



THE CIRCUIT RIDER

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

the E edition

May 3, 2006
Volume 10, Issue 09

THIS SUNDAY

May 7, 2006

WORSHIP
10:30 AM

PREACHING:

Rev. Dr. Arvin Luchs

CHILDREN'S TIME:

Rev. Dr. Lowell
Greathouse



HOLY COMMUNION



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.

BREAD FOR THE WORLD

Then the righteous will answer him, "Lord, when did we see you hungry and feed you, or thirsty and give you something to drink? When did we see you a stranger and invite you in, or needing clothes and clothe you? When did we see you sick or in prison and go to visit you?"

The King will reply, "I tell you the truth, whatever you did for one of the least of these brothers and sisters of mine, you did for me."

Matthew 25:37-40

The Hunger Task Force of Church & Society along with the Global Missions Committee will help us act upon Jesus' words to feed the hungry.

SUNDAY, MAY 7

- Collecting Food for FISH
- Hunger Task Force as Communion Stewards
- A Message from Our Pastor

SUNDAYS, MAY 14 & 21

- A Letter Writing Campaign

They invite you to be a part of the Bread for the World Offering of Letters. The ONE Campaign for 2006 advocates for the poor and hungry in our world. On Sundays, May 14 and 21, in Collins Hall after worship you will have an opportunity to join at tables set up in Collins Hall to write letters to your Congressional representatives to give voice to the voiceless. We will have sample letters, stationery, pens, pre-addressed stamped envelopes and people there to help. Join with people of faith and conscience across the US, to urge our leaders to fulfill their promises to help the world's hungry and poor people. The letters will be dedicated and mailed directly to Washington, DC. as a part of Bread For the World's National Lobby Day, June 13, 2006.

please remember ...

First Sunday is Fish Sunday

The first Sunday of each month the congregation is invited to bring non-perishable food items for the FISH food bank. There are designated barrels in the church narthex. Your participation will help feed the hungry in the Portland metro area!





memo

Rev. Dr. Arvin Luchs

A few weeks ago our church Board of Trustees spent several thousand dollars of our “General Endowment Fund” earnings to buy some high tech equipment that I hope we’ll never use. It was, I think, a wise investment!

They purchased two “AEDs”—automatic external defibrillators—and installed one near the sanctuary and the other near Collins Hall. An AED is an emergency medical device designed to administer a life-saving electrical shock to sustain a victim of cardiac arrest or arrhythmia until paramedics arrive. Similar devices have been standard equipment in hospital emergency rooms for many years. Advances in computerization have made them small, relatively inexpensive, and virtually foolproof. They are showing up more and more in airports, businesses, in public places, and now, in church.

They first came to our attention a year or so ago when one of our lay leaders, Rick Fortner, brought a demonstration unit. Fortner, himself, had been the victim of a sudden cardiac event and knew first hand that when a heart event strikes, proper aid must be administered within minutes to prevent serious brain impairment or death. His concerns were underscored by two respected physicians, Dr. Paul Schipper and Dr. Kenton Gregory, who assured us of the need for the units. Indeed, Dr. Schipper helped identify the best models to purchase—and even offered to help install them!

Training is the next step. The majority of our staff spent an afternoon in CPR training that included the use of AEDs. We anticipate sessions for ushers and other leaders in the near future.

The AED’s are amazing devices—barely larger than a school lunchbox. They are both powerful—yet filled with safeguards. Simple instructions and clear illustrations are prominent—but a clear computerized voice carefully leads the user through the proper steps. There are built-in detection devices that test the condition of the victim’s heart function before anything happens. If a defibrating shock is not needed—or would be harmful—the devices lock in order to prevent inappropriate application.

We never know when we might be confronted with the need to come to someone’s aid. Ask Sally Townend, Virginia’s daughter and a long-time member here. She was designated a “Modern Mac Hero” last summer by the Multnomah Athletic Club after she came upon a woman suffering a seizure and cardiac arrest while visiting in Olympia, Washington. Fortunately there was an emergency AED nearby and Townend quickly administered two shocks prior to the arrival of paramedics. The woman has recovered and is doing well—thanks to the alert Samaritan and an AED.

I hope I never have to use ours. But I’m glad they are there!

See you in Church!

Arvin



We were pleased to have actor Roger Nelson with us on Sunday to share his portrayal of John Wesley. It was a moving and powerful reminder of our spiritual heritage. Thanks to Mary Cross and Robert Newman, Terry and Harriet Connell and Sue Luchs who loaned period furniture for John Wesley's visit on Sunday. Your generosity was much appreciated.

A number of people commented about the sound during Sunday's presentation of John Wesley. Though given careful instructions, the visiting actor did not attach his wireless microphone correctly and it became disconnected. He had it hidden in his costume and when the malfunction was discovered he was "on stage" and it could not be corrected. Mr. Nelson-an experienced actor-was able to project his voice enough to be heard by most of the congregation. Though Gene Balcomb and Janice Gratton-who were operating the sound system-made their best efforts to compensate, some of the hearing assisted devices did not receive a signal and those who depend on the assistance received no sound. We regret the problem and extend our apologies. We will make every effort to prevent this from happening in future services.

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.
May 7: Karl Luckert will lecture on "What Is Religion?".
We will begin the study of *Proverbs of Ashes: Violence, Redemptive Suffering, and the Search for What Saves Us*, by Rita Nakashima Brock and Rebecca Ann Parker

STREAMS OF LIVING WATER: THE GREAT TRADITIONS OF CHRISTIAN FAITH

Sundays, Through June 11, 2006
from 9:15 to 10:15 AM / Fireside Room
Using Richard Foster's *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: 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.

youth at first

youth sunday

only
19
days
until
christmas?

Youth Sunday is May 21, 2006. The Sunday Morning worship service will be presented by the Middle and High School Youth. This year, we will be celebrating Christmas, singing everyone's favorite Christmas carols and celebrating the birth and life of Jesus. We will also use Youth Sunday to kick off the fund raising drive for our upcoming youth mission trip to Idaho. The Giving Tree will be in the narthex, with all proceeds used to support this year's Youth Mission Trip in August.

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.

FAITH GUILD

The Faith Guild will meet Wednesday, May 17, at 11:00 AM at The Willamette Manor Court. Help schedule responsibilities for next year. Lunch will follow at the Waterfall Café with Kitty Riddle, hostess New Chair: Eleanor Stubbs

RUTH GUILD

The Ruth Guild will meet Wednesday, May 17, at 12:00 PM in Room 204. Program: Staying in Shape with LaVonne Hawes Lunch: Bring a sandwich. Dessert & beverage provided
Chair: Betty-Lou Hare

READING GROUP

The Reading Group will meet Thursday, May 18, from 10:00 – 11:30 AM in the Library.
Mountains Beyond Mountains by Tracy Kidder will be reviewed by Jane Lenon.

THE CIRCLE OF FRIENDS

On May 24, The Circle of Friends will have lunch together and then visit the Women's Prison at the Coffee Creek Correctional Institution. Reservations must be made by Thursday, May 11, 2006 with Leah Vislisl at 503/468.6808. You may call Leah for more information about this trip.

UMW PRIMETIMERS

Several United Methodist Women are now in Brazil with Primetimers and Putting Children First, Brazilian Methodists in Action. Participants: Pat Brockman, Colleen Foster, Dee Poujade.

missions potlucks

cambodia and brazil

MAY 10: CAMBODIA POTLUCK

CANCELLED

Due to the illness of missionary Esther Gitobu, the Global Missions Committee potluck on Wednesday, May 10 has been cancelled.

MAY 21: BRAZIL

The Global Outreach Committee will have a potluck on Sunday, May 21 at noon in Room 202. Come hear about the Methodist Church in Brazil as seen through the eyes of members of First Church, who will be traveling there in April and May 2006. This group will be participating in a program coordinated by Gordon and Teca Greathouse, UMC missionaries. First Church has a longstanding Covenant Relationship with Gordon and Teca. Special focus will be on Brazilian children and the "Shade and Fresh Water" Network, which provides children with an alternative to the street.

from outreach

annie heart

ENERGY CONSERVATION

On Tuesday, May 11 from 12 to 4:30 PM. First Church will host "Green Building and Renovations for Congregations." Registration will begin at 11:30 AM in Room 202. A light lunch will be served. This practical workshop is designed to help congregations save money and care for the earth. Topics will include the ethics of energy stewardship, an overview of principles of energy-efficient building, Energy Trust of Oregon and Oregon Office of Energy programs and resources, how to work with contractors and architects, generating energy on-site, and financing and rebate opportunities available to congregations. It is presented by Oregon Interfaith Power & Light (OIPL), Oregon Office of Energy and Energy Trust of Oregon.

Cost (including light lunch and materials): \$15 per individual; \$25 total for two to six members of the same congregation (25% discount for OIPL congregations). Scholarships are available. For more information, call 503/221-1054, ext. 278.

OUTREACH COMMITTEE

As a follow-up to the January Outreach Retreat, all outreach committees will meet together on Wednesday, May 24, 2006 in Collins Hall. We will begin with a potluck at 6:15 PM. Our goal is to reconnect with our First Church Vision for Community Outreach. We will explore and deepen our connections related to outreach and community ministries, discuss how to integrate our work, meet as committees, and make plans for the fall. If you are a member of Church and Society, Planet Church, the Goose Hollow Family Shelter, Global Outreach Missions, the Hunger Ministry Team, or the Health Care Task Force, plan to join us on the 24th.

who are we?

history & archives

We are grateful to people who, evidently after going through some long-unused material, or cleaning a drawer, or something, find something about the First United Methodist Church and bring it to the church office. The Archives and History Committee has a "cubbyhole" there which I try to clean out every month or so. The last time I looked there was a document dated, "8, February, 1976" signed by the members of the 7th and 8th grade church school class and their teachers. What it said was: "To Those it may Concern, We the 7th and 8th graders have buried a time capsule in the year 1976, in the cement box where the two pine trees are growing. This box is in the courtyard between the narthex wing and the Sunday school wing." It also had a diagram showing the location. I remember that bit of landscape architecture well. It is now covered by the Chapel/Choir Room. My question is, did anyone on the Staff or the Building Committee ever hear of this? That is, when the last building expansion was undertaken, did the contractor who took those trees out and leveled that spot to put in a new concrete slab ever come across this "time capsule" and turn it in, or has it been lost (or obscured) forever? I feel a little bit of personal embarrassment about this, because it was originally buried on "my watch" as senior pastor, and I presume they either asked my permission or at least notified me of the project, but I have absolutely no recollection of it. If I had remembered I would have alerted the Building Committee and it could have been saved and perhaps opened at our 150th celebration in 1997-98. My guess is that it was lost in the excavation and hauled away. If there are any members of that class - or anyone else, who remember it - perhaps at least some of what it contained, I hope they will let me know. It would be interesting information to have in our archives.

- Dr. Raymond E. Balcomb

this & that

items of note

CAN YOU HELP?

A roll-away bed is needed to assist a United Methodist family traveling here from Michigan to be with their daughter while she recovers from surgery at a Portland hospital. If you can help, contact Colleen McClain through the church office at 503/228-3195 ext. 233.

ANNUAL CONFERENCE

Clergy and lay members to Annual Conference are encouraged to pick up a Pre-Conference Booklet in the church office. Members of Annual Conference are encouraged to register online at: www.umoi.org. The deadline is today. If you need assistance with registration contact either Rev. Lowell Greathouse or Rev. Arvin Luchs.

ESPECIALLY FOR NEWCOMERS

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. The next introductory session will be offered Sunday, May 7, from noon to 2:00 PM in the Parlor. For more information or to register to be a part of one of the sessions, contact the church office at 503/228-3195. Child care is available.

FINAL EXHIBIT OF THE SEASON

The Fine Arts Committee cordially invites the congregation to the final exhibit of the season in our Creative Spirit Gallery. The Chair and co-chair of the Fine Arts Committee, Mary Coppett and Sandra Wood will be exhibiting their watercolors. The exhibit runs from May 14 through June 2, 2006.

SINGLE ADULTS AT FIRST CHURCH

The First Church Singles Group will be heading to the Crystal Springs Rhododendron Garden on Saturday, May 20th. Plan to meet at the First Church parking lot at 10:00 AM, so we can carpool together. Cost is \$3.

Located near Reed College, the Crystal Spring Rhododendron Garden began in 1950 as a test garden and has blossomed into a dazzling collection of rhododendrons and azaleas amidst attractive water features, winding gravel paths, and stone masonry. Join us for this opportunity to enjoy spring in Portland! Questions, call the church office at 503/228-3195.

VACATION BIBLE SCHOOL

The theme for Vacation Bible School 2006 is: "Treasure Seekers." This year VBS will be structured differently. It will run for two days only, June 15 and 16 from 9:00 AM to 3:00 PM. Before care and after care will be available. VBS will be for Kindergarten through 5th grade only. As in other year's VBS is a cooperative effort with other downtown churches. This year VBS will be located at First Presbyterian, downtown Portland. The cost is \$25.00 per child for three or fewer children. Registration materials will be coming soon! Volunteers are always encouraged! For more information contact Agnes Zach at 503/228-3195 ext. 227 or email her at azach@fumcpdx.org.



TOP TEN REASONS TO PLAN A VACATION AT OUR UMC CAMP AT WALLOWA LAKE

1. Great place for a family reunion camping experience.
2. It can be a wonderful way to get to know other families in your church.
3. Key opportunity to invite your friends to experience your church community in a non-threatening way.
4. Flexible program is already planned with campfires, games and crafts.
5. Healthy, hearty and homemade meals mean no need to cook on your own.
6. Housing that meets a variety of needs and budgets from yurts to tents to RV hook-ups
7. Fun options for family free time that include horseback riding, boating, fishing, hiking, go-carts, shopping, golf and bumper boats.
8. Lots of time to nap.
9. Massages available for people who request them.
10. Why stop at five stars when we've got millions?

Available dates for this summer include the following with a three-day minimum stay:

- June 8-15, 2006
- June 24 -29, 2006
- June 30- July 6, 2006
- July 27 - July 31, 2006
- August 11-14, 2006
- August 19-31, 2006

Check out gocamping.org for more information. Go to Wallowa Lake and click on Spiritlife Family Camps.

vacation bible school 2006

around the parish

prayers and concerns

congratz

a wedding anniversary

WE PRAY FOR ...

Marilyn Weber, who is recovering from surgery;
Joan Hill, following surgery;
Ted Hoch, recovering from surgery;
Erin Riley's mother, Melba, in Chico, CA. who is entering the final stages of lung cancer;
Cynthia Griffin, who is in Texas caring for her mother in hospice;
Tamara Mucha, in her continuing struggle with MS;
Piper O'Brian, Bett-Lou Hare's daughter who is undergoing a new treatment for melanoma;
Leif Terdal, upon the death of his brother;

CONTINUED PRAYERS FOR ...

Jim Whitcomb, Al Leonard, Dick & Agnes Clark, and Tom Iverson, and Marcia and Virginia Townend.



FIFTIETH WEDDING ANNIVERSARY

Rev. Bob and Elma Benefiel are celebrating their 50th wedding anniversary on Sunday, May 7 and invite the congregation to have cake following worship at the Commons in Collins. This is a special day they would like you to share with them.

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 **May 17, 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.