



THE CIRCUIT RIDER

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

February 18, 2009
Volume 13, Issue 04

WEDNESDAY,
FEBRUARY
25, 2009



7:00 PM

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.

LIVING A VIBRANT FAITH

BELIEVING THINKING ACTING

Our Lenten Supper Series

CELTIC WISDOM AND THE JOURNEY
OF THE PASSIONATE HEART
February 25 - April 1, 2009
Wednesday Nights



This year we will combine the theme “Celtic Wisdom and the Journey of the Passionate Heart” with the “First Church Reads” selection of *Anam Cara* by John O’Donohue. (Books are available for sale in The Commons each Sunday morning for \$12.00)

In addition, we will add two new elements to this year’s Lenten program. One, there will be a simultaneous program after dinner for children ages 5 through fifth grade and the youth program will continue to meet during this time as well. Two, following the program each week, there will be the opportunity to participate in a book group in order to discuss the various chapters of O’Donohue’s book that represent the theme for the evening.

February 25

Ash Wednesday Service and an introduction to *Anam Cara* and the Journey of Celtic Wisdom

March 4: Cindy Force

Reflections on Friendship:
Blessings, Treasures and Soul Mates

March 11: Paula Franck

The Spiritual World: Using Our Senses
to Understand Reality Fully

March 18: Oralee Stiles

The Journey of Solitude
and the Art of Being Alive

March 25: Barbara Schultz

Growth and Beauty: Poetry in Motion

April 1: To be announced

Do not be Afraid: Aging Well

SCHEDULE

dinner

5:30 to 6:30 PM
chef Michael Copeland
will coordinate the meals

presentation

6:30 to 7:30 PM
there will be a different
speaker each week

book discussion

7:30 to 8:30 PM

child care
will be available



memo

Rev. Dr. Arvin R. Luchs

*“It will do little good to wire the world
if we short-circuit our souls” **

- Tom Brokaw

The words of the dean of broadcast journalism caught me off guard. They seem to echo the reflections of a wandering rabbi from 2000 years ago—who knew nothing of digital technology, but did know that we cannot fill our deepest hungers by feeding our material desires. Eugene Peterson translates his words like this:

“What good would it do to get everything you want and lose you, the real you?

Jesus of Nazareth from Luke 9:25, *The Message*

Each year the time of Lent prompts us to turn from the ‘things’ that preoccupy so much of our attention and tend to the things of the spirit. It’s an opportunity to be in prayer and reflection—to unburden our hearts, search our spirits and prepare our souls to receive again the good news of Easter.

Jesus was intentional about nurturing his soul. The Gospel of Mark reminds us that Jesus started his ministry by withdrawing into the desert where he grappled with spiritual powers and temptations. Along the way he paused regularly to refresh his heart in prayer. His ministry ended when he was arrested while praying in the Garden of Gethsemane.

So too, we begin our Lenten journey—by pausing on Ash Wednesday, February 25—to open our souls in a “Service of Dust and Ashes.” As we come together in Sunday Worship we’ll emphasize our spiritual vitality. And each Wednesday evening you are invited to share a simple meal and hear a provocative speaker, followed by an opportunity for discussion in a reading/reflection group.

Our guide through the time will be the late John O’Donohue. The Irish-born poet and priest died just a year ago at age 52. He left a legacy of poetry, songs and wisdom. His little book, *Anam Cara: A Book of Celtic Wisdom*, is emerging as a spiritual classic. Drawing on the ancient wisdom of his Celtic-Christian ancestors, it explores the wonder and beauty of another dimension--what he calls our “inner landscape.” Copies are available in the Church Office and each Sunday at The Commons.

On Palm Sunday, April 5th, we’ll trace Jesus’ final journey—from the jubilant crowds at the gates of Jerusalem to the table in an upper room. On Maundy Thursday we gather to enact the Last Supper at the communion table. On Good Friday there will be two worship events—an ecumenical service at noon, at St. James Lutheran Church and an evening Tenebrae—the Service of Darkness—in our Sanctuary.

And, of course, it all culminates as we rejoice to welcome new life in the Spirit during two festival Worship Services on Easter Sunday, April 12th! (9:00 AM and 11:00 AM)

I invite you to take time in the weeks to come to turn from the routine, put aside the ordinary and take care of your soul!

See you in Church!

Arvin

* “The Way I See It” #130 www.starbucks.com

adults at first

sunday morning classes

CHANGING CHRISTIANITY:

The class meets each Sunday from 9:00 to 10:15 AM in Room 202. Join us for spirited discussion on the changing nature of faith today.

FELLOWSHIP OF SEEKERS:

Free of Charge: Giving and Forgiving in a Culture Stripped of Grace

by Miroslav Volf

Lively discussions are led by a different class member each Sunday at 9:15 AM in Room 134

A STUDY OF THE BOOK OF JAMES

Join this Bible study on the Book of James. It is held in the Fireside Room from 9:15 to 10:15 AM and will run through March 1. It is taught by Rev. Lowell Greathouse.

youth

a fund raiser



A FIRST CHURCH YOUTH PLANT SALE

Starting February 22, the First UMC youth will have order forms available at the Commons in Collins Hall for flats of annuals and perennials, veggie samplers, flower baskets and individual geraniums.

Orders will be accepted from February 22 thru March 22 with all plants delivered on April 18 and 19, 2009. These beautiful plants come from New Leaf Greenhouses in Canby and will be ready for living in the great outdoors.

Proceeds from the plant sale will be used for camp scholarship to United Methodist Summer Camps and towards a Mission Trip to Campbell Farms in SW Washington.

Pick up an extra order form for family and friends and begin dreaming about those beautiful summer days surrounded by flowers purchased from First Church youth!

UMW

united methodist women

President, Melba Rizzo, 503/635-6716

THE UMW PLANNING TEAM

The Planning Team will meet Wednesday February 25, at 9:30 AM in Room 110. Chair: Melba Rizzo, 503/635-6716

THE CIRCLE OF FRIENDS

The Circle of Friends will meet Wednesday, February 25, at 11:30 AM in Room 204. To continue the School of Christian Mission Study on Israel and Palestine, we will have a special speaker, Evelyn Banko, a second generation Holocaust survivor. All her grandparents, aunts and uncles were lost, but Evie and her parents were able to escape. Bring a sandwich. Dessert and beverage will be provided. Chair: Ruth Green, 503/698-8420

THE MARCH UMW UNIT GATHERING

The Unit Gathering will meet Wednesday, March 4, at 10:00 AM in the Fireside Room. The first hour meeting will include a prayer and self-denial service. At 11:00 AM all are welcome to hear Judy Kuhlman speak on the theme: *Living Simply*. Mrs. Kuhlman has supervised many estate sales and will be our "expert" guide to simple living. Let us move from consumption to compassion. Let the decluttering begin. Your good riddance can help others. Sue Beardwood will share her personal downsizing experience. Bring a sandwich for the noon luncheon in Room 202. Dessert and beverage will be provided.

CHURCH WOMEN UNITED

Church Women United will hold its Human Rights Day, *Seeking Shalom* is the theme. The event will be Friday, March 6, at St. Rita's Catholic Church., 10029 NE Prescott, Portland. Registration is at 9:30 AM. Bring food and paper products for FISH, or baby items for Insights Teen Parent Program. Contact: Betty-Lou Hare, 503/292-1773

2009 EDUCATIONAL FORUM & LEGISLATIVE EVENT

The UMW 2009 Educational Forum & Legislative Event will meet Thursday, March 12, at First UMC, 600 State Street, Salem. This all-day event (8:30 AM to 4:00 PM) will focus on affordable, accessible health care for all. Speakers will discuss the existing system, current legislative efforts, and how we can impact these efforts. You will have an opportunity to meet your legislator. Participants are asked to wear a red article of clothing so that our presence at the capitol can be recognized. Registration fee of \$20 (includes lunch) is due by February 27, 2009. Call Trudy Kayser at 503/292-7528 or Melba Rizzo at 503/635-6716 for a registration form.

2009 CHURCH DIRECTORIES

New Church Directories for 2009 are now available in the church office. There is suggested donation of one dollar to defray printing costs.

Friendship Journey



Our Lenten Supper Series

CELTIC WISDOM AND
THE JOURNEY OF THE PASSIONATE HEART
Wednesday Nights
February 25 - April 1, 2009



Activities for Children

Children ages 5 through fifth grade are invited to participate in one or all of the Wednesday evenings of the Lenten Series. The Lenten Supper Series begins at 5:30 PM with a meal for all, followed by a hymn sing. At 6:30 PM, while the adults are in their study program, children are invited to the "Friendship Journey," in Rooms 133 and 134. This program, which will be led by Megan Humphreys-Loving and Angela Kemling, will feature a variety of activities for children: cooking, creating art projects, dancing, and storytelling. This program will conclude at 7:30 PM. Nursery will be available for younger children and infants.

the edge

thoughts
for the journey

Lowell Greathouse, Minister of Discipleship

During this year's Lenten Suppers, we will be focusing on Celtic wisdom, using John O'Donohue's book *Anam Cara* as our guide. In this wonderful resource, which is also our "First Church Reads" book for the Spring, O'Donohue reminds us that ...

"Where there is no passion, your soul is either asleep or absent. When your passion awakens, your soul becomes young and free and dances again."

(*Anam Cara*, page 20)

Join us for these special Lenten dinners and programs to re-awaken and re-fresh your passion for living ... and be with others who find themselves on the same journey.

missions and ministry

upcoming
events

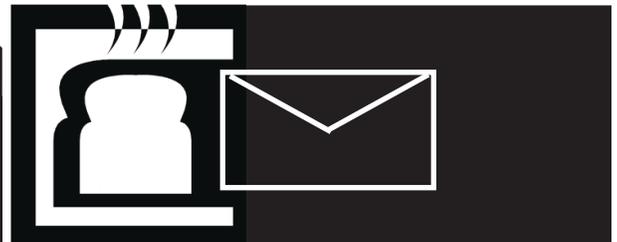
GLOBAL MISSION FORUM: TREASURES OF MACEDONIA

There will be a Global Mission Forum on Sunday, February 22, 2009 from noon to 1:30 PM in the Fireside Room. Linda Anderson will share about her trip with Primetimer's to Macedonia. Come learn about the Apostle Paul's Macedonia and its rich cultures and religious history. A light meal and child care will be provided.



Speak out

BREAD FOR THE WORLD
OFFERING OF LETTERS



The Bread for the World Offering of Letters project will continue on Sunday, February 22, 2009. You are invited to gather in Collins Hall to write letters to our members of Congress asking them to: 1) include a boost in SNAP (Supplemental Nutrition Assistance Program) benefit levels and additional funding for WIC and food banks in the economic stimulus package, and 2) to rework U.S. foreign assistance, which was first enacted in 1961 and has changed relatively little since then, to make it more effective in reducing poverty.

More information about U.S. foreign assistance and proposed changes can be found at the Hunger Table in the Commons in Collins Hall.

Join us on February 22, 2009 as we speak out as the people of God to end hunger and poverty. Writing paper, envelopes and sample letters will be available.

First UMC Hunger Ministry Team

health highlight

an exciting senior center



ELSIE STUHR CENTER

Did you make a New Year's resolution to be more active or to lead a healthier lifestyle? If so, The Elsie Stuhr Center is a good place to start. This center, located at 5550 SW Hall Boulevard, Beaverton, OR is for adults who are 55 or better and is open six days a week. The center offers many health related classes/events. Every Friday morning there is a Blood Pressure clinic and on Thursdays there is a low cost (\$35) Foot Clinic, available by appointment. There are numerous fitness classes every day of the week, from aerobics to Zumba. Or you can use the fitness room at your convenience. A number of support groups (Alzheimer's, Compassionate Friends, Diabetes, Fibromyalgia/Chronic Pain, and Post Polio) meet monthly. You can even join Beaverton Loaves and Fishes for lunch at 11:45 AM daily during the week. To access the complete program guide (it takes 17 pages to list all of their classes/ events/activities!) and to find out how to join, call 503/629-6342 or visit the website at www.thprd.org/facilities/estuhr.cfm. If you live in the Tualatin Hills Park and Recreation District, there is no fee; if you live outside the district there is an assessment fee of approx. \$208 per individual or household.

doing something

get involved

COMMUNITY GARDENS AT FIRST CHURCH?

The benefits of a community garden are many. In addition to bringing a community together and beautifying a neighborhood, it can help us reduce our environmental footprint while providing fresh and delicious produce. We are currently exploring whether First Church may be able to get involved in founding a new community garden. What land would we use and who would have access to it? Where would the food go, and when could we begin? If you are interested in exploring the questions and solutions around a possible community garden at First Church, e-mail Adam at aortman@fumcpdx.org. A task force is being assembled in February to see how we could move forward on this exciting project.

HABITAT FOR HUMANITY

Join us for a glorious and purposeful Saturday with Habitat for Humanity. On March 21, 2009, a group from First Church will be helping to build the Jubilee Commons, a 22-condo project in the Rockwood area of Gresham. We will be carpooling from the church in the morning. For more information contact Adam at aortman@fumcpdx.org.

climate stewardship advocacy

get involved

HELPING SALVAGE A LIVABLE PLANET

On March 4, 2009 there will be an Interfaith Climate Stewardship Advocacy Day, from 9:00 AM to 4:00 PM at Hudson Hall, at Willamette University in Salem. The event is sponsored by Oregon Interfaith Power and Light, a project of Ecumenical Ministries of Oregon, and cosponsored by the Office of the Chaplains of Willamette University, Center for Religion, Law, and Democracy, along with other organizations and congregations including our own. Our Planet Church Committee plans for a group from our congregation to attend.

The first part of the day consists of advocacy training, briefings on climate and energy legislation, a panel of citizens and legislators, and keynotes by Bishop David Brauer-Rieke, Oregon Synod ELCA and Governor Ted Kulongoski's office. After lunch, participants will visit with their legislators and return for a debriefing. To register call 503/221-1054 ext. 201. The cost is \$15.00 before Feb. 20, 2009 and \$20 after, students and seniors are \$10. Scholarships are available.

Global warming has become a key moral issue for people of all faiths. The 2009 Oregon Legislature presents outstanding opportunities for Oregon to encourage national and global movement in finding solution to the global warming crisis. This workshop will equip people of faith to make a difference through the legislative process. The key legislative priorities that will be highlighted provide opportunities for putting a declining cap for global warming pollution, boosting energy efficiency, investing in clean energy and more efficient transportation.

Publication Deadlines

Articles for The Circuit Rider are due no later than 10:00 AM on the Thursday before publication the following Wednesday. The next Circuit Rider will be published on March 4, 2009.

Bulletin insert information

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

Sunday service participant

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

E-mail:

office@fumcpdx.org

The Circuit Rider Online or by E-Mail

See the latest and past issues of **The Circuit Rider** in color at <http://www.fumcpdx.org/newsletter>

The Circuit Rider can be e-mailed to you. E-mail the church office at office@fumcpdx.org to request it by e-mail.

our prayers

prayers and concerns

change

converting to digital

PRAYERS OF SYMPATHY FOR ...

Jill Hatoff and Justin Ruyle, in the death of their infant daughter, Rebecca ...

Dave Hasson, in the death of his only sister, Miriam Hasson on February 2, 2009 ...

Bill and Doris Lavelly, in the death of their son Rick, who died in California on February 5, 2009 ...

The family and friends of Mary Pennicook, Mary died February 11, 2009.

She was the daughter of Robert and Marilyn Schuberg ...

The family and friends of Nell McManus, Nell died on February 12, 2009.

Her service will be Friday, February 27, at 2:00 PM in the sanctuary ...

CONTINUED PRAYERS FOR ...

Moima and Johnson Doe, and Carol Howard

PRAYERS FOR THOSE SERVING IN THE MILITARY ABROAD ...

Karl Alger, Jared Bomberger, Daniel Bomberger, Ian Kalgren, and Steve Johnson, Michael Panck

NEED HELP?

Do you need help with converting your TV to be able to receive the new digital signals? In just two weeks—regardless of decisions in Washington, Portland-area broadcasters will convert their broadcast, and you may need a “converter box” and antenna to adapt your set. Chuck Klang and a team of knowledgeable helpers can give you a hand. You’ll need to purchase the converter, antenna and hook-up cables. They’ll show you how it works. Call the church office at 503/228-3195 to indicate your interest.