



THE CIRCUIT RIDER

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

January 7, 2009
Volume 13, Issue 01

SUNDAY
JANUARY 11,
2009



THIRD
GRADE
BIBLE
SUNDAY

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

NINE NEW THINGS IN



**NEW ADULT
CLASS ON
SUNDAY**
Conflict Resolution
& Non-Violent
Communication



**NEW SCHEDULE
FOR YOUTH**
We're moving to
Wednesday Nights!



**NEW MOVIE NIGHT
AT FIRST CHURCH**
Important documentaries



**NEW
OPPORTUNITIES
TO SERVE IN THE
COMMUNITY**
Be a part of a
First Church
work team



NEW FORUMS
Global Missions Forums
on projects here and
abroad



**NEW
ADULT
BIBLE**
The Book of
Ruth on
Wednesday
nights



NEW MEMBERS
A First Church Orientation
for new members in January



NEW WAYS OF GIVING
Sign up so that your grocery
shopping helps support
First Church



A NEW YOU
What prayerful
goals have you
established for 2009?

DETAILS INSIDE ...



memo

Rev. Dr. Arvin R. Luchs

It's not clear who first coined it—but it's worth pondering nevertheless:

“Insanity is doing the same things over and over again and expecting different results!”

Each New Year's millions of us reflect their choices—their 'life solutions'—and find 'resolutions' for those that aren't working well.

The idea of New Year's resolutions predates Jesus' birth by more than 150 years back to the time the Roman calendar fixed the turn of the year as January 1. The month is named after the mythical god-king named Janus who was reputed to have two faces, which allowed him to look both forward and backward in battle. January became a time to look back and reflect on the past, then turn and resolve to embrace better ways in the future.

For those who take resolutions seriously it can be pretty effective. Not long ago a research group interviewed 300,000 people about their New Year's commitments. They were surprised to find that nearly half of all Americans make resolutions each year. The questioners recalled their list again six months later. They anticipated many of those resolutions would be broken or forgotten—but they were surprised. 46% of those who made a list were keeping them. That was 10 times the success rate of those who wanted to change, but had not made a resolution! *

My faith and pastoral experience though, tell me it's not as simple as that. Despite our best of intentions, our most determined efforts, we generally fall short of our goals. Change—deep meaningful change—cannot happen unless we align our hearts and our efforts with a divine power that is stronger and more enduring than our own. Fortunately that strength and that power infuses creation with grace and hope.

Perhaps that is why I have repeatedly found my heart lifted by resolutions in the form of a prayer offered a few years ago by Rabbi Harold S. Kushner.

Let the rain come and wash away the ancient grudges,
the bitter hatreds held and nurtured over generations.

Let the rain wash away the memory of the hurt, the neglect.
Then let the sun come out and fill the sky with rainbows.

Let the warmth of the sun heal us wherever we are broken.
Let it burn away the fog so that we can see each other clearly.
So that we can see beyond labels, beyond accents, gender or skin color.

Let the warmth and brightness of the sun melt our selfishness.
So that we can share the joys and feel the sorrows of our neighbors.

And let the light of the sun be so strong that we will see all people as our neighbors.

Let the earth, nourished by rain, bring forth flowers to surround us with beauty.
And let the mountains teach our hearts to reach upward to heaven. **

Amen

By God's grace—and our resolution—it could be!

See you in church,

Arvin

*<http://www.proactivechange.com/habits/resolutions/research.htm>

**Rabbi Harold S. Kushner originally published in *Parade*, reprinted in *The Poets' Tree: A Celebration of Poetry*, 2004.



FROM SUNDAY NIGHT TO MIDWEEK

We are kicking off a new year with a new schedule for the First Church Youth Program. Youth Squad has now been moved to a Wednesday nights. The new schedule will be as follows:

6:00 to 7:00 PM

High School Youth

6:00 to 7:00 PM

Genesis Bells (begins Jan. 21)

6:00 to 7:00 PM

**Adult Bible Study:
The Gospel of Ruth**
(see page 5 for details)

7:00 to 7:30 PM

Youth Meal

7:30 to 8:30 PM

Middle School Youth

7:30 to 9:00 PM

Boy Scout Troop No. 1

7:30 to 9:00 PM

JuBELLiation (begins Jan. 21)



There will be a Youth Lock-In on Sunday, January 18, 2009.

Meet at the church at 7:00 PM.

NEW ADULT CLASS:

CONFLICT RESOLUTION AND NON-VIOLENT COMMUNICATION

Sundays January 11, 18, 25 and February at 9:15 AM in the Fireside Room, join us for this new short-term class: Conflict Resolution and Non-Violent Communication. See page 5 for further details.

GLOBAL MISSION FORUM: PALESTINE/ISRAEL

There will be a Global Mission Forum on Sunday, January 11, 2009 from noon to 1:30 PM in the Fireside Room. With Palestine/Israel leading many newscasts and occupying space on the front pages of newspapers, First Church is offering an opportunity to hear more about this troubled part of the world. Corrine Frohlick, a member of the Global Missions Committee, participated in the Sabeel Youth Conference in Jerusalem this past summer and spent time in the occupied territories. She will present a program based on her experiences at the conference. A light meal and child care will be provided.

FIRST CHURCH SERVICE IN THE COMMUNITY

On Saturday, January 17, 2009, join us as we partner with Hands on Greater Portland and the United Way to commemorate Martin Luther King Day through a morning of service and community engagement. Our First Church group will be supporting the environment and local neighborhoods by working to prepare a community garden in SW Portland for spring. Volunteer spots are going fast, so contact Adam if you're interested (Aortman@fumcpdx.org).

FIRST CHURCH READS: OMNIVORE'S DILEMMA POTLUCK & DISCUSSION

On Sunday, January 18, 2009 at 6:00 PM in the Fireside Room, join us for the Omnivore's Dilemma potluck. Bring a dish inspired by the book (as local, organic, or sustainable as you can be!) and enjoy a feast of health while discussing the book, the meal, and the pleasures and perils of eating.

FIRST CHURCH ORIENTATION

On Sunday, January 25, 2009, there will be a First Church Orientation from noon to 2:00 PM in Room 110. If you would like to officially join First United Methodist Church or learn more about our congregation, 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 becoming a part of First Church. For information or to register to be a part of one of these sessions, contact the church office at 503/228-3195. Child care is available.

FIRST CHURCH AT THE SHELTER NIGHT

On Wednesday, January 28 it will be a First Church at the Shelter Night. Support one of Portland's largest family shelters while serving with other First Church members. Whether you're a first-time or a long-time volunteer, these nights are excellent opportunities to do work that is both meaningful and fun together. Volunteer positions range from Kid Time Hosts and Meal Providers to Overnight Hosts. Contact Adam at Aortman@fumcpdx.org to sign up. We will do additional nights on: February 15 and March 15, 2009.

METRO DISTRICT LEADERSHIP EVENT: NUTS AND BOLTS

Metro District Leadership Event: Nuts and Bolts will be Saturday, January 31, 2009. The training sessions will at Portland First UMC from 9:00 AM until noon for chairs of: Staff Parish Relations Committee, Trustees and Finance.

SPECIAL SUNDAYS

JANUARY

January 11

Third Grade Bible Sunday

January 18

Human Relations Offering

Hunger Awareness Sunday

Let's Make Change:

EMO: Food & Farm Program

January 25

United Methodist Women

Sunday Focus

FEBRUARY



February 1

Reconciling Sunday

FISH Sunday

Children's Church

February 15

Let's Make Change:

Oregon Food Bank

Library Book Sale

MOVIE NIGHTS AT FIRST CHURCH

On Wednesday, February 4 join us for the first Movie Night at First Church at 7:00 PM in Room 202. The movie will be: *Jerusalem: East Side Story*.

February 11: *Renewal: Part 1* and February 18: *Renewal: Part 2*

PAIRS FOR COUPLES: TWO-DAY RELATIONSHIP WORKSHOP

There will be a PAIRS for Couples Workshop, Saturdays, February 7 & 14, 2009 from 9:00 AM to 5:00 PM at First Church. The cost for couples is \$119.00. This two day workshop is a chance to "clean out the pipes" of your relationship where the build-up of unexpressed feelings, misunderstandings, and conflict might have impeded the flow of open-hearted love. The PAIRS (Practical Application of Intimate Relationship Skills) workshop, will help you develop a relationship that is an ongoing source of happiness and fulfillment. It is held in a confidential and supportive environment. Facilitated by: Dominick Robertson, MS and Maggie Bermingham, LMFT, CADC I.

To register for this class call 503/281-3318 ext. 0. Or you can register online at www.sccpdx.org or e-mail register@sccpdx.org.

NEW ADULT CLASS: A STUDY OF THE BOOK OF JAMES

On Sunday, February 8, 2009 a new short-term adult class will begin. This four-part class will be held in the Fireside Room from 9:15 to 10:15AM and run through March 1. It will be taught by Rev. Lowell Greathouse

GLOBAL MISSION FORUM: THE McCURDY SCHOOL

There will be a Global Mission Forum on Sunday, February 8, 2009 from noon to 1:30 PM in the Fireside Room. Dee Poujade will share of her experiences with Primetimers "New Mexico's Cultural Richness." Come learn of the United Methodist Church's work in cross-cultural ministry, particularly at McCurdy School, a UMC-sponsored school for low income children. A light meal and child care will be provided.

THE UMW VALENTINE CELEBRATION

The UMW Valentine Celebration will be February 14 at noon in Collins Hall.

See page 5 for details.

BREAD FOR THE WORLD OFFERING OF LETTERS

The Bread for the World: Offering of Letters will be February 15 and 22, 2009. Come to the Commons in Collins Hall and advocate for the hungry of the world.

ECUMENICAL MINISTRIES OF OREGON ADVOCACY DAY IN SALEM

The Ecumenical Ministries of Oregon Advocacy Day in Salem will be February 19, 2009. Interested in carpooling? Contact Lowell Greathouse at lgreathouse@fumcpdx.org.

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.

LENT IN 2009

Our Lenten Supper series will begin on February 25 with a supper at 5:30 PM in Collins Hall and an Ash Wednesday Service at 7:00 PM in the Chapel.

VOLUNTEER WORK TEAM: OREGON FOOD BANK

On Saturday, February 28, 2009 there will be a Volunteer Work Team going to the Oregon Food Bank. Meet at the church at 8:30 AM. Sign up with Adam Ortman in the Commons in Collins Hall.

adults at first

sunday morning classes

CHANGING CHRISTIANITY:

Escape from Nazi-Occupied Norway

by Leif Terdal

The class meets each Sunday from 9:00 to 10:15 AM in Room 202 and has begun a study of our own Leif Terdal's book: *Our Escape from Nazi-Occupied Norway*.

FELLOWSHIP OF SEEKERS:

The Haunt of Grace: Responses to the Mystery of God's Presence

by Theodore Loder

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

NEW ADULT CLASS OFFERING: CONFLICT RESOLUTION AND NON-VIOLENT COMMUNICATION

How can we transform judgment and criticism into understanding and connection? How can we resolve conflicts in a peaceful manner and reduce interpersonal stress in our lives? Join Larry Custer, Marti Lucas and Cal Brockman, Jr. for these four sessions in which we will explore ways to address conflict more constructively and learn to communicate in more non-violent ways. Utilizing a variety of resources, these sessions will explore ways to mediate conflict, overcome hostility, and learn techniques that lead to reconciliation and healing. Classes will be offered from 9:15 AM to 10:15 AM Sunday mornings January 11, 18, 25 and February 1, 2009 in the Fireside Room.

adults at first

wednesday nights

THE GOSPEL OF RUTH

Beginning January 7, 2009 at 6:00 PM in the Library, be a part of this four part series that will explore the Book of Ruth. Often seen as a story about a submissive, deferential woman who knew her place and followed her mother-in-law to a new land, recent scholarly research has uncovered the portrait of a woman whose relationship with God mobilizes her to a new level of radical living and self-giving love. This new understanding of Ruth speaks to the kind of compassion that Jesus modeled in his own life and that transformed the world in the form of "good news." Rev. Lowell Greathouse will lead us on a journey into the heart of this special Old Testament story. Everyone is welcome!

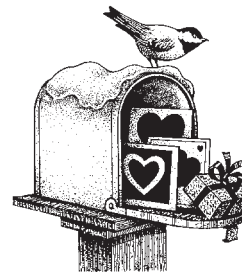
umw

united methodist women

President, Melba Rizzo, 503/635-6716

THE UMW VALENTINE CELEBRATION

The UMW Valentine Celebration will be February 14 at noon in Collins Hall. Along with the delicious luncheon there will be music and dance by Mark and Helena Greathouse, a duo who have gained international acclaim. Tickets are \$15 and include both lunch and entertainment. Call Lila Palmiter at 503/675-9218, to reserve a table. Tickets will be available in The Commons. None will be sold at the door. Write checks to United Methodist Women.



THE READING GROUP

The Reading Group will meet on Wednesday, January 21, at 10:00 AM in the Church Library. The book for the new year will be Clutter's Last Stand: It's Time to De-Junk Your Life by Don Aslett. The discussion will prepare us for our March unit program, Living Simply. Now is the time to resolve to declutter your life. Bring one item of junk to the January meeting. Your good riddance may help others. Chair: Sue Fisher, 503/203-1445

THE RUTH CIRCLE

The Ruth Circle will meet Wednesday, January 21, at 12:00 PM in Room 204. The Rev. Dr. Lowell Greathouse will speak on "Hear what is happening at First Church." All are welcome. Call Betty-Lou Hare, 503/292-1773 to reserve your chair. Bring a sandwich. Dessert and beverages will be available.

looking ahead for umw

january & february

FEBRUARY 4: UMW UNIT MEETING

Native Americans in the City. Speaker, Jackie Mercer

FELLOWSHIP GROUPS

The Reading Group meets the third Wednesday in the Church Library at 10:00 AM Chair: Sue Fisher

Ruth Circle meets the third Wednesday in Room 204 at 12:00 PM Chair: Betty-Lou Hare

Circle of Friends meets the last Wednesday of the month in Room 204 at 11:30. Chair: Ruth Green

NOTE THESE DATES

January 25: UMW Sunday, honoring the women of the church.
February 6: Church Women United Winter Forum. Immigration / New Sanctuary Movement

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 January 21, 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

a new way

to give

PRAYERS OF SYMPATHY FOR ...

The family and friends of Dick Clark, Dick died Friday, January 2, 2009. The service will be Saturday, January 10, 2009 at 10:00 AM in the First Church sanctuary.

PRAYERS OF CONCERN FOR ...

*Virginia Anderson, recovering from a recent hospital stay ...
Rene Pino, recovering from a minor stroke and several falls ...
Wilda Nordwall, the mother of Jonas Nordwall, is now home from the hospital ...
Heather Peterson, daughter of Marty & Holly Martin, is now at home ...
Heidi Foster, is now returned to work following a hospitalization ...
Eileen Foster-Sakai, making progress following treatment for blood clots in her lungs ...*

CONTINUED PRAYERS FOR ...

Carol Howard, Mary Pennicook,

PRAYERS FOR THOSE SERVING IN THE MILITARY ABROAD ...

Karl Alger, Jared Bomberger, Daniel Bomberger, Craig Kubala

GROCERY SHOPPING

Did you know that grocery shopping can help the church balance its budget? First Church has signed up with e-script Safeway and Albertsons programs that allow the church to receive a small portion of your grocery bill to benefit the programs here at the church. Participation by you is seamless once you register. If you are a Safeway or Albertsons customer please call Christine Bostick at the church office at with your Safeway and/or Albertsons info to register. Or stop by to pick up additional information so you can register at home. Thank you for your help to support the church.