



Cross Current

February—March 2022



O God, whose glory it is always to have mercy: Be gracious to all who have gone astray from your ways, and bring them again with penitent hearts and steadfast faith to embrace and hold fast the unchangeable truth of your Word, Jesus Christ your Son; who with you and the Holy Spirit lives and reigns, one God, for ever and ever. *Amen.*

Collect for the Second Sunday in Lent, Book of Common Prayer

Christ Episcopal Church

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

(503) 397-1033

find us on



Reflection on Epiphany

O God, the strength of all who put their trust in you: Mercifully accept our prayers; and because in our weakness we can do nothing good without you, give us the help of your grace, that in keeping your commandments we may please you both in will and deed; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Collect for the Sixth Sunday after the Epiphany

Easter is late this year, so February is all Epiphany season. The gospel lessons for Epiphany are confusing to a linear mind: they jump all over time rather than following a narrative path.

Their common denominator is a revelation of Jesus' divine nature. So we begin with the miracle at Cana, with Jesus turning water into wine. We will hear of Jesus' claims for himself in the synagogue at Nazareth, and his claims for God's blessings in the sermon on the mount.

The sum of the readings invites us to look outside ourselves for the power of grace. To trust God.

This trust gives us strength for the journey. Bishop Steven Charleston, I think gets it right when he writes,

“The more we believe there is a force for good working alongside us, the more we are willing to keep going. We recognize our source of strength. We believe in a power that can do what we cannot do by ourselves.” *Ladder to the Light, page 21.*

I believe in God because I have experienced a force for good working alongside me, when I trusted myself to it. I believe that God is working alongside us as a congregation, also. God is inviting us to dream more boldly, trust more greatly.

We have been granted the message of God's love and experiences of God's grace. This spring, in book study, I invite you to talk about them. Then, I invite you to look in the world outside our walls and ask God to show us with whom we are invited to share that message of love, who is thirsty for God's grace.

O God, give us the help of your grace.

Vicar Jaime



...From the Treasurer

Financial Facts—December 2021

	December Actual	2021 YTD Actual	2021 YTD Budget
Income			
Contributions	\$6,676.00	\$84,874.60	\$81,965.00
Other Income	\$85.20	\$9,734.18	\$2,100.00
Total Income	\$6,761.20	\$94,608.78	\$84,065.00
Expenses	\$8,538.15	\$82,845.36	\$90,458.00
Net (Deficit)	(\$1,776.95)	\$11,763.42	(\$6,393.00)



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

Columbia County Habitat for Humanity Has New Partner Family

Dre is a single Mom, with a big heart. She has two children: Oscar and Lucy. She is also the stepmother to 3 other kids who she loves like her own. Dre is a Permits Specialist for an Arborist. The family loves hiking, camping and spending time together in the great outdoors.



Dre and her family moved in with her mom a couple of years ago to help take care of her dad who was battling cancer. Since his passing, the family has faced a number of challenges that have made it difficult to establish an independent home.

Throughout all this, Dre has discovered great inner strength.

Once selected, the family immediately dove into their required Sweat Equity requirements and you can frequently find Dre at the construction site pounding nails and lifting boards. They feel so blessed for this opportunity to grow together in a stable, safe, happy home.



Now that we have power installed on site, our milestone Wall Raising Ceremony is just around the corner. With the flooring foundation completed we will begin framing soon. Let us know if you'd like to stay in the loop with weekly construction updates:

info@habitatcolumbiacounty.org

Angela Carlson

Administrative assistant

Columbia County Habitat for Humanity



From the Senior Warden

In-person, Zoom only, hybrid services. We can't sing, we can sing but only a little bit. Wear a mask; not that one, wear a better mask. Keep your distance, don't congregate, don't even consider opening up the parish hall and firing up the coffee pot...

I get it and the BAC gets it; we all hate the frequently changing rules for worship due to the ongoing Covid-19 pandemic. The rules are frustrating to every one of us, BAC and congregation alike. For the BAC, we frequently discuss how to make our services meaningful while still protecting each member of the congregation. In every case of a decision, the BAC has leaned towards protecting each one of our members. We have followed and exceeded guidelines from the government and the Bishop to ensure the greatest safety for all.

Some of the changes have worked out pretty well, the Zoom service online means that those of us that can't get out due to illness, weather or other reasons is actually a meaningful way of participating in our services each week. I think as a church we can call the incorporation of this technology into our worship service to be a big success and I want to thank the entire team that has developed and implemented this complex addition to our worship services.

It will be time for an Annual Meeting again soon, tentatively planned for 23 March and I hope each of you will make plans to participate. There will be opportunities to replace some of the BAC team who have served out their terms and even gone over by a year or two so if you are willing and able, consider standing for your own term of service on the committee. Christ Church can use new input, ideas and enthusiasm to keep our church moving forward towards the future so please consider becoming a member of the Bishop's Advisory Committee when the opportunity presents itself.

I want to recognize Mother Jaime for her unflagging, reverent pastoral care throughout the pandemic and applaud her for her leaning and implementing all the new skills needed to provide meaningful services through the Zoom services and the related technology. None of us

expected to be using PowerPoint or video cameras or a laptop computer during our services yet she has not shied away but embraced these technologies to provide the meaningful services for each of us. Thank you Mother Jaime.

Spring weather is approaching as well as Easter and Mother’s Day and the blooming of the flowers that cheer us all. I’m looking towards spring and the warmth of the sun on my face and the opportunity to see your faces without masks, just as soon as we can assure the safety of all.

Nate McCord, Senior Warden

United Thank Offering



At our in-person service December 11, 2021, we had our fall in-gathering of the UTO boxes. We collected \$341.92 which was sent directly to the UTO organization. January 15th was the deadline for the different dioceses to receive grant requests. They will review the different grants and choose

one to send to the UTO organization for consideration of grant money. Each diocese can only send one grant request.

In the spring the UTO committee, consisting of priests and officials in the UTO organization, will review the different grants request and make their decisions. I will let you know some of the different grants once they’ve made that decision and have published that information PLUS the total of the money donated.

Kathryn Brittain

Parish Health Ministries

Alcohol—Healthy or Harmful?

Alcohol has been highlighted in the past decade as both good for our health and bad for our health. Depending on the source, alcohol in moderation—especially red wine—has been encouraged as having heart healthy benefits. Quite recently, alcohol of any type and any amount has been labeled as dangerous by *The Lancet*. If you're like me, you're wondering what is a safe amount, if any, to drink and can alcohol be a healthy choice? The Center for Disease Control's (CDC) *Dietary Guidelines 2020-2025* offers some basic guidelines. The CDC recommends no more than one drink for women or two drinks for men on days that they drink.

What is a drink? The answer may surprise you:



One 12 oz glass of beer=one 5 oz glass of wine=1.5 ounces (one shot) of distilled liquor.

Of course, beer and wine and distilled alcohol differ in potency, but it's helpful to use the basic guideline.

But there's more to consider. As we age, we change. Some changes are obvious—grey hair, more weight around the waist and wrinkles. Less obvious changes happen internally, and those changes affect our physical response to alcohol. As we age, we lose muscle mass. We also typically have less water in our body. That means an older person

who drinks the same as a younger person, or the same as they did in their younger years, will generally have a higher blood alcohol concentration. That puts more older adults at higher risks for falls, car crashes and other unintentional injuries that may result from drinking.

Recently, a British Journal, *The Lancet*, published a global study about the effects of alcohol that stated there is no safe level of alcohol. Those results were primarily about the relationship between alcohol

and cancer, and some people believe that the results may be overstated. As the American Cancer Society commented about this study, while we cannot say what is and is not a “safe” level of alcohol, in general less is better for everyone.

So where does that leave us?

If you don’t drink now, there’s no health reason to start. But if you enjoy drinking, be careful, especially as you age, with how much you choose to drink. The “standard” guidelines of one drink for women and two for men may be too much. I’ll talk about alcohol and medications next time.

Carol Craig

Annual Meeting Notice

The Christ Church Annual Meeting for 2022 will be held after church on

March 13, 2022

If you are interested in serving on the Bishop’s Advisory Committee, talk to Vicar Jaime or to Senior Warden Nate McCord.

The BAC decided to hold the Annual Meeting later than usual, in the hopes that it will be safe to meet in person in the parish hall.

Ash Wednesday Service

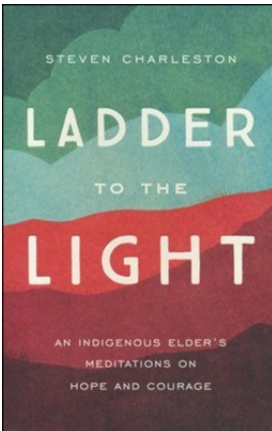


Please mark your calendars for an Ash Wednesday Service on **Wednesday, March 2, at 7 pm**. We expect this will be a hybrid service, with both in-person and online options.

Looking Forward to Lent

Dear Friends,

This Lent, I will be inviting you to join me in reading, thinking about, and discussing a book by Bishop Steven Charleston, *Ladder to the Light: An Indigenous Elder's Meditations on Hope and Courage* (Minn.: Broadleaf Books, 2021). Lent invites us to take our heads out of the sand and consider life as it is. Bishop Charleston accompanies that invitation with generous portions of love and hope. I am finding it inspiring, and I think you will too.



This is a book best discussed in small groups, and we will be forming multiple groups—some by Zoom, some at the church, and some in homes. Please come to the Annual Meeting, where more information will be shared. The discussion groups will begin the middle of March, and continue into Easter.

Our idea with home meetings is that each group will be able to decide what level of Covid precaution they are comfortable with.

Some groups might choose to all stay masked; some might choose to meet outdoors; some might be comfortable unmasking and sharing food.

If you would be willing to host a group, please let me know!

Vicar Jaime

Calendar

Evening Prayer via Zoom—Thursdays at 5 pm

Sunday Coffee and Conversation via Zoom—
9:30 am before the 10 am service

Ash Wednesday Service—Wednesday March 2 at 7 pm
Both in person and online options.



Annual Meeting—March 13 after the 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

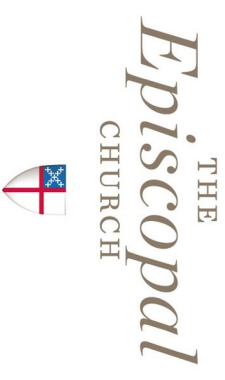


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To receive the Cross Current via email rather than printed or “snail mail” email christchurchsthelens@gmail.com to be put on the list.



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welcomes you