


March 2023

Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid. John 14:27

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 2 pm BINGO, Sickafoose	2 10 am Prayer, Sickafoose (Tom Muller) 2 pm Card games, Sickafoose	3 REIMBURSEMENT DAY NO treats today. Please drop off reimbursements in the office. 9:30 am Shopping, WINCO	4 10 am Mill Creek walking group, meet at Mill Creek Ct. mailboxes Drama presentation at Cascade HS 2 pm, \$5 Call ahead to reserve
5 10:30 am TCC Live Stream Worship, Sickafoose	6 10 am Hillside and Flatlanders walking group, Davis Hall 2:30 pm Wii Bowling, Sickafoose	7 10 am Prayer, Sickafoose (Bob Wright)	8 2 pm BINGO, Sickafoose	9 10 am Prayer, Sickafoose (Bob Wright) 2 pm Card games, Sickafoose	10 9:30 am Shopping, BIMART 1:00 pm Lucky Green Potluck, Mill Creek Activity Center	11 10 am Mill Creek walking group, meet at Mill Creek Ct. mailboxes
12 10:30 am TCC Live Stream Worship, Sickafoose 	13 10 am Hillside and Flatlanders walking group, Davis Hall 1:30 pm Birthday Celebration and hymn sing, Sickafoose 2:30 pm Wii Bowling, Sickafoose	14 10 am Prayer, Sickafoose (Don Campbell) Today is pi day, or 3.14 day. How about sharing a pie with a friend day?	15 2 pm BINGO, Sickafoose	16 10 am Prayer, Sickafoose (Don Campbell) 2 pm Card games, Sickafoose	17 HAPPY ST. PATRICK'S DAY! 9:30 am Shopping, WINCo 1:00 pm Knit and Sew White Octaplex	18 10 am Mill Creek walking group, meet at Mill Creek Ct. mailboxes
19 10:30 am TCC Live Stream Worship, Sickafoose	20 10 am Hillside and Flatlanders walking group, Davis Hall 2:30 pm Wii Bowling, Sickafoose	21 10 am Prayer, Sickafoose (Del Weaver)	22 2 pm BINGO, Sickafoose	23 10 am Prayer, Sickafoose (Del Weaver) 2 pm Card games, Sickafoose	24 9:30 am Shopping, WalMart	25 10 am Mill Creek walking group, meet at Mill Creek Ct. mailboxes
26 10:30 am TCC Live Stream Worship, Sickafoose	27 10 am Hillside and Flatlanders walking group, Davis Hall 2:30 pm Wii Bowling, Sickafoose	28 10 am Prayer, Sickafoose (Matt)	29 2 pm BINGO, Sickafoose	30 10 am Prayer, Sickafoose (Matt) 2 pm Card games, Sickafoose	31 9:30 am Shopping Grocery Outlet, Stayton	

Important Notice

We will no longer be delivering the TRH Directory with the monthly calendar. We will start passing out the directories at the RIM meetings, or you can pick one up from the office. Thank you!

Join us for a CELEBRATION and HYMN SING in Sickafoose on Monday, March 13, at 1:30 pm.

LOVE YOUR HEART WALKING GROUPS will continue! Yay!

Mill Creek area, the group leaves from the Mill Creek Ct. mailboxes at 10:00 a.m. on Saturdays with Carrie Morley, Kathleen Marshall or Ray Telfer for a casual, low impact walk in the neighborhood.

For the Cedar, Herald areas on the hill (Hilltoppers), and the **Chicago, Boise, Denver and First St** (Flatlanders) leave from Davis Hall at 10:00 am on Mondays with Angie Bartel or Elayne Neff. Please let me know if someone would like to lead a casual walk separately on the hill if you don't want to walk down to Davis Hall.



The Cascade High School drama department is performing Disney's *Beauty and the Beast*, the musical, March 4th at 2:00 pm. Tickets are \$5 each, but they are willing to give a group discount. It's coming up fast, so *it's IMPORTANT to RSVP by Friday, February 24* if you are interested and need a ride. Please call 503-743-2490

WHIMSICAL SEUSSICAL FUN! Turn into Laurie when done!

- 1) How many hats did Bartholomew Cubbins have?
- 2) Who did Horton hear?
- 3) Was Yertle a big green frog?
- 4) Thidwick had a big heart. What kind of animal was Thidwick?
- 5) What was Dr. Seuss' real name?
- 6) Where did the fish land after the Cat in the Hat Fell?
- 7) How many humps are on Mr. Gumps' Wump?
- 8) What was the site of the infamous Christmas heist by the Grinch?

TURN EVENTS

It is said that March comes in like a lion and goes out like a lamb. The storms can be loud, violent and unpredictable. They can rage on and on and change in an instant. The conversations I've had recently confirm that people have their lion-share of storms in their lives too. Do you know people who seem to have lion-sized storms, or others who are lucky as lambs with very little trouble? Do you fit into one of these categories? I overheard a friend comment to the other, "I don't know how you do it when it seems there is a constant storm in your life." The response was, "we take the good with the bad and just keep going, like everyone else."

I was thinking about that yesterday when the weather changed dramatically. I came out of the store to blue skies and a brilliant sun. I discarded my sweatshirt, donned my sunglasses and rolled down the car window. It was gorgeous. Not more than 30-40 minutes later, as we started home, there was a dramatic change. The sun was blotted out by dark, ominous clouds; lightning lit up the air; thunder cracked open the sky causing a deluge of rain, which turned into enough hail to fill the streets with slush, then snow, and rain again... all in a span of 15 minutes. By the time we got home, there was hardly a sprinkle and the sun was peeking out between the clouds again.

I don't know why some people seem to have more adversity than others, but I do think most people have a storm in their lives at some point. Turmoil comes and goes, but as humans, in the midst of chaos, we get sad and withdraw to protect ourselves. We grieve and cry into the rain; we get angry and rage at the wind; we shake our fists at the clouds and then... and then sometimes, almost as a last result, we close our eyes and breathe. God said, "be still and know that I am God." It takes faith and prayer. Answered prayers may look like the Holy Spirit working through a stranger's kind words and gracious gestures, or a friend's outstretched hand or embrace. Faith gets us through.

We cannot stop the storms. No amount of anger, sadness or withdrawal will change that. Nor can we run and hide. Sometimes we have to hold our sunglasses in one hand and an umbrella in the other because life just keeps revolving and evolving and we have to keep going... one step, one breath, one prayer at time.

Yesterday we laughed at the ridiculous weather pattern changes. Laughing at the absurdity of life helps in adverse times because it is easy to get caught up in the deluge and hunker down for protection. But as we look for the promises of redemption and resurrection we can rejoice in the life that He has given. And remember.... remember that there is always life after death, spring after winter, rainbows in the clouds. No matter how dark the sky, the sun is never far behind, because it is always there. Genesis 18:14 says, "nothing is too difficult for you, my God." After all, he made the lion and the lamb, the sun and the rain.

March on, my friends. This is a month of Dr. Seuss, spring buds, spring babies, clovers, rainbows and the beginning of the Easter season. We have trips planned, fellowship with friends, activities to keep us active, all with a sprinkle of laughter. So many blessings to embrace. Come one, come all, come share God's goodness with each other.



CHECK-IN: Last month I issued a challenge to call 5 people you don't know and start a conversation. If you haven't done it yet because it's a little out of your comfort zone, consider this: Recent studies done by University of Michigan and the National Institute of Aging found that loneliness and isolation has the same effect on our bodies as smoking 15 cigarettes a day. If you are feeling lucky to be alive to continue God's good work, spread that joy, speak to a stranger, ask how you can pray for them, invite them to the next TRH function. As the old phone ad used to say, "Reach out and touch someone!"