matthew 25:36, for I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me, I was naked and you gave me clothing, I was sick and you took care of me, I was in prison and you visited me.

The UTO board is inspired and interested in the importance of prison ministry. The 2023 grant focus for this year is as follows.

Innovative mission and ministry projects addressing all aspects of the world-wide incarceration crisis, specifically:

- preventative programs and intervention; prisoner support outreach;
- prison reform work; or post prisoner re-entry;

Materials for the 2023 grant are available through the UTO offices now.

Kathryn Brittain

Prayer Requests

Send requests to Kathryn Brittain by email at kathjbritt@gmail.com or phone 503-543-6870 or cell phone 503-438-5908.

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.

Blessing of the Animals—Sunday October 9, 2:30 pm



Field Trip to Elk Rock Garden—Friday October 14. Meet at the church at 12:30 pm.

Adult Education - Practices of Personal Prayer—Sunday October 16 at coffee hour.

48th Annual Arts & Crafts Faire—Saturday November 12th 9 am to 4 pm

Bishop Diana Akiyama visit—November 20 at the 10 am service followed by Conversation with Bishop Akiyama during coffee hour

Ecumenical Thanksgiving Service—Sunday November 20 at 6:30 pm—St. Helens Christian Church, 185 S 12th St, St. Helens



Vicar Jaime's Office Hours

Thursday 1—5 pm
Other days by Appointment

FYI

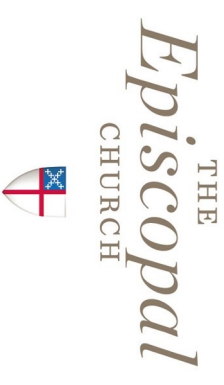


Our Website is: www.christchurchsthelens.org
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welcomes you