



THE CIRCUIT RIDER

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

March 22, 2006
Volume 10, Issue 06

THIS SUNDAY

MARCH 26, 2006

WORSHIP
10:30 AM

Sermon
Rev. Dr. Arvin Luchs
Children's Time
Annie Heart



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.

congratulations CONFIRMANDS



On Sunday, March 19, 2006 eleven of our First Church youth were brought into the church as members. Two more will join the church on Sunday, April 23, 2006. We congratulate these youth and commend Paul Adams, Director of Youth Ministries at Portland First UMC. He has done an outstanding job connecting our confirmands with adult mentors. This program has assured that our youth are forming a significant bridge with the life and ministry of First Church. Please welcome these young people into First Church membership.

CONFIRMAND	MENTOR
Emily Wright	Martha Connell
Matt Fricke	David Clark
Sarah Williams	Josh Martin
Emily Schechtman	Lisa Naito
Caroline Tawney	Kim Mallory
Mary Dahn	Colleen Foster
Michael Hall	Tyler Joki
Kyle Kempton	Cal Brockman, Jr.
Taryn Evans	Paul Nickell
Chelsea Evans	Pam Moyers
Kristin Sellers	Jennifer Martin
* Keely Vedanayagam	Matt Taylor
* Isabel English	Allison Anderson
* To join on April 23, 2006	



Supper will be served from 5:30 to 6:30 PM in Collins Hall, program 6:30 to 7:30 PM.

Wednesday, March 29 - Volunteers in Mission: Gulfport, Mississippi
Come hear the exciting report of our own Volunteer In Mission team upon their return.

Wednesday, April 5 - Our Heritage of Service
Dr. Steven Lewis, who is the Program Director for the Northwest House of Theological Studies, will be our featured guest speaker.



memo

Rev. Dr. Arvin Luchs

They are said to be the epitome of jigsaw puzzles—challenging and elegant. Stave Puzzles are produced in a small shop in Vermont.* All are hand cut from fine wood with hand painted pictures. Each puzzle comes in its own simple blue and green box—some may be as few as 75 pieces—others thousands. They are not cheap. Prices range from several hundred to tens of thousands of dollars. Assembling them can be daunting—they may include “dropouts” (empty spaces that no pieces fill), “phony corners” (pieces that look like corners but fit into the interior), and “whammies” (abutting pieces that take a third piece to lock them into place.) More sophisticated models include layer pieces that ‘pop-up’ or 3-D components. Stave has even been known to produce an ‘April Fool’ puzzle for regular customers that contain pieces that will not fit no matter what you try.

Some of the puzzles have a straightforward solution, others can be snapped together in many ways—but only one is correct. But once correctly assembled, the pieces fit so closely and strong that the puzzle can be picked up without fear of it falling apart. There is, however, one consistent dilemma with a Staves puzzle. Staves never provides a picture to help the customer solve it. The best you can do is invite someone else to help.

A friend and colleague, Dr. Glenn Davidson used to say that our lives are like a giant jigsaw puzzle. This pastor, physician and psychiatrist suggested that our knowledge, experiences and feelings are pieces that we carefully assemble into a pattern of meaning and purpose that gives us balance and identity. Put together carefully, the puzzle is strong and durable. However, when we are struck with trauma (illness, death, an accident, betrayal, emotional turmoil, and the like) the puzzle we have been carefully assembling gets tossed up, the pieces scatter, and we have to go about the business of putting it together again—sometimes with new parts! And, just like a Stave puzzle, there is no picture to help us get it back together right.

Thankfully, there are some people who can help us when we need to reassemble our spiritual and emotional lives. For some, those are close friends, confidants, even family. Others find it helpful to share the challenge with capable professionals.

A vital—but sometimes overlooked—source of help in our congregation is the Samaritan Counseling Center. For many years Portland’s Samaritan program has placed highly skilled professionals to counsel from our building (their office is just above the Max entrance.) Many clients find that their health insurance can offset the hourly cost of counseling—much like they pay for physician visits. Others are not adequately insured, and so this program can offer reduction in fees. This is possible because they keep their overhead low and seek grants and contributions.

Last week it was announced that three counselors will be working from our offices on alternate days. *The Rev. Dr. Penny Christianson* holds a doctorate in Psychology and is an ordained United Methodist Minister who has worked with addictions, losses, job-related issues as well as marriage and relationship stresses. (She has made available a wonderful series of ‘help’ brochures in our narthex literature rack—check them out!) *Leslie Williams, LPC* specializes (among other things) in issues particular to people who are gay/lesbian/bisexual/transgender or questioning. *Mark Weinmeister, MSW, LCSW* also has wide experience—but some special experience working with adolescents.

You can find out more about the Samaritan Centers and view profiles of the counselors on the web at, www.sscpx.org. Or you can call 503/281-3318 for information and appointments.

Hopefully the puzzle that is you is so well assembled that it’s beauty and strength will serve you a lifetime. But, should something unexpected cause it to fall apart; it’s nice to know that there are people to help you put it back together—even without a picture!

See you in Church!

Arvin

* Méndez, Teresa, “Deep Inside the Piece Process,” *The Christian Science Monitor*, Friday, March 17, 2006, pps. 11, 16.
On the web visit, www.stave.com

adults at first

sunday classes

THE FELLOWSHIP OF SEEKERS

Sunday mornings from 9:15-10:15 AM in Room 134

This class is discussing the book: *A Hidden Wholeness: The Journey Towards an Undivided Life*, by Parker Palmer. Everyone is welcome!

CHANGING CHRISTIANITY

Sunday mornings 9:00 -10:15 AM in Room 202.

This class is studying *Religion and Public Life in the Northwest: The None Zone*. Copies will be available for purchase.

SHORT-TERM CLASSES

STREAMS OF LIVING WATER:

CELEBRATING THE GREAT TRADITIONS OF CHRISTIAN FAITH

Sundays, April 9 through June 11, 2006

from 9:15 to 10:15 AM / Fireside Room

Using Richard Foster's award winning book *Streams of Living Water*, this class will look at six dimensions of faith and practice that define the Christian tradition. Each historical movement emphasizes a different aspect of life and faith. They include the contemplative, holiness, charismatic, social justice, and incarnational dimensions of our faith. This study will examine these movements through the stories and living examples of faithful people whose lives defined each of these "streams." Rev. Lowell Greathouse will lead the discussions.

FOR THE PEACE OF THE WORLD

When: Sundays, April 23 through June 4

From 9:15 to 10:15 AM in Room 204

What does the Gospel of Jesus teach us about individual and collective peace-making in today's world? This six-week study: *For the Peace of the World*, is a Christian Curriculum on International Relations and will be taught by our Director of Outreach, Annie Heart.

PALM SUNDAY

Craft Fair

APRIL 9, 2006

On Palm Sunday, April 9, children of all ages and their families are invited to come to Collins Hall following worship for a Craft Fair. There will be craft activities for children of all ages. The First Church Youth will be providing a Sandwich Buffet. Donations will be accepted for the craft activities and the sandwiches.



umw

united methodist women

The UMW Unit Gatherings are held the first Wednesdays of each month. All women are invited. Co-presidents:

Trudy Kayser, 503/292-7528,

Mary Covert, 503/652-6480.

UMW EXECUTIVE BOARD

The UMW Executive Board will not meet in March.

CIRCLE OF FRIENDS

The Circle of Friends will not meet in March.

UMW UNIT GATHERING

The UMW Unit Gathering will be Wednesday, April 5, Fireside Room at 10:00 AM. An offering will be taken for Call to Prayer & Self Denial.

At 11:00 AM we will have a program:

Insights Teen Parent Program. Our speaker will be Belle Bennett, Development Director for *Insights*, a non-profit program whose purpose is to create "a climate to provide options for positive change for young families." Serving Multnomah County, the *Insights* program has many ways of assisting young parents and their children, striving to change the cycles of poverty and violence out of which they often come. We will have lunch at noon. Bring a sandwich, dessert and beverage provided.

Contact: Colleen Foster, 503/641-3479

CHURCH WOMEN UNITED

Church Women United will have their Spring Forum on Thursday, April 6, at 9:30 AM at the Maranatha Church of God, 4222 NE 12 Ave., Portland. The program is: *Creating a Legacy* with speaker Anne Kister from the Providence Hospice Program

Contact: Betty-Lou Hare

METRO DISTRICT

The Metro District UMW Spiritual Growth Retreat will be April 21 or April 22, one day retreat and Conference President, Carole Sullivan will facilitate.

Contact: Crystal Oliver, 503/598-7863

MARK YOUR CALENDAR:

The UMW Quilt Luncheon will be Friday, April 28, 2006

forums @ first

addressing important issues

GLOBAL WARMING: A SCIENTIFIC AND POLITICAL UPDATE

Sunday, April 30, 2006 in the Fireside Room
from noon to 1:30 PM.

Light snacks and refreshments will be available. Child care available.

The Planet Church Committee of Portland's First United Methodist Church is pleased to present Dr. Eban Goodstein, professor of Economics at Lewis and Clark College. His talk, *Global Warming: A Scientific and Political Update*, will address what many have described as the most serious problem facing us today. Dr. Goodstein is the author of numerous books on the environment, including the 2004 textbook, *Economics and the Environment*. He has also written for *Scientific American*, *The New York Times* and *The Economist*, and has spoken extensively on the subject of global warming.

For more information, contact Annie Heart at aheart@fumcpdx.org or 503/228-3195 ext 215.

HEALTH CARE FORUM FOLLOW UP

The Health Care Forum on February 12 was a huge success. It got many of us to thinking about how to significantly improve the current "broken health care system." Many signatures were gathered for Ballot Initiative Measure No. 40; a measure designed to place into the Oregon Constitution an "obligation for the state to ensure that every Oregon resident has access to effective and affordable health care as a fundamental right." By law, the amendment will, "require the state legislative assembly to adopt a plan that incrementally expands health care coverage not later than July 1, 2009." If you have not signed the Ballot Initiative No. 40 or if you would like to work at securing signatures from others, please contact me at: odpomeroy@msn.com. Many thanks to the over 80 people who attended the forum. More information regarding progress toward a more just health care system in the State of Oregon will be forthcoming. Meanwhile you may wish to visit former Oregon Governor Kitzhaber's web site at <http://www.archimedesmovement.org>.

FAMILY OF FRIENDS: FAMILIES MENTORING CHILDREN

When: Sunday, April 23

Noon to 1:30 PM

Where: Fireside Room

A large number of children in the United States are living in situations that destroy their chances of growing into healthy, productive human beings. "Mentoring in America," research sponsored by the AOL Time Warner Foundation, found that there are 17.6 million young people who need or want mentors. Families like yours can make a difference in the life of a child who is growing up in poverty and community violence. Family of Friends is a program that matches volunteer families with six-to-nine-year-old children in need. The families serve as "mentors," or "guides" encouraging the child's positive growth and development. This forum will introduce you to this wonderful, life changing program. Kersti Pettit-Kekel, First Church Coordinator for Family of Friends, and Kris Linden, Executive Director of the program, will be on hand to discuss this important program and answer your questions. The definition of family is all-inclusive. Come and learn more!

kids
at first church



LENTEN SERVICE PROJECTS BIG SUCCESS

This year, the 3's through 5th grade Sunday School classes focused on giving of themselves during Lent. This included: serving at coffee hour after church, writing letters to the children of our partner church in Gulfport, Mississippi, writing and praying for our homebound members and writing thank you notes to Sunday School teachers. Our goal was to demonstrate that children can be active in service to others. It is often easier to bring a can of food or part of your allowance to give someone, it is the time you give yourself that has the most meaning. Thanks to Erin Riley for coordinating coffee hour times for us, Dee Poujade and the Volunteers in Mission that provided names for Handsboro families and to Rev. Tom Foster for his insight on our homebound members. A special thanks to all of the families and children that gave of themselves during Lent.

VBS INFORMATION

Vacation Bible School:
Treasure Seekers!
June 15 and 16, 2006
9:00 to 3:00 pm
(before/after care available)
Kindergarten through
5th grade only
Located at First Presbyterian,
downtown Portland
\$25.00 per child for three or
fewer children

Registration materials will be available soon. Volunteers are always encouraged to sign up!



this & that

items of note

SUNDAY, APRIL 9

Palm Sunday Service at 10:30 AM

We celebrate the Triumphal Entry of Christ into our lives. Also in this service we will be welcoming new members into the life of our church.

Children & The Palm Sunday Processional

On Sunday, April 9, all children are asked to meet in their classrooms by 10:15 AM to participate in the Palm Sunday Processional. Purple shirts will be provided to wear in the processional. We will enter the sanctuary following the Chancel Choir, under a palm canopy. Once at the front of the sanctuary, we will listen to the Children's Story and receive palm crosses to keep for the year. We will also hand these out to the congregation before returning to our Sunday School classes.

THURSDAY, APRIL 13

Maundy Thursday Service at 7:00 PM

In this service we will share in the communion of the Last Supper. This service will feature the music ministry of our Chancel Choir. (Sanctuary)

FRIDAY, APRIL 14

Good Friday Service at 7:00 PM

Come to this special dramatic service reflecting on the death of Christ. (Chapel)

SUNDAY, APRIL 16

Easter Services at 9:00 & 11:00 AM

Come celebrate the joy of Christ's resurrection.

Please note that Children's Sunday School is provided after each service for 2s through first grade only.

Children's Easter Egg Hunt

After each service (9:00 and 11:00 AM) there will be an Easter Egg Hunt in Beckham Court near the sanctuary for children age 2 through first grade.



TOUR OF ITALY

First Church Travelers and Friends will be touring Italy in September. Visit the classic cities of Italy: Rome, Florence, Venice, and the Amalfi Coast, Isle of Capri, Pompeii, Pisa and Stresa in the Lake District. This tour will be unforgettable, enhanced by the opportunity to experience Italy with friends--and make new ones. The tour departs September 18, 2006 for 13 days. Very few spaces are available with prompt registration, including a space for a female roommate for a single woman. The cost of \$3,999 includes no-questions-asked insurance, air from Portland, and a portion contributed to First Church. For information, contact Cheryl Luce at 503/380-8604.

MS WALK

Join the Kaiser Permanente Team and walk with us to fight Multiple Sclerosis on Saturday, April 8, 2006 at Portland's Pioneer Courthouse Square at 10:00 AM. The walk routes are designed to feature beautiful scenery and provide you with a safe and fun-filled day. The length of the route is about 3 miles and fully accessible Check-In one hour before the Start Time to enjoy the morning festivities! Don't be late! For more information, go to the website at: http://www.nationalmssociety.org/ORC/event/event_detail

GREETERS NEEDED FOR HOLY WEEK

Greeters are needed for Holy Week. Greeters are needed for Maundy Thursday (April 13) and evening service on Good Friday (April 14). We also need greeters for the 9:00 and 11:00 AM Easter services on April 16. Sign up sheets are available on the windows across from the church office. Your participation will be appreciated. Thank you, Pat Rieke-Greeting Coordinator.

FITNESS AT FIRST CHURCH

Celebrating six years of Fitness at First UMC with a free class! Thursday, April 6, 9:00 -10:00 AM is our FREE anniversary class. This anniversary class is free to all, and is a great chance to try "Nia for Every Body" (formerly known as New Fitness). We'd love you to stop on by for this fun, invigorating, gentle and effective body-mind-spirit class! A Reunion Brunch will follow from 10:15 - 11:15 at the Fehrenbacher Hof cafe across the street. A traditional gathering spot for our class in years past, the coffee is strong, the atmosphere is warm, and their prices are reasonable. This is a chance to see faces from years past and reconnect to the good times we've had together!

OUR ENVIRONMENT

A symposium entitled: *Spirituality and Sustainability* will be held April 23 and 24, 2006 at the Alton L Collins Retreat Center, 32867 SE Highway 211, Eagle Creek, OR 97022 For more details visit the website: www.gocamp.org.

around the parish

prayers and concerns

single adults

potluck & game night

WE PRAY FOR ...

Jane Baker, at Willamette View Manor;
Heather Rice, who is suffering from migranes;
Dennis Bleything, he has recently been diagnosed with Lou Gerhig's Disease, he is the nephew of Wid Bleything;
Bridget and Peter Backus McBride, several family members are facing cancer and death;
Claude Robinson, who is hospitalized in Hood River, Claude is the father of Eric Robinson;
Ronda Little, who recently had shoulder surgery.

CONTINUED PRAYERS FOR ...

Jim Whitcomb, Al Leonard, Agnes & Dick Clark, Tom Iverson and Bob & Virginia Anderson



FIRST CHURCH SINGLES

There will be a First Church Singles Potluck and Game Night on Saturday, April 22, 2006, from 4:30-7:00 PM in Room 202.

Single adults of all ages are welcome to attend, as well as offer input on future activities for this new First Church fellowship group. The evening will include a social time, followed by dinner (please bring a dish to share), and board games (bring your favorites!). Anyone who has ideas for group activities, as well as anyone who would like to help facilitate future group events is encouraged to contact Lowell Greathouse at 503/228-3195 x224 or e-mail him at lgreathouse@fumcpdx.org.

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 **April 5, 2006**.

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.