



Cross Current

October-November 2024

- 1 **Hallelujah!**
I will give thanks to the LORD with my whole heart, *
in the assembly of the upright, in the congregation.
- 2 **Great are the deeds of the LORD! ***
they are studied by all who delight in them.
- 3 **His work is full of majesty and splendor, ***
and his righteousness endures for ever.
- 4 **He makes his marvelous works to be remembered; ***
the LORD is gracious and full of compassion.
- 5 **He gives food to those who fear him; ***
he is ever mindful of his covenant.
- 6 **He has shown his people the power of his works ***
in giving them the lands of the nations.
- 7 **The works of his hands are faithfulness and justice; ***
all his commandments are sure.
- 8 **They stand fast for ever and ever, ***
because they are done in truth and equity.
- 9 **He sent redemption to his people;**
he commanded his covenant for ever; *
holy and awesome is his Name.
- 10 **The fear of the LORD is the beginning of wisdom; ***
those who act accordingly have a good understanding;
his praise endures for ever.

Psalm 111, Book of Common Prayer page 754

Christ Episcopal Church

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

(503) 397-1033

find us on



Faith in Action

It has long been said that the true faith of a congregation is measured in how it acts during a time of clergy transition. Many congregations find this time as a time of decreased action and attendance. I am very pleased that this is not the case at Christ Church. This shows that the faith to God is alive and well here. We continue the work of the parish with strength and power. To me, this indicates that Christ Church is not a personality cult based upon a clergy person, but on God.

Look at what we do for a second:

- Services continue on a weekly basis
- The Altar Guild prepares the church for services including the wonderful flowers we see each week
- The servers and readers and ushers perform their duties in their usual fine form
- The BAC guides the parish with skill and love
- David enriches our services with great music
- Coffee hour offers us a chance to be a “family”
- The Arts and Crafts fair team is gearing up for a new year
- Shut-ins and the ill are visited and brought the Sacrament
- The nature garden is tended to and enjoyed by both people and animals
- The prayer chain prays daily for members and friends
- The Brothers and Sisters pray for the parish daily
- The parish continues to grow
- We have faithful and holy Priests to offer worship weekly in the interim
- Finally, the community is served



This is truly a faithful Christian community, and Christ is made visible in our action.

Lastly, I wish to say that I am very proud to be a part of this Parish.

In peace,

Kevin, SSAE

Transition News

Mother Esme has urged us to adopt a simpler, larger format for our service bulletin. The goal is to make it easier to follow the service, without having to fumble between seasonal and weekly bulletins. This change also required shifting to a single page layout, rather than the folded bulletin we were using. The BAC has been happy to hear positive comments about both the larger font and the easy-to-follow service. Our thanks for Susan Wellington and Carol Craig for their time and cheerful persistence in figuring out the new production. Thanks also to Mother Esme for introducing the new bulletin format.

During Mother Esme's training for readers and ushers, we discussed returning to offering prayers for specific congregation members. The idea has been widely welcomed. Most of you will remember that before the pandemic, parishioners could note requests for prayer on a form available in the narthex. During the service, we pray for the people named on this list. The weekly bulletin also will include these names. Each month we will start a new list. We aim to resume the prayer request form and the prayers in October.

Kathryn Brittain, who already activates the Prayer Chain, has offered to coordinate the service prayer list. For urgent requests, call her at (503) 438-5908 for prayer by the Prayer Chain. For other requests, add the name of the person needing prayer to the list in the narthex, or call Kathryn.

For church members who cannot attend our Eucharist service, Mother Esme and Patrichia Altimus are available to bring Communion to them at home. Contact Mother Esme to schedule a visit. (503) 522-8582

The Profile Committee has finished their work! After tweaks from Canon Chris Craun, they submitted the final draft Profile to the Bishop, who has accepted it. This is our job "advertisement" which is posted on the diocesan website and the national Episcopal site. To read our Profile, go to our church website StHelensChristChurch.org, open "Seeking New Vicar", and click the link to the diocese website. There you'll find another link to our Profile. Our document opens with a marvelous photo of our smiling congregation gathered at the altar rail.

Rebecca Fowler
Senior Warden



Who to Contact During this Transition

During our time without a priest, the members of the congregation are in charge of running things. If you have any questions or comments, here are the names of those on the various committees or office that are getting the job done:

Bishop's Advisory Committee (BAC)

Rebecca Fowler, Senior Warden

Nate McCord, Junior Warden

Cindi Caruso, Treasurer

Peggy Rolf, Clerk

Theresa Muth

Jennifer Warner

Profile / Search Committee

Kathryn Brittain

David Cook

Kathy King

Nate McCord

Theresa Muth, Committee Head

Peggy Rolf (Search Committee Only)

Nancy Tarnai (Profile Committee Only)

Pamela Vetsch

Other

Nancy Tarnai, Parish Administrator & Blessing Woods Coordinator

Susan Wellington, Office Volunteer (bulletins & directory)

Jennifer Warner, Altar Guild Director

David Lee Bassett, Pianist and Organist

Kathy King, Choir Director

Kathryn Brittain, Prayer Chain initiator

Judy Keck, Card Ministry

Karen Van Winkle, Cross Current newsletter editor.

...From the Treasurer



Financial Facts—August 2024

	August Actual	2024 YTD Actual	2024 YTD Budget
Income			
Contributions	\$4,490.00	\$62,796.00	\$50,453.33
Other Income	\$145.00	\$13,179.00	\$10,933.33
Total Income	\$4,635.00	\$75,975.00	\$61,386.66
Expenses	\$5,899.58	\$66,288.91	\$62,956.86
Net (Deficit)	(\$1,264.58)	\$9,686.09	\$1,570.20

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



Ecumenical Picnic & Potluck

The local churches we partner with on special occasions had an ecumenical picnic on Sunday, Sept. 15 at McCormick Park.



Let us give thanks to God our Father for all his gifts so freely bestowed upon us.

For the beauty and wonder of your creation, in earth and sky and sea.

We thank you, Lord.

For all that is gracious in the lives of men and women, revealing the image of Christ,

We thank you, Lord.

For our daily food and drink, our homes and families, and our friends,

We thank you, Lord.

For minds to think, and hearts to love, and hands to serve,

We thank you, Lord.

For health and strength to work, and leisure to rest and play,

We thank you, Lord.

For the brave and courageous, who are patient in suffering and faithful in adversity,

We thank you, Lord.

For all valiant seekers after truth, liberty, and justice,

We thank you, Lord.

For the communion of saints, in all times and places,

We thank you, Lord.

Above all, we give you thanks for the great mercies and promises given to us in Christ Jesus our Lord;

To him be praise and glory, with you, O Father, and the Holy Spirit, now and for ever. Amen.



Book of Common Prayer page 837

Parish Health Ministry

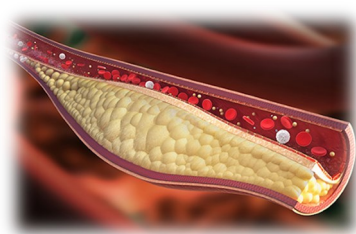
Why Be Concerned about High Blood Cholesterol?

A couple of months ago I wrote about high blood pressure; this time I'm going to talk about those rather confusing numbers that make up cholesterol in your blood. You know that it's better to have low blood cholesterol, but why, and what do all of those different types mean?

What is cholesterol? Cholesterol is a waxy, fat-like substance that is made by the liver and used in important processes in the body, including

- *Building new tissue and repairing existing tissue. Every cell membrane in your body contains cholesterol.
- *Producing steroid hormones, including estrogen and testosterone.
- *Creating bile in the liver. Bile, in turn, helps you to digest fat in your diet.
- *Aiding in the production of vitamin D.

So why worry about cholesterol?



Too much cholesterol in the blood can lead to fat ending up places where it shouldn't be, especially in your arteries. Cholesterol can build fatty deposits, (plaques), that narrow the diameter inside your arteries. The narrow diameter caused your blood pressure to increase as your heart has to push harder to get blood

through, and a plaque that breaks free can cause a stroke.

What are all those types of cholesterol?

- *Low-density lipoproteins (LDLs) carry cholesterol through your bloodstream. LDL is called "bad" cholesterol because high amounts can form plaques in your blood vessels, increasing your risk for heart disease.
- *High-density lipoproteins (HDLs) help protect you from heart disease. HDL is called "good" cholesterol because it carries cholesterol back to your liver, which is then excreted from your body.
- *Triglycerides are another type of fat that could build up in your body. They're the "building blocks" of cholesterol.

Why Be Concerned about High Blood Cholesterol? continued

It's important to know your numbers! Here's what to aim for in adults:

These are the guidelines from the American Heart Association

Total cholesterol Less than 200 mg

HDL cholesterol Ideal is 60 or higher; but, 40+ for males or 50+ for females is acceptable

LDL cholesterol Less than 100; below 70 if coronary artery disease is present

Triglycerides Less than 149; ideal is under 100

So, what can you do if your numbers are less than ideal? Will a low cholesterol diet work? What medications are safe and effective? I'll talk about this in depth in my next article, but in the meantime, remember the two things that I always seem to be recommending, no matter what your health concern may be: exercise and broccoli!

Carol Craig

Parish Health Ministries



Columbia County Habitat for Humanity Updates

Our Vernonia home is really taking off! We have our walls up and our trusses in place and we are working next on the windows, siding and soffits!

We also have a new Project Coordinator on board to organize our construction efforts with our new homes as well as our critical home repair program! Anna Dahlman has worked in construction for the past 11 years with both residential remodeling and new construction. She is also currently building her own home! We are pleased to have her on board and look forward to her direction with the many upcoming construction builds we have ready to get started! If you'd like to lend a hand with any of the upcoming projects, we can add you to our email list: volunteer@habitatcolumbiacounty.org

Angela Carlson
Administrative Assistant
Columbia County Habitat for Humanity



New Project Coordinator
Anna Dahlman.



Blessing Woods Nature Park Update

It's been a beautiful summer at the nature park and we are now easing into Fall. A big shoutout to the watering volunteers: Cindi Caruso, Peggy Rolf and Kathryn Britain! They kept the native plants moist all summer, spending hours carefully watering each plant. As the temperatures drop and rain returns, we will soon be rolling up our hoses to store for the winter.

If anyone would like to donate bird houses or bird feeders, please reach out to socialmedia@sthelenschristchurch.org or talk to Nancy Tarnai after church on Sundays.

This month, Native Plantscapes NW sent a big crew to:

- Dig out holly trees popping up in the forest
- Re-treat the stumps that are coming back
- Cut the taller grass down
- Weed the wetland
- Cut back the grasses growing in the paths
- Rake the leaves up onto the berms.
- Clean out the pollinator garden and scatter poppy seeds for next year.

Nancy Tarnai



A Native Plantscapes NW employee removes a tree watering bag from the maple near the labyrinth on Sept. 18.

Come Together to Celebrate

50 Years of Local Artistry!

50th Annual

Arts & Crafts Faire

Saturday November 9th

9 am to 4 pm

At

Christ Episcopal Church

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

Featuring unique handcrafted items!



*Enjoy a bowl of soup or
chili or a piece of pie and
browse the bake table
while you shop: cookies,
pies, breads and more!*

Save the Date!

Come Together to Celebrate 50 Years of Local Artistry 50th Annual Arts & Crafts Faire Saturday November 9

The 50th Annual Arts & Crafts Faire is coming up in November. The committee is working hard to make this a special one for the 50th!

Look in the Narthex for a signup sheet to help with providing goodies to sell at the bake table, help in the kitchen, making soups to sell, setting up tables, take down, and decorating.

We are also looking for items to add to the Raffle Basket. Please bring your items before November 9th. The basket is currently located in the Narthex.

THEME: LET'S HAVE FUN & CELEBRATE

Ideas for the Basket:

- Chocolates
- Hors d'oeuvres crackers w/ canned spreads
- Board games
- Movies or Movie tickets/streaming gift cards
- Hot chocolate/marshmallows with mugs
- Popcorn
- Scented candles
- Grocery store gift cards
- Picnic items (i.e.: tablecloths/blankets/)
- Badminton Game
- Pickle Ball Game
- Fun Recipe Books
- Fun Seasonal Décor

Contact Cindi Caruso or Sherine Amick for more information.



Celebrate the Feast of St. Francis of Assisi And Blessing of the Animals

Join us on October 6 for our Blessing of the Animals service. Bring your well-behaved furry friends, scaley sidekicks, aquatic acquaintances, and pals of the animal kingdom. If it is dry outside, we will all gather, humans and friends of humans in the Sanctuary. If it is raining, we will gather for the blessing in the Community Hall.



Church Buildings for Rent

Do you know of any nonprofits seeking space for meetings or events? We are making the Parish Hall and other spaces (including outdoors) available for rent for reasonable prices. Please contact Nancy Tarnai, socialmedia@sthelenschristchurch.org if you have ideas or questions.

Calendar



Sunday Services - Eucharist Sundays 10 am or Morning Prayer on the Fourth Sunday at 10 am.

Men's Fellowship Breakfast—First Saturday of the month at Warren Country Inn 9 am.

Celebration of the Feast of St. Francis of Assisi and Blessing of the Animals—Sunday October 6 during the 10 am service. See page 14 for more details.

50th Annual Arts & Crafts Faire—"Come Together to Celebrate 50 Years of Local Artistry" - November 9th, 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.

FYI



Our Website is: www.sthelenschristchurch.org
Email: office@sthelenschristchurch.org
Phone: (503) 397-1033
Search Facebook: Christ Episcopal Church

Mother Esme's Contact Information: esmejrculver@gmail.com
(503) 522-8582

To receive the "Cross Current" newsletter via email rather than printed or "snail mail" email us to be put on the list.



Christ Episcopal Church
PO Box 478
St. Helens, OR 97051

Home of:



BLESSING WOODS
NATURE PARK & LABYRINTH

THE
Episcopal
CHURCH



welcomes you