



# THE CIRCUIT RIDER

PORTLAND FIRST UNITED METHODIST CHURCH 1838 SW JEFFERSON, PORTLAND, OR 97201

August 26, 2005  
Volume 9, Issue 15

**PORTLAND'S  
FIRST  
CHURCH**

Established 1848

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Portland, OR 97201

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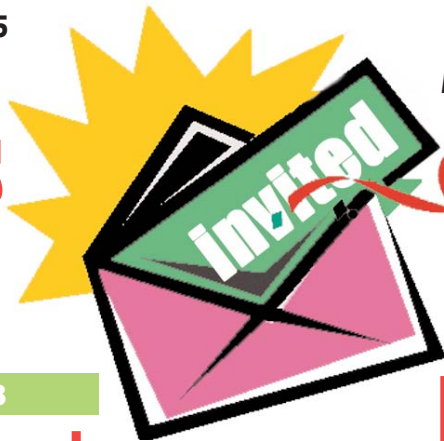
www.fumcpdx.org

**Sunday Worship**

10:30 AM



As a Reconciling Congregation, members of First United Methodist Church have pledged to welcome and support all who want to worship with us, regardless of race, gender, class or sexual orientation.



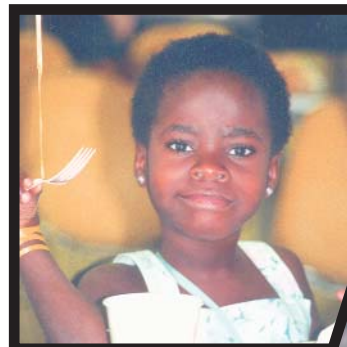
*God calls those of us at First United Methodist Church to be a caring and reconciling congregation. As disciples of Jesus Christ, we respond by sharing the good news of the Gospel through worship, music, study and prayer; by nurturing and loving one another, and by reaching out to our community and world. We seek, welcome and accept all persons, and we commit ourselves to one another and to God.*

*the **E** edition*

**A Guide to Our Church Community**

**FALL 2005**

We hope that in these pages you will find a variety of opportunities for you and your family to deepen your spiritual journey, experience God's love, connect with our faith community, find ways to serve in the larger community, and live out your faith in meaningful ways.



**VISIT OUR  
WEBSITE AT  
www.  
fumcpdx.  
org**



## A Note From the PASTOR



“R.S.V.P.” is endangered, according to language experts at the University of Washington.\* Few people seem to know it is an acronym for the French phrase, *Répondez s'il vous plaît* ("reply, please.") Fewer still take it seriously. The expert's advice? It's best to use plain English for your invitation, “Please reply.”

Think of how many times the Gospel writers remember Jesus inviting people to respond. He beckoned fishermen, tax collectors, everyday people to follow, called Zacchaeus down from a tree to the dinner table, and called children to come to him. He said God's reign was like a magnificent feast and everyone was invited, encouraged those who were burdened to come to him for comfort and rest. And we know that the Risen Christ continues to urge us to 'please respond' to God's grace.

Please consider this booklet an invitation to you and your family. In it are brief descriptions of the wide variety of groups, classes and activities that are planned for the next few months at First UMC. There are opportunities to grow in faith, enrich your spiritual journey, make music, find new friends, serve others and make a difference in our community and our world.

But this is far more than a call to participate in our congregation. It is an invitation to dedicate your life to follow Christ in ministry and service. We encourage you to experience the joy and happiness that can be yours through the transforming power of God discovered in a community of love and acceptance.

You are invited ... please reply!

In Christ,  
Arvin R. Luchs, Rel.D  
Senior Pastor

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## How you can

# PARTICIPATE ...

We hope that being a part of the First Church community touches your spirit. If you are interested in participating in one of the offerings listed in this guide, simply go to the program at the time, date, and location listed. If you have any questions or would like to learn more about a specific program, please call the church office at 503/228-3195.

### **About Child Care ...**

We offer loving childcare Sunday mornings from 9:00 AM to 1:00 PM. If you are interested in attending one of the special weekday classes, please call the church office to see if childcare is available. A \$5.00 donation per family is requested for non-Sunday events.

# STAFF

### **Senior Pastor**

Rev. Dr. Arvin Luchs  
503/228-3195 ext. 226  
aluchs@fumcpdx.org

### **Minister of Discipleship**

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### **Building Maintenance**

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bhendrickson@fumcpdx.org



# ADULT CLASSES AT FIRST

## ON-GOING SUNDAY MORNING CLASSES

### Fellowship of Seekers

This is an on-going class that seeks spiritual growth through study and discussion of writings by current and historic religious thinkers.

Throughout the fall, the class is delving into the Gospel of Luke using Tom Wright's book, *Luke for Everyone*. Discussions are led by class members each week following a time of fellowship.

Facilitator:

Eddie Jensen.

Schedule:

Sundays at 9:15AM in room 134.

### Changing Christianity

This group studies a variety of books throughout the year, using these materials as the basis for class discussion. The next book to be studied will be Bishop John Spong's *The Sins of Scripture*. This study began August 14 and will continue for about twelve weeks.

Facilitators:

Rev. Allyn Rieke, Bill Guyer, and Clifford Droke.

Schedule:

Sundays at 9:00AM in room 202.



## ADDITIONAL OFFERINGS AND SHORT-TERM CLASSES

### Guest Orientations Sunday Mornings

Every Sunday morning one of our lay leaders is available to meet with newcomers at the front of the sanctuary immediately following the worship service, so that you can learn more about First Church, answer any questions you may have, and take a quick church tour. Simply come forward immediately following the morning postlude.

### First Things First: An Introduction to First Church

If you would like to officially join First United Methodist Church, then this two-hour session and simple meal is for you. Learn about First UMC, what it means to become a member of this congregation, and meet others who are interested in joining. These introductory sessions will be offered: September 25, November 13, and December 11. For more information, contact the church office at 503/228-3195.

### Continuing the Journey: The Power of Holy Habits (3 sessions)

Meet others interested in becoming a part of the First UMC community, learn about the history and direction of First United Methodist Church, and discuss the habits that are a part of faithful discipleship. October 2005, and January, March, May, and July 2006.

### Practicing Spiritual Living within a Community of Faith (3 sessions)

This series will explore basic practices of spirituality as they relate to participating in a larger context of community life. Session 1-Understanding Spirituality: Seeing the Sacred in Everyday Life, Session 2-Spiritual Discipline: Many Paths, One Spirit, and Session 3-Communal Spirituality: Spiritual Gymnastics and Social Renewal.

Facilitator: Lowell Greathouse

Schedule: Sunday, September 11, 18, and 25 at 9:15 AM in the Fireside Room

### Faith & Money (4 sessions)

*Your Family and Money* suggests ways that parents can help children develop money management skills and values at an early age. Sessions examine talking about money, allowances, promoting independence, saving, and credit habits.

Facilitator: Janice Gratton

Schedule: October 2, 9, 16 and 23 at 9:15 AM in room 204.

### United Methodists: Open Hearts, Open Minds, Open Doors ... a motto or a reality?

Featuring Rev. Eric H.F. Law (September 16-17, 2005 at First UMC)

This event will raise awareness, develop trust in each other, break down assumptions, respect and celebrate our own culture and the cultures of each other, and learn how to open our hearts, our minds, and our doors. Friday, September 16 the session will begin with a Japanese Dinner at 6:00 PM in Room 202, continuing with an all day workshop Saturday, September 17 from 9:00 to 4:00 PM.

Cost: \$20. For more information, contact:

Lowell Greathouse at (503) 228-3195 x224 or [lgreathouse@fumcpdx.org](mailto:lgreathouse@fumcpdx.org)

... continued on page 4

## ADDITIONAL ADULT OFFERINGS AND SHORT-TERM CLASSES

### **Nurturing Christian Growth: A Spiritual Formation Group**

How do you create a well-balanced spiritual life? What do the various Christian traditions teach us about deepening our spiritual journeys? How can we become more intentional in practicing our faith? Each session provides a time for prayer, reflection, Bible study, and sharing.

Facilitator: Lowell Greathouse

Schedule: 8 weekday sessions, beginning Wednesday, October 12th from 10 to 11:00 AM in the Library.

### **Current Theology Meets the None Zone of the Pacific Northwest (1 session)**

Why is the main religious preference in the Pacific Northwest “none”? And what is happening with theological learning in our region? Dr. Lane McGaughy will discuss current trends and what the Northwest House of Theological Studies is doing to offer opportunities for theological study.

Facilitator: Dr. Lane McGaughy, George H. Atkinson Professor of Religion and Ethics at Willamette University

Schedule: October 2, 2005 at 9:15 AM in the Fireside Room

### **Rekindling the Joy of Living (2 sessions)**

In this class, we'll identify common responses to changes that challenge your assumptions, consider positive alternatives to stagnation in life, and work toward authenticity with one's self and toward others.

Facilitator: Rev. Penny Christianson, Psy.D. Resident, Samaritan Counseling Center

Schedule: Sundays, October 16 and 23, 2005 at 9:15 in room 160.

### **Understanding Poverty (4 sessions)**

Session 1: October 30 - *Look Here! Views from the Invisible Community...*

Plus the Sisters of the Road Café Homelessness display in Collins Hall following the worship service (Display runs October 30 through November 3, 2005)

Presentation of *Cold, Cold Ground* and dialogue with Sisters' photographers and speakers at 9:15 AM in the Fireside Room.

Session 2: November 6 - *Housing and Homelessness in Portland*

Guest: Rob Justus, Executive Director of JOIN

Session 3: November 13 - *Hunger in Oregon*

Guest: Norene Goplen, Director of Advocacy, Lutheran Advocacy Ministry of Oregon

Session 4: November 20 - *Dialogue on Poverty/Panel discussion: Where do we go from here?*

Facilitator: Lowell Greathouse, with special guest speakers

Schedule: Sunday mornings at 9:15AM in the Fireside Room



## OUTREACH AT FIRST

First Church has been involved in issues of social justice, global missions, homelessness and housing, stewardship of the earth, reconciling ministries, and a variety of emerging issues over the years. Active groups include: the Goose Hollow Family Shelter, Planet Church, Global Outreach, Reconciling Ministry, Church and Society for Social Justice, and Metropolitan Alliance for the Common Good, among others. First Church also supports a wide variety of community organizations financially, and there are opportunities to participate in study and work projects.

The Goose Hollow Family Shelter provides a special opportunity to volunteer in First Church's response to homelessness in our area...GHFS is a temporary emergency shelter set up at First United Methodist Church in 1994. Homeless families from throughout the metropolitan area are welcome here, and we serve up to 24 people nightly from November through April. Volunteer orientations will take place in October. If you would like to be a volunteer in the shelter visit the First UMC website at [www.fumcpdx.org](http://www.fumcpdx.org) or call the church office for more details 503/228-3195.



# SENIORS AT FIRST

## SENIOR ELECTIVES TUESDAYS OCTOBER 4 THRU NOVEMBER 1

This wonderful learning opportunity for senior adults meets for five sessions from 10:00 AM to 12:15 PM, beginning in the Fireside Room..

### Photography 101

Curious about digital photography? David O'Connor is a professional photographer and the teacher for this series. David is currently an instructor for Portland Community Colleges as well as a freelance photographer.

Tuesdays, October 4 -  
November 1.

10:00 AM -12:15 PM.

Fireside Room

\$15.00 Registration Fee

### Continuing Life's Journey

We have invited five pastors to talk about how they were led into ministry, how they have been involved in reaching out into the world, and where they see themselves in the future.

Speakers include:

Rev. Patricia Kessel,

Rev. Earl Riddle,

Rev. Al Rieke,

Rev. David Poindexter

Rev. Vern Groves.

Tuesdays, October 4 -  
November 1.

10:00 AM -12:15 PM.

Fireside Room

\$15.00 Registration Fee

## 55-ALIVE DRIVING COURSE

This driving course, sponsored by AARP, sharpens your skills and provides handy reminders and how-to's for the aging driver. No longer limited to just seniors 55 and over, this course is often used as a refresher course for drivers of any age.

October 13-14, 2005 from 9:00 AM - 1:00 PM each day

The \$10.00 cost is payable to AARP and reservations required.

To register, contact Debbie Morse at 503-228-3195, ext. 222 or [dmorse@fumcpdx.org](mailto:dmorse@fumcpdx.org).

Maximum attendance: 30 people - Leader: Irene Reid, AARP

## LOCAL EXCURSIONS

### A Day Trip to Cannon Beach - September 21, 2005

On September 21, 2005 enjoy a leisurely drive to the Oregon Coast in a luxury motor coach. You will have time to explore the beach, enjoy a sumptuous lunch and browse the many specialty shops before returning home. You are on your own for lunch and dinner. There is a good variety of restaurants in Cannon Beach from which to choose. We will stop at Camp 18 for dinner on the way back to the church. The cost is \$30.00, which includes: deluxe motor coach transportation and driver gratuity. A \$15.00 deposit is due by August 17 to hold your space. We will depart from the church at 8:30 AM on Wednesday, September 21 and return at approximately 7:30 PM.

### Autumn Fest Aboard the Mt. Hood Railroad - October 15, 2005

Enjoy a scenic ride in one of the eight railroad Pullman coaches. Wander to the concession car or experience riding in a red caboose with an open-air back as we meander through meadows, forests and fruit trees. Enjoy a live narration of the rich history of the Hood River Valley on our way to a layover in Parkdale. Upon arrival, there will be time to visit local cafes for lunch, do some shopping, and explore the Hutson Museum. The cost is \$22.00. This includes your Mt. Hood Railroad ticket only. Lunch is on your own. Please arrange with your carpool driver to cover the cost of fuel and parking. Parking is \$2.50 per vehicle. A deposit of \$11.00 is due by September 25, 2005 to reserve your space. SPACE IS LIMITED. We will leave the church by carpool at 8:15 AM on Saturday, October 15 and return to the church by approximately 4:00 PM.

### Christmas Ships at the Courtyard - Friday, December 16, 2005

Christmas Ships in Portland are a beautiful holiday tradition. Make plans now to experience this one of a kind Christmas event!

### Registration for Local Excursions

To register contact: Debbie Morse, First UMC. Phone: (503) 228-3195 x222 or by email at [dmorse@fumcpdx.org](mailto:dmorse@fumcpdx.org) If you have questions about Senior Adult Ministries at FUMC contact Lowell Greathouse. (503) 228-3195 x224 or by email [lgreathouse@fumcpdx.org](mailto:lgreathouse@fumcpdx.org)

### International Travel Opportunities

For information on national and international travel opportunities, contact Cheryl Luce at 503/380-8604. Informational brochures are also available in the church narthex.

# MUSIC AT FIRST



*The music program at Portland's First United Methodist Church provides musical excellence in all areas of church music. Our music extends the ministry of this church to the greater Portland community.*

## MUSIC OPPORTUNITIES FOR CHILDREN AND YOUTH

### The Cherub Choir

The Cherub Choir is directed by Janice Hauser and is for children from ages 3 through 7. This choir meets in Room 206 and rehearses from 9:30 - 10:15 AM on Sunday mornings.

### The Sound Seekers Choir

The Sound Seekers Choir is directed by Ronnee Edwards and is for children in grades 3 - 5. This choir rehearses in Room 136 from 9:30 - 10:15 AM on Sunday mornings.

### The Veritas Choir

The Veritas Choir is directed by Carol Young and is for sixth grade through senior high school students. They rehearse in Room 130 from 9:00 - 9:30 AM on Sunday mornings.

### The Genesis Ringers

The Genesis Ringers is directed by Karin McDonough and is for beginning bell players. They rehearse on Wednesday evenings in Room 130 at 6:30 PM.

### juBELLation

juBELLation is also directed by Karin McDonough and is the premiere youth handbell choir. They rehearse on Wednesday evenings in Room 130 at 7:30 PM

### First UMC Chamber Orchestra

First UMC Chamber Orchestra is directed by Angelo Honjas and is for youth of all ages that play an instrument. They rehearse on Wednesday evenings in Room 133 at 6:30 PM.

For more information about participating in the music program for children or youth at First Church, contact Kelly Qualls: 503/228-3195, ext. 235 or [kqualls@fumcpdx.org](mailto:kqualls@fumcpdx.org)

## MUSIC OPPORTUNITIES FOR ADULTS

### The Chancel Choir

The Chancel Choir sings for Sunday morning worship services and is directed by Gary St. John. The Chancel Choir rehearses on Thursday evenings in the Chapel from 7:30 - 9:30 PM. All are welcome to sing in this volunteer choir.

The Chancel Choir will begin its ministry with a Fall Choir Retreat on September 9 and 10, 2005 at Alton L. Collins Retreat Center. The Choir Retreat would be an excellent opportunity to become acquainted with other choir members and to experience the joy of singing!

### The Sanctuary Bell Choir

The Sanctuary Bell Choir is directed by Nancy Hascall. It rehearses on Thursday evenings in Room 130 from 6:00 - 8:00 PM. Experience ringing hand bells is necessary for this to be an enjoyable experience.

For more information about participating in the music program for adults at First Church, contact Kelly Qualls: 503/228-3195, ext. 235 or [kqualls@fumcpdx.org](mailto:kqualls@fumcpdx.org)





# CHILDREN & FAMILIES AT FIRST

## CHILDREN'S MINISTRIES FALL 2005

Children's Ministries enriches the lives of our church children through education and fellowship. With Sunday school, fellowship groups, enrichment times and more, our children grow and develop their faith in Jesus Christ and his community. First Church is also unique in its blending of children, youth and adults in intergenerational activities and programs. This community-building between the generations is essential in the development of children and so difficult to find in today's world. Our program is coordinated by a Children/Family Ministry Committee that meets on a monthly basis. All are welcome to join with the committee and participate in the events. For more information contact Agnes Zach, Children and Families Ministries Director, at (503) 228-3195 x227 or [azach@fumcpdx.org](mailto:azach@fumcpdx.org).

## SUNDAY SCHOOL

### Nursery

Opens from 9:00 AM - 1:00 PM each Sunday. Professionally staffed for our youngest children. The nursery has changing tables, rocking chairs and age appropriate toys for babies through toddlers. A number system alerts parents in the sanctuary if there is ever a need to return to the nursery during worship service.

### Fellowship

At 9:00 AM children are welcome to participate in the children's choirs or join with their friends in Room 210 for fellowship activities

### Sunday School Classes

Sunday School classes for children are available for twos through 5th Grade.

Classes start September 11 from 10:45 to 11:30 AM.

The teaching staff uses the Cokesbury, *Exploring Faith* curriculum.

## ESPECIALLY FOR PARENTS AND FAMILIES

Activities are planned on a monthly basis by the parents. Fellowship may include trips to the Pumpkin Patch, caroling, attending a play, or any other activity the volunteers create. Activities are also planned for the parents to enjoy time together as well.

### Food and Friends

Parenting fellowship that meets for dinner once a month. Nursery care provided for a donation. Everyone with kids of any age is invited to share in the fellowship and support of other First Church families.

6:00 PM - Once a month on Friday

Leader: Donna Clark

### Parent's Day Out

With the holiday's fast approaching, even great parents need a break, a rest, or time to sneak in a little shopping. The First Church nursery is open the first three Saturdays in December as well as Sunday, December 18, 2005.

Parent's Day Out will operate on the following schedule:

December 3, 10, 17. 9:00am -1:00 pm

December 18, Noon-4:00 pm

Cost: \$5.00 per child, maximum of \$20.00 per family

Preregistration required and scholarships are available.

### Faith & Money

(For more information on this class see "Additional Adult Offerings and Short-Term Classes" on page 4.)

### Family Celebrations

September 11: Welcome Back to Church!  
Children and Adult Sunday School programs begin

October 23: Celebration Sunday School!  
Displays, information and food sponsored by  
Children/Family Ministry

November 27: Christmas Faire and Chili Feed  
Crafts for children, chili for the family and more!

December 4: Third-Grade Bible Sunday

December 19: Sunday School Processional, Christmas Eve Service  
Practice, Caroling to our Homebound Members.

### Music Opportunities for Children

For music opportunities for children see "Music at First" on page 6.

For additional information, contact Agnes Zach, Children and Family Ministries Director at 503/228-3195, ext. 227 or [azach@fumcpdx.org](mailto:azach@fumcpdx.org)



# YOUTH AT FIRST

## SUNDAY SCHOOL FOR YOUTH

Sunday School is devoted to learning grounded in scripture and intended to help youth have a deeper faith. In all levels of education, we use the Wesleyan Quadrilateral and the Bible to explore the building blocks of discipleship, faith, stewardship, social justice, decision-making, mission, spiritual formation and caring skills.

### 6th-8th Grade

Class meets at 9:30 AM each Sunday morning. Using short-term studies, this group explores what their faith means to them personally and how that is expressed to the world at large.

### 9th-12 Grade

Class meets at 9:30 AM each Sunday morning. Asking questions, discussing current events, finding God in unusual places are the goals of this class.



## SUNDAY EVENINGS FOR YOUTH

Our UMY Group meets on Sunday evenings, with dinner included. The middle school group (grades 6 through 8) meets from 5:30 to 6:30 PM and the high school group meets from 7:00 to 8:00 PM. Dinner is provided by volunteers for both groups from 6:30 to 7:00 PM. Evening programs include faith based lessons, games, and occasional guest speakers.

## UPCOMING SPECIAL EVENTS FOR YOUTH

- September 11 - Crazy Tie Die Party to kick off the fall program.
- October 7-9 - Re-mix Vol. 2 - District Youth Event in Bend, OR
- November 27 - Youth will prepare and serve the food at the Christmas Faire and Chili Feed

For more information, contact Paul Adams, Youth Director, at 503/228-3195 x229 or [padams@fumcpdx.org](mailto:padams@fumcpdx.org)

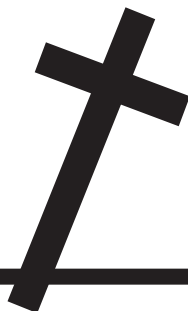


Late-breaking information on the youth program at First Church is maintained on the youth page of the church website



## CONFIRMATION CLASS

# 2006



Confirmation Class for 7th and 8th graders will run from January through March 2006. Beginning in January 2006, 7th and 8th graders will participate in six sessions of First Church's confirmation program. They will explore their understanding of God, discuss their experience of faith, and move toward membership in the life of the church. Each participant will be assigned a mentor to work with at the close of the program. For more information or to register contact Lowell Greathouse at 503/228-2895 x224 or [lgreathouse@fumcpdx.org](mailto:lgreathouse@fumcpdx.org)





# MORE OPPORTUNITIES

## Congregational Life

First UMC has a rich variety of fellowship opportunities and ongoing groups available. There are dinner groups, hiking groups, groups that meet in homes, and various work groups. In addition, a number of local groups meet at First Church, including: Twelve Step groups, Compassionate Friends, and PFLAG, among others. For more information about fellowship opportunities or the meeting times of other groups at First Church, contact the church office at 503/228-3195.

You also might be interested in ...

### The Shovel and Rake Gang

This fellowship group assumes responsibility for landscaping and care for the building and grounds of the church and meets each Thursday from 8:00 AM to noon - contact Jim McManus.

### United Methodist Women

This community of women meets monthly for fellowship, study, and participation in the global ministries of the church - contact Trudy Kayser.

### Reconciling Ministries

First Church has pledged to welcome and support all who want to worship and fellowship with us, regardless of race, gender, class or sexual orientation. For more information on specific events and activities, contact Paul Adams at 503/228-3195 x229 or Matt Taylor.

## ESPECIALLY FOR NEWCOMERS

If you are new, we hope that you will make First Church your church home ... a place where you can experience meaningful worship, wonderful music, and opportunities to learn and grow as a person of faith. We also hope that you will participate in one or more of the opportunities listed in this guide. If you would like to learn more about First Church or are interested in becoming a member, look for the following listings in this guide:

- Guest Orientations Sunday Mornings
- First Things First: An Introduction to First Church
- Continuing the Journey: The Power of Holy Habits
- The Church Commons.

## Pastoral Care

If you are in need of special pastoral care, contact Tom Foster, Minister of Pastoral Care at 503/228-3195 x233 or [tfoster@fumcpdx.org](mailto:tfoster@fumcpdx.org)

## Prayer Chain

First Church has an active Prayer Chain. If you have a concern that you'd like to have added, please contact the church office at 503/228-3195.

## Stephen Ministry

This ministry supports individuals in times of crisis and transition by providing caring Christian support and friendship. To receive services of a Stephen Minister, contact the church office or Tom Foster, Minister of Pastoral Care.

## First Church Library

Interested in reading good books? The Church Library contains over 6,000 books, audiotapes and videos-fiction and non-fiction-for adults and children. Subjects include theology, history, biography, psychology, prayers, devotional literature and much more. The library is open Sundays beginning at 9:15 AM, and for about a half hour after church. Books are available for use in the library as well for circulation. We encourage you to check us out! The library is located in the 100 wing of church.

## A Word About Parking

In addition to the parking next to the church, there is also parking available to the east of the sanctuary. Visitor parking and parking for senior citizens is specially marked near the front doors. The MAX and Tri-Met buses stop at First Church's entrance onto Jefferson Street.





- Confirmation 2006...
- Putting Faith to Work  
A Study of the Book of James
- Walking the Psalms
- Walking the Labyrinth
- Spiritual Retreat: Spiritual Autobiography
- New Senior Local Travel Opportunities
- More Senior Electives
- Mission Opportunities

## THE COMMONS

### LOOK FOR THE FIRST CHURCH COMMONS, BEGINNING OCTOBER 2, 2005

After worship, come to The Commons in Collins Hall. The Commons will have materials on a variety of the activities, events, and opportunities available at First Church .... books, materials, volunteer sign-ups...etc. Come by and browse ... explore ... sign-up.. and have a cup of coffee. You are invited!

#### Publication Deadlines

Articles for *The Circuit Rider* are due no later than 4:45pm on the Thursday before publication the following Wednesday. The next *Circuit Rider* will be published on **September 7, 2005**.

**Bulletin insert** information is due no later than 4:45pm on **Wednesday**.

**Sunday service participant** information for the Sunday bulletin is due no later than noon on **Wednesday**.

E-mail: [office@fumcpdx.org](mailto:office@fumcpdx.org) or place in the *Circuit Rider* box in the office.