



# THE CIRCUIT RIDER

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

*the* **E** *edition*

**August 20, 2005**  
Volume 9, Issue 15

## THIS SUNDAY

**AUGUST 14, 2005**

**WORSHIP**  
**10:30 AM**

*Sermon*  
Rev. Dr. Arvin Luchs

*Children's Time,*  
Agnes Zach

## OUR YOUTH IN SERVICE



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.



On Sunday, August 7, First Church Youth embarked on this year's mission trip to Campbell Farms in Wapato, Washington. We will be returning to Portland on Saturday, August 13. During the week in the Yakima Valley, we are serving God by helping others. Work projects on the schedule include housing projects, parks and recreation projects and other mission work, all while helping with the normal chores that come with a working farm.

We would like to take this opportunity to thank everyone at First Church for your support and help in making this trip possible. When we return we will be loaded with pictures and memories that we will be eager to share.

In the meantime, we are updating the website on a daily basis with new photos and commentary from the trip. Go to [http:// www.fumcpdx.org/youthmissiontrip/](http://www.fumcpdx.org/youthmissiontrip/) for your daily update.



## memo

Rev. Dr. Arvin R. Luchs

After a 20 hour marathon final day, the gavel has sounded adjourning the 2005 session of the Oregon Legislature-the second longest in state history. Pundits rushed to their word processors to proclaim it the “most productive,” “least productive,” “most secretive,” depending upon the fate of issues they have championed.

Like most of us, I found a few things to cheer and a number of disappointments. I recognize how difficult it is for our lawmakers, who are themselves so politically divided, yet must struggle to make good decisions in a glass pressure-cooker heated by both strong economic lobbies, ardent citizen advocates, and cumbersome legislative procedures.

I join a number of mental health advocates-including our own John Zuidema-in applauding the passage of legislation that mandates insurance companies to provide coverage for mental health care in parity with physical care. The legislation is a step in the long overdue acknowledgement that our psychological, emotional and psycho-social well-being is just as treatable and important as caring for our bodies. Hopefully it will help make competent professionals more accessible and affordable and lessen, a bit, the stigma that has kept so many from getting the help they need.

Zuidema is a retired psychologist who is an active volunteer in mental health advocacy groups in Washington County. In a brief conversation he relayed the struggle to pass the legislation in the face of stiff opposition from economic interest groups-especially the insurance industry. It took unusual coordination among a number of groups and individuals to convince legislators of the wisdom of 'parity.' Our state is, I believe, better for your efforts, John.

I would be remiss if I did not take the opportunity to underscore one of our congregation's most important partnerships with the Samaritan Counseling Center. The Center is part of a nationwide network offering high quality, professional counseling in settings easily accessible to those in need. They also offer a fee schedule that, in appropriate cases, can be adjusted for those with limited financial means. “Samaritan” is based in the Westminster Presbyterian Church building-but maintains a number of satellite offices mostly in churches around the metro area. They have leased space in our building for over a decade.

This is an important moment for Samaritan. The city-wide effort is in a leadership transition. Interim direction is in the capable hands of Janice Gratton-who has represented First UMC on the Samaritan Board for several years.

Counselors assigned here are changing as well. For several years Narayan Lincoln has provided very capable services-both to clients and to our church. In addition to her clients, she has led parenting education, marriage enrichment and leadership development workshops. She has intervened, at staff requests, to help a number of mentally ill visitors to our building. Her gentle spirit and willing counsel will be missed.

I was heartened to learn of two very capable clinicians who are slated to replace her (see accompanying article.) Lynn Jenks, a member of our congregation, is returning to First UMC's Samaritan office after a three-year absence. The Rev. Penny Christiansen is both a therapist and an ordained UM minister. She is already 'booked' to provide some special educational opportunities in the fall. We welcome them both to the “caring team.”

See you in Church!

Arvin

## notes

this & that

### STEPHEN MINISTRY

Stephen Ministry is a program of our congregation that equips lay members to provide distinctly Christian care to those experiencing all kinds of difficulties in life. It's not too late to join our next training class for Stephen Ministers. It will begin on September 13 and end on February 14, 2006. For a detailed listing of classes and times and more information regarding joining this class, please contact one of our congregation's Stephen Leaders: Bob Anderson - 503-296-5218, Joan Jozwiak - 503-848-6598, or Mary Jane Hendrickson - 503-639-7775.

### PLANET CHURCH GARDEN TABLE

Planet Church will be placing a “Garden Table” in the narthex throughout the summer. If you have garden items you would like to share bring them in. Then, if you see something on the table that you would like to take home, feel free.

### COMMUNITY OUTREACH/ SHELTER DIRECTOR

First United Methodist Church is seeking applications for the position of Community Outreach/Shelter Director. This full-time position will be responsible for developing and facilitating the outreach ministries of First UMC, operating and managing the Goose Hollow Family Shelter, and coordinating FUMC's emergency aid program for persons in need. A full job description can be found at our website: [www.fumcpdx.org](http://www.fumcpdx.org) Letters of application and resumes are due by August 22. Contact Lowell Greathouse at 503/228-3195 for details.

# adults at first

sunday classes

## THE FELLOWSHIP OF SEEKERS

Sunday mornings from 9:15-10:15 AM in Room 134. Looking for Bible study? Starting July 3, this class begins delving into the Gospel of Luke using Tom Wright's book, *Luke for Everyone*, as a guide. Everyone is invited to join in the discussion any week.

## CHANGING CHRISTIANITY

Sunday mornings 9:00 -10:15 AM in the Fireside Room. Discussion centers on living a Christian life in a world of change. They are beginning a discussion of the book: *The Sins of Scripture* by Bishop John Spong. Books available for purchase for \$16.50. Scholarships available. Everyone is welcome!

# out and about

social opportunities

## UMC HIKERS AUGUST HIKE

If you enjoy hiking you are invited to join us for the next hike on Saturday, August 27 as we take in the spectacular vistas and wildflowers of Bird Creek Meadows in the Mt. Adams area. The hike is between 4-5 miles long with moderate elevation changes. This is one of our more challenging hikes, but is also a favorite of the group. We will meet at 8:15AM in the First Church parking lot, to form carpools. Hikers should bring a lunch, snacks, plenty of water, wear comfortable hiking boots and dress appropriately for the 5,800 foot elevation. The cost will be \$6-8 for the entry fee and carpooling. Hikers should also bring \$3-4 for an optional snack stop in the afternoon. We should be back at the church between 5:00-6:00 PM. Please e-mail Paula Justice at [jpaula354@aol.com](mailto:jpaula354@aol.com) or call her at 503/524-3737 if you would like to participate or if you have any questions. All are welcome, but you must sign up to insure that we have enough transportation available.

## A DAY TRIP TO CANNON BEACH

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 to choose from for lunch. 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. To register contact Debbie Morse at 503/228-3195 ext. 222.

## AUTUMN FEST ABOARD THE MT. HOOD RAILROAD

On October 15, 2005 enjoy a scenic ride on the Mt. Hood Railroad. 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. To register contact Debbie Morse at 503/228-3195 ext. 222.

# umw

united methodist women

Co-presidents: Trudy Kayser 503/292-7528 and Virginia Bender 503/657-1181.

## SCHOOL OF CHRISTIAN MISSION

Thirteen was a lucky number for First Church at the recent Schools of Mission held at Willamette University. There were 13 of us studying the Children of the Bible and Pakistan/India.

## UMW READING GROUP

Final reports from the UMW Reading Program participants have been received from the following participants: Betty Lou Hare, Kitty Riddle, Lila Palmiter, and Hazel Balcomb. New officers and have been elected and installed. Ruth Green is now responsible for the reading program. Please return all future reports to her.

# can you help

first church youth

The Youth Program this fall will include classes for Middle Schoolers (6th through 8th Graders) and a separate program for the High Schoolers (9th through 12th graders). Of course, that means we need Teachers and Volunteers, and that's where YOU come in ...

### Middle School (6th, 7th & 8th grade):

Six-week classes on specific topics two teachers per week from 9:30 to 10:15 AM. Volunteer for two Sundays or more.

### High School (9th - 12th grade):

- Current events class
- Internet based.
- New topics every week.

We need First UMC adult that love in-depth discussions, opinions, biblically based answers.

### CONTACT PAUL ADAMS

at the church office or leave a comment on your Sunday Communication Card and he'll call you!

## samaritan counseling

by Jancie Gratton

Samaritan Counseling Center announces staffing changes for our office at First United Methodist. Narayan Lincoln, PMHNP, has left our agency to go into private practice. Narayan has been at FUMC for 4 years and said, "I am very sad to leave my connection to First UMC. While I wish to complete my career with a private practice, I have truly enjoyed my professional relationship with this church and the community it serves."

Two very experienced Samaritan Counseling Center therapists will be replacing Narayan at First UMC.

**The Rev. Penny Christianson, Psy.D** -Penny has been a United Methodist pastor since 1978. She has experience as a hospital chaplain, pastor, pastoral counselor, psychotherapist and addictions therapist. Her speciality is pre-marital and pre-commitment exploration, relationship and marriage enhancement, relationship difficulties, grief from major losses, job stress and career derailment, identity issues, and confusions over life goals. She will be available on Thursdays and Fridays at First UMC. Hours can be pre-arranged at other times of the week as well.

**Lyn Jenks, MA, LPA** - Lyn has been practicing psychotherapy since 1984. She is an Oregon licensed psychologist associate, an educator, and is an experienced workshop presenter. In addition to clinical practice, she was the Oregon State Director of "Can We Talk," a program for parents of teens. Lyn works with adults, both as individuals and couples. She works with depression, spiritual and life change issues, aging, grief, sexual abuse recovery, alcohol recovery, and parenting issues. Lyn also sees people for spiritual direction. She will be available on Mondays at First UMC. Hours can be prearranged at other times of the week as well.

For appointments, please call the Samaritan Counseling Center at 503/281-3318. Penny's extension is 43; Lyn's is 35. You can also call the church office and leave a message on the SCC extension at First UMC 503/228-3195 ext. 228.

## in the community

northwest ministries

You are invited to extend your caring hand to the people of Northwest Portland by providing the gift of mobility. Northwest Portland Ministries, Inc., a coalition of 11 churches and synagogues in our community providing volunteer transportation service to seniors and the disabled for over 25 years. Our congregation is a member of Northwest Portland Ministries. As a volunteer, you can drive your own vehicle or one of our vans as you take clients to medical appointments, shopping, senior activities, and other essential destinations. Important skills for this volunteer position are: reliability, a good driving record, courtesy, and flexibility. A criminal background check is required. Training, support, and recognition are provided to volunteers. Visit their website at [www.rideconnection.org](http://www.rideconnection.org). Call Dave Truman, at NWPM at 503/221-1224 if you would like to learn more.

## Who Are We ?

Dr. Raymond E. Balcomb

I have spent a lot of time in a quick (!) review of a reader's request for some comments about Methodist worship. I don't think that is exactly what he was looking for, but I thought it a necessary preliminary to addressing his real concern. That concern was about our current moves toward change in our worship patterns. In ours, as in many United Methodist Congregations, we are seeing a reversal of the 20th century's trend toward formality. We are moving in the other direction - toward informality. We have been having some "sample" "blended" services, and have been asked (via questionnaires) what we think about them. A lot people don't think much of them. And, if you asked them they would say they preferred a "traditional" service. By that they don't know it, but they are really saying they like a mid-to-late 20th-century Order. They mean singing well established hymns from the hymnal rather than some recent "songs." They mean singing "classical" anthems. They mean "proper" decorum. They mean a pipe organ or piano accompaniment. They mean well-established patterns, nearly fixed, rather than spontaneous actions. And I confess, I find myself among them. I am duty-bound to point out, however, that a different kind of worship is "blowin' in the wind." It uses "praise bands" (electronic guitars, keyboards, drums, bass fiddles) and a lot of microphones; its music is "happy-clappy" - more directly related to jazz and rock than to Bach or Handel. Its idea of an anthem is something modeled on a Bob Dylan folk song. Its devotees are given to personal involvement and expression, shouts of praise, "all right!", applause, and free form spontaneous motion like hands in the air, individual rhythmic undulations (like Ellen Degeneres'). It prefers words and music (usually of "spiritual" songs not old-fashioned hymns) projected on a big screen to a hymnal and a printed Order. An so on. I say it is "blowin' in the wind": At a semi-official meeting of the clergy at our recent Annual Conference the question was asked how many prefer traditional worship? And only about ten percent raised their hand! And the worship services of the Conference itself, at the specific request of our new Bishop, were of this "post modern" type. I still have more to say, but it will have to wait!

## music ministry our new choir conductor



We are excited to welcome Gary St. John to our music staff as the conductor of the First United Methodist Church Chancel Choir. He will replace Dr. Bruce Browne who has retired from conducting the choir. St. John will begin his work for us on August 15th, but will not conduct until September after the choir has its annual retreat at the Alton L. Collins Retreat Center.

People that have worked with St. John said, "Gary is a remarkable musician. He motivates and expects excellence." Another said, "Gary is one of the top professionals in the state. He has great interpersonal skills. You will not find another person with as much knowledge of literature of sacred music."

St. John received his Bachelors of Music Education from Northern Arizona University and his Masters Degree in Choral Conducting from the University of Oregon. In 1991, after twelve years at Gresham High School St. John moved to Sam Barlow High School where he conducts five choirs and is Division Chairman for Fine and Performing Arts. His choirs are known for their innovative programming and excellent performances. They rate highly at the State Choir Championships each year.

## WELCOME GARY ST. JOHN

For the past twelve years St. John has toured with the Oregon Ambassadors Honor Choir as one of their conductors. This group of two hundred teens sing in venues across Europe.

St. John conducted the Chancel Choir at the Gresham United Methodist Church for ten years.

Please take the time to meet and welcome Gary St. John to our music program at First Church!

## fall concert the columbia symphony orchestra

Portland's Columbia Symphony Orchestra announces its 24th season, Players' Choice. The concert series is performed at the First United Methodist Church, 1838 SW Jefferson St and repeated in the **Sundays at 3** series at the Good Shepherd Community Church, 28986 SE Haley Rd, in Boring. Huw Edwards is Music Director and Conductor.

Highlights of the next season include the Bach's Concerto for Three Violins, a concert of all Beethoven, a world premiere by local composer Tim Stephens, Appalachian Spring performed with Dance West from Arts & Communication Magnet Academy, and the return of pianist Benjamin Kim.

For tickets and information, please see the orchestra website at [www.columbiasymphony.org](http://www.columbiasymphony.org) or call 503/234-4077.

The first concert of the new season will be September 30 & October 2, 2005: "Symphonic Spectacular."

ELGAR *Pomp and Circumstance March No. 4 in G major*  
DVORÁK *Symphonic Poem, The Golden Spinning Wheel, Op.109*  
BACH *Concerto for Three Violins in D major, BWV 1064R*  
With Ellen Cockerham, Clarisse Atcherson, Mary-Julia Wilson  
BRITTEN *Four Sea Interludes from Peter Grimes, Op. 33a*

Other concert dates in the season are: November 4 & 6, 2005 and April 21 & 23, May 25 & 26, 2006.

## reconciling ministries

Oregon-Idaho Reconciling United Methodists will meet Saturday, September 24, 2005 - Morningside UMC, 3674 12th St SE, Salem OR. This gathering will be facilitated by the Rev. John Schwiebert of Metanoia Peace Community, Portland.

The event will begin at 3:00 PM with a time of greeting, sign in, administrative issues, and agenda prioritizing. At 3:30 PM, there will be a discussion of conscience around power, our willingness to risk, limits of tolerance, how we stand together, and true reconciliation. The event will conclude with a 5:30 PM potluck supper (beverages and table settings provided) and 6:00 PM worship service. All with open hearts and open minds are welcome at this open-door meeting. Invite your UM friends and associates.

# around the parish

prayer concerns and expressions of thanks

## Our prayers are with ...

*Our youth and their Mission Project* this week at Campbell Farms in Yakima, WA;

*Alice White*, whose husband, Walter, died August 2005, services will be Saturday, August. 20 at 11:00 AM in the First UMC Chapel;

*Robin White and her family*, who are experiencing crises;

*Dr. Catherine Smith*, who is in St. Vincent Hospital;

*Pat & Al Rieke*, traveling to North Carolina to move Pat's widowed father to Oregon.

*Dan Alger*, returning home from the hospital;

*Kayla Carruth*, in the death of her uncle Truett Jones in Louisiana.

## Continued prayers for ...

*Jane Rhodes, Agnes & Dick Clark, Erik Iverson, Tom Iverson, and Pat Rieke*

## We rejoice upon the recent marriage of ...

*Dr. Norm Zeller and Marie Lindsay* on Sunday July 31, 2005. Marie is the mother of Anne Kayser.

# thanks

to the congregation

## FROM MARILEN MCGILL ...

I would like to express my appreciation for the support from First UMC during my recent injury and especially to Elizabeth Walton who acted as my "private duty nurse" the first few days I was home from the hospital. The visits, cards and telephone calls were much appreciated.

## HA HA HA HA HA HA HA HA HA HA

A very young Baptist boy and very young Catholic girl decided to go skinny dipping on the way to church. Their parents had warned them never to attend the church of the other but had said nothing about skinny dipping. Emerging from the bushes the little girl remarked, "I didn't realize how different our religions were!"

## 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 or place in the *Circuit Rider* box in the office.