



Cross Current

October—November 2023



- ¹ Come, let us sing for joy to the LORD;
let us shout aloud to the Rock of our salvation.
- ² Let us come before him with thanksgiving
and extol him with music and song.
- ³ For the LORD is the great God,
the great King above all gods.
- ⁴ In his hand are the depths of the earth,
and the mountain peaks belong to him.
- ⁵ The sea is his, for he made it,
and his hands formed the dry land.

Christ Episcopal Church

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find us on



Dear Friends,

I once had a legal colleague—let me call him Tim Holly— who would say, tongue in cheek, that everyone, before they did anything, should ask themselves, “Is this good for Tim Holly?”

For the past month, we have been doing something new in worship here at Christ Church. We have been observing a new liturgical season, “The Season of Creation.” That liturgical season will end on October 8th, with a Blessing of the Animals during the Sunday morning service. But I encourage you to not let go of this emphasis in your hearts and minds and actions. What would the world be like if, before any of us did anything, we asked ourselves, “Is this good for God’s creation?”

Before we cast a vote, if we research the candidates’ positions and actions with respect to the environment. Which choice is better for God’s creation?

Before we buy or rent a house, if we consider which option is best for God’s creation.

As we plan and prioritize activities, if we ask, “what is good for God’s creation?”

Life in many cases is choices between different imperfections. The objective of asking the question is not purity, or guilt, but awareness. If the answer to our internal question is, “No, this isn’t good for God’s creation,” our next question might be, “what is necessary for my flourishing? Is there a way to tweak my actions to be kinder to myself and to the rest of God’s creation?”

Dr. Craig wrote an article in the last Cross Current about TV ads for prescription drugs, and how they push and distract us from a

sober assessment of their merits. We are immersed in pushes from all directions. We are enticed into mindless purchases and reflexive actions. It is my hope that the hour spent in worship on Sunday mornings helps return us to our center; helps us take the pause before acting to ask, “Is this good for me and the rest of God’s creation?” For “God saw everything that he had made, and indeed, it was very good.” Genesis 1:31a.

Vicar Jaime



...From the Treasurer

Financial Facts—August 2023

	August Actual	2023 YTD Actual	2023 YTD Budget
Income			
Contributions	\$6,685.00	\$68,965.67	\$57,119.99
Other Income	\$70.00	\$8,771.05	\$11,196.67
Total Income	\$6,755.00	\$77,736.72	\$68,316.66
Expenses	\$7,740.05	\$67,914.12	\$71,707.99
Net (Deficit)	(\$985.05)	\$9,822.60	(\$3,391.33)



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



Thanks to our Bishop's Advisory Committee for spending a Saturday planning, organizing & strategizing! We appreciate all you do.

Parish Health Ministry

Can An Ingredient Found In Jellyfish Really Improve Your Memory?



In the last Cross Current I talked about television advertising for prescription drugs. This time I'm reviewing advertisements for over the counter medications, especially those calling

themselves "supplements".

It's important to remember that the regulation rules for supplements are far more lax than those for prescription drugs, which must undergo rigorous testing. That means that the supplement advertisements are full of rather dubious personal testimonies, some of which may cross the line into misleading statements'

I'd like to use one heavily advertised supplement, Prevacen, as an example. I expect most of you have seen Prevacen commercials. They usually feature a prosperous looking person or two who tells you how Prevacen has improved their mental acuity. They are paid for making these ads; that can be problematic. The ads say that Prevacen is clinically proven to work. Prevacen's manufacturer, Quincy Bioscience, has been investigated by the FDA and the FTC for misleading advertisements and for stating their products have been "clinically proven" to work. Let's take a look at how these ads are less than truthful.

Prevacen's effectiveness is not known. The effective ingredient—found in jellyfish!—is apoaequorin, a jellyfish-derived protein generated synthetically by genetically engineered bacteria for use in Prevacen. There are no clinical trials demonstrating that apoaequorin, when administered orally, is absorbed into the bloodstream and not simply broken down in the stomach. Therefore, no one knows if Prevacen is even absorbed and available to the brain.

The one published study of apoaequorin's effectiveness was done by the company, which has a strong vested interest in showing positive results. Although the manufacturer claims that the results demonstrated a positive improvement in memory, neuroscientists had

Parish Health Ministry *continued*

a different take on the results. They said the study didn't show that people who took Prevagen significantly benefited more than the placebo group. The study only included a little over 200 participants and only ran for 90 days. This number of people is far smaller than the thousands of people needed when testing a drug.

Another problem with this study is the types of tests the researchers used to test memory. None of the cognitive assessments used in this study were [standardized tests](#) used by healthcare providers to look for and diagnose memory loss conditions. Using non-standard tests makes the results difficult to interpret, so we can't make any definitive effectiveness claims about Prevagen. Finally, experts don't consider the findings of one small study to be clear proof of anything. It typically takes many large studies to confirm results. There are no peer-reviewed, independent clinical studies to support the health claims made by the makers of Prevagen.

You can see why the FDA and the FTC are concerned.

So can an ingredient found in jellyfish improve your memory? No, it's highly unlikely. There is no credible evidence to suggest that it does. My best answer to the question is: this is an expensive and untested supplement that won't work. Save your money and go for a walk—exercise has been shown to decrease your risk of dementia and a host of other physical problems.

Carol Craig

Parish Health Minister



Columbia County Habitat for Humanity Updates

New Ramp in Rainier

In August we met Michael, a veteran in Rainier, who was experiencing significant mobility issues. He told us that the steps up and down from his home were restricting him from going outside at all. Worried he would fall on the concrete, Michael was reluctant to leave his house. He asked if we could help, saying that even just being able to check his mail would make a world of difference. Our enthusiastic team of volunteer builders was able to meet with him and establish a plan to build a short bridge from his porch to his driveway allowing a safer passage to the outdoors. Michael is so excited and relieved to finally be able to walk outside his home!



ReStore News

After nearly 8,000 ballots cast for the Columbia County Readers' Choice awards, the ReStore won Best Antique/Thrift Shop. We were thrilled to hear of this great honor. Look for a write up in the Spotlight this September about the local winners!

Angela Carlson

Administrative Assistant

Columbia County Habitat for Humanity

We give you thanks, most gracious God,
for the beauty of earth and sky and sea;
for the richness of mountains, plains, and rivers;
for the songs of birds and the
loveliness of flowers.

We praise you for these good gifts,
and pray that we may
safeguard them for our posterity.

Grant that we may continue to grow in our
grateful enjoyment of your abundant creation,
to the honor and glory of your Name,
now and for ever. *Amen.*

Book of Common Prayer page 840



Blessing Woods Construction Wraps Up

Great progress has been made on the Blessing Woods Nature Park and Labyrinth. Native Plantscapes Northwest has been hard at work for the past month, building paths, berms, children's play area and the labyrinth. They will be pulling up stakes soon and plan to return in October to do the fall planting.

We have had some generous donors step forth with financial contributions, for which we are so grateful. If you are interested in learning more about donating, please see Vicar Jaime or Nancy Tarnai. Special thanks to Fred and Peggy Rolf for their donation of historic bricks for the patio area near the maple trees.

As the project continues to evolve, we watch excitedly to see these changes occur on the church property!



What is a Labyrinth and how do we use it?

We will have our own Labyrinth here at Christ Church in the Blessing Woods Nature Park and Labyrinth.

A Labyrinth is a geometrically designed walking path leading to and from a central point. There are no dead ends like in a maze. The point of a labyrinth is orientation. Labyrinths have been utilized for centuries to help with prayer and meditation.

Here are 4 ways to pray a labyrinth:

- 1) Ask God a question as you enter the path. Then, as you walk slowly through the twists and turns, listen for an answer. Let your steps and your silence invite the presence and guidance of God.
- 2) Start your journey to the center with confession (you may want to visualize your sins being left behind with every step you take). When you reach the center, journey out with affirmation (perhaps visualizing yourself picking things up or putting things on—like the righteousness of Christ, the smile of the Father, the purity of the Holy Spirit, etc.). Pause at the exit and give thanks for your cleansing journey.
- 3) Recite a breath prayer as you navigate the labyrinth, perhaps praying a different prayer on each leg or quadrant of your journey.
- 4) Lay down your burdens as you walk to the center of the labyrinth (perhaps laying down pebbles along the way as symbols of your worries or cares). In the center, pause to thank God for taking your burdens on himself ([1 Peter 5:7](#)). Then count your blessings and give thanks on the journey to the exit.

There are many more ways to pray the labyrinth. Try it and see what you like best.

Excerpted from <https://guideposts.org/prayer/how-to-pray/4-ways-to-pray-in-a-labyrinth/>

Blessing Prayer Shawls

In August we dedicated prayer shawls. If interested in helping, mark your calendar for Oct. 1 for an after-church meeting to discuss Prayer Shawl Ministry. Shawls are prayed over, then presented to people experiencing sickness or difficulties.



We welcomed the Rev. Esme Culver as supply priest on Sept. 17 while Vicar Jaime was on holiday.

Mutual Ministry and Stewardship

On September 9, 2023, your representatives in the management of this congregation, the Bishop's Advisory Committee (the BAC) gathered with Vicar Jaime and a consultant from the Diocese for a Mutual Ministry Review. The consultant asked us to share how things are going at Christ Church, where we experience God here, and ideas for the future. The BAC is going to gather again on October 21st to refine some of the brainstorming ideas.

This is a form of stewardship: stewardship of the life of the congregation. As the BAC's monthly review of the financial statements is stewardship of the money entrusted to the church by its members.

On November 5, 2023, the BAC will be hosting a luncheon after the service at which we will invite the congregation into this stewardship. *We will invite your active participation in our mutual ministry.*

Vicar Jaime

All your works shall give thanks to you, O LORD

Psalm 145:10a



49th Annual Arts & Crafts Faire Planning Meeting Set

So far we have received several applications for artist's tables at the 49th Annual Arts & Crafts Faire this year to be held on November 11th from 9am to 4pm. Our plan is to sell soup from the kitchen, so please plan to cook a pot of your best soup recipe in the church kitchen before the fair. We have been approved to sell soup at the fair this year provided it has been cooked in the church kitchen.

We will be having a meeting in the chapel on October 8th after church so please bring your ideas for this year's theme and to discuss any ideas that we may have about details about our traditional raffle basket and costs for soup and pies out of the kitchen. We will be providing lunch to the artists as we usually do, so we will need offerings for lunches and accompanying small desserts to top off a well balanced lunch.

Sherine has planned to provide logistics for artists' placement and Karen will provide the flyers for advertising. Nancy has offered to distribute them and post the flyer on the website and Facebook page.

Please come to the meeting if you can.

Cindi Caruso



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.



Prayer Shawl Ministry—Meeting for those interested
October 1 after the service.

Blessing of the Animals—Sunday October 8 at 10 am
during the service.

Arts & Crafts Faire Planning Meeting—October 8th after church
in the Chapel.

Mutual Ministry (Stewardship) Luncheon November 5,
after the service.

49th Annual Arts & Crafts Faire—November 11, 9 am to 4 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

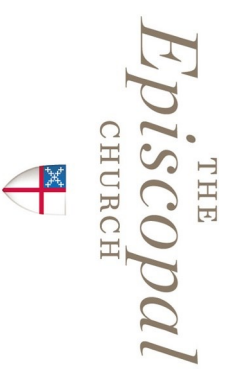


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welcomes you