



THE CIRCUIT RIDER

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

May 26, 2010
Volume 14, Issue 11

WORSHIP AT FIRST CHURCH

SUNDAY WORSHIP

May 30, 2010

10:30 AM
Peace
With Justice
Sunday

June 6, 2010

10:30 AM
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.

LIVING A VIBRANT FAITH

BELIEVING THINKING ACTING

Thanks VOLUNTEER RECOGNITION SUNDAY

Sunday, June 6, 2010

BRAVO!



ALSO MINISTRY CELEBRATION

In addition to recognizing our Volunteers of the Year and the hundreds of First Church volunteers, there will be a variety of ministry displays.

On Sunday, June 6, 2010 in our 10:30 AM worship service we will honor three volunteers who personify the First UMC spirit of giving as Volunteers of the Year. It is among the hardest choices we make, there are so many who give so much! Each year we give the following awards:

The Guy Wheaton Award
for service within the life of our congregation.

The Lewis Hughes Award
for service to the community and the world.

The Wesley Spirit Award
is given to a member who exemplifies both a deep personal faith and a spirit of joy and service.

There will be a special reception in the Commons following worship.



FRESH
BERRY SUNDAES
FOR ALL!



ALL-CHURCH CONFERENCE

For details see page four ...



memo

Rev. Dr. Arvin R. Luchs

I must admit, the findings surprised me!

I am so aware—and grateful—for what you who volunteer *give*. I didn't realize how much volunteers *receive* and how important it is for healthy living.

Three researchers from a government funded office that monitors volunteerism set about to collect the evidence. Their conclusions gave me pause:

“Researchers have attempted to measure the benefits that volunteers receive, including the positive feeling referred to as ‘helper’s high,’ increased trust in others, and increased social and political participation.

Over the past two decades we have seen a growing body of research that indicates volunteering provides individual health benefits in addition to social benefits. This research has established a strong relationship between volunteering and health: those who volunteer have lower mortality rates, greater functional ability, and lower rates of depression later in life than those who do not volunteer. Comparisons of the health benefits of volunteering for different age groups have also shown that older volunteers are the most likely to receive greater benefits from volunteering, whether because they are more likely to face higher incidence of illness or because volunteering provides them with physical and social activity and a sense of purpose at a time when their social roles are changing. Some of these findings also indicate that volunteers who devote a “considerable” amount of time to volunteer activities (about 100 hours per year) are most likely to exhibit positive health outcomes.”*

If that's accurate, Portlanders must be among the healthiest. Portland ranks second (slightly behind Minneapolis-St. Paul) in the percentage of residents who volunteer. Well over a third of us contribute our time each year. (Nationally, barely a quarter of Americans do so.) That's impressive, and, if we follow statistical patterns, most volunteers contribute to religious organizations.**

Sunday we will be setting aside time to acknowledge the hundreds of First Church volunteers who offer thousands of hours each year to service in the name of Christ. Many serve as officers and committee members, some sing in choirs, teach church school, help with our youth, cook for events, usher, prepare and serve communion, greet visitors, tend our building and grounds, call on those in need, help in the church office or the Goose Hollow Family Shelter. Many others serve in the Spirit of Christ in civic groups, schools, service organizations, food banks—even visiting prisons. To all of you we offer thanks and appreciation.

First Church tradition is to annually name three “Volunteers of the Year” as representative of the hundreds who give so much. One acknowledges those who serve within our congregation, another those who reach out to the community and the world and the final award signifies those who exemplify a balance between spirituality and service.

The names of this year's recipients are a closely-guarded secret—to be revealed at a reception in Collins Hall following Sunday's worship service. Their names will be inscribed, along with previous honorees, on plaques in the church narthex. In addition, we'll celebrate our ministries this year and elect volunteer officers whose service starts July 1, 2010.

Thanks to them (in advance)—and to all of you who give so much of your time and talent to make First Church a vibrant and vital congregation. You not only make *us* healthy—hopefully your efforts will make *you* healthier too!

See you in Church!

Arvin

*Grimm, Jr., Robert, Spring, Kimberly, and Nathan Dietz for *The Health Benefits Of Volunteering: A Review Of Recent Research*, The Office of Research and Policy Development of the Corporation for National and Community Service, April, 2007, read it at http://www.nationalservice.gov/pdf/07_0506_hbr.pdf

**accessed at <http://www.volunteeringinamerica.gov/>

ADULT sunday school classes

umw

UNITED
METHODIST
WOMEN

CHANGING CHRISTIANITY

This class meets each Sunday from 9:00 to 10:15 AM in Room 110. The Changing Christianity Class offers the opportunity for wide-ranging conversations about religion and Christianity past, present, and future. Current conversations center on *The Future of Faith* by Harvey Cox.

FELLOWSHIP OF SEEKERS

This class meets each Sunday from 9:15 to 10:15 AM in Room 134. This class is open to all who seek spiritual growth through study and discussion of writings by current and historic religious thinkers. Following a time of fellowship, lively discussions are led by different class members each week. This class is currently studying: *Soul Feast: An Invitation to the Christian Spiritual Life* by Marjorie Thompson.

HOW TO THINK LIKE LEONARDO DA VINCI

Sundays, May 2-30, 2010
9:15 to 10:15 AM in the Fireside Room

This series is utilizing Micheal J. Gelb's book, *How to Think Like Leonardo da Vinci: Seven Steps to Genius Every Day*. Gelb is a noted Da Vinci scholar and has analyzed the thinking styles and modalities of Leonardo's multifaceted life which demonstrate "genius in abundance." Gelb's conclusion is that, "...the essential elements of Leonardo Da Vinci's approach to learning and the cultivation of intelligence are quite clear and can be studied, emulated and applied." Gelb breaks Da Vinci's thinking into seven distinct principles/themes: Curiosita, Dimostrazione, Sensazione, Sfumato, Arte/Scienza, Corporalita, and Connessione.

Doug Force is teaching this class, which offers a brief introduction to these concepts, utilizing exercises that illustrate each type of thinking, and discussing the application of these modalities in our everyday lives. Books may be purchased in the church office.

DIETRICH BONHOEFFER: THE COST OF DISCIPLESHIP

Sundays, June 6-27, 2010 - 9:15 AM in the Fireside Room

"We have been silent witnesses of evil deeds ... Will our inward power of resistance be strong enough for us to find our way back?"
— Dietrich Bonhoeffer

In this class, we will explore the life of Dietrich Bonhoeffer (1906-45), who not only was a remarkable German theologian, but was also a central figure in the German Resistance to the Nazis during the time of Adolf Hitler. He was also a founding member of the Confessing Church. He ultimately paid the price for his stand by being executed in 1945 in a German concentration camp. In this class we will see the DVD Bonhoeffer and study his writing about "the cost of discipleship." Gene Gregory will be our teacher.

All women are invited to attend the following activities. We strive to develop a supportive fellowship as we participate in mission with women, children, and youth at home and abroad.

President, Melba Rizzo, 503/635-6716

UMW YEAR IN REVIEW

Join us on Wednesday, June 2, at 10:00 AM in the Fireside Room for *Our Year in Review*, set to music by our resident composer, Colleen Foster. Among the year's memorabilia Virginia Bender's UMW scrapbook will be prominently displayed. Patricia Brockman will install the new officers for the 2010-2011 year. A picnic will follow at noon.

SCHOOLS OF CHRISTIAN MUSIC

FAITH ~ HOPE ~ LOVE IN ACTION is the theme of the 2010 Oregon Schools of Christian Mission. The nearest school at George Fox University in Newberg will be offering three studies on July 8-11. Courses include:

1) *The Beauty and Courage of Sudan*

It discusses the history and struggles of Sudan, and the hope they eventually will realize their dream of peace.

2) *The Letters of John*

The spiritual growth study offers an in-depth study of John's letters. Who wrote them? To whom were they written? What do these letters mean to us today?

3) *The Theology of Mission & Evangelism*

The third study will explore the theology of mission and evangelism in the 21st century.

These studies are for all church members, men and women, young and old. Registration deadline is June 23, 2010. Contact: Colleen Foster



the edge

thoughts for the journey

REV. LOWELL GREATHOUSE

One of the books I'm currently reading is entitled *The Gift: Creativity and the Artist in the Modern World*. It has become a modern classic and is about the importance and value of creativity in a culture that is increasingly governed by money and over-run with commodities.

In the book, the author says, "There have been times and places in which a person came into his or her social being through the dispersal of his gifts, the 'big man' or 'big woman' being that one through whom the most gifts flowed. The mythology of a market society reverses the picture: getting rather than giving is the mark of a substantial person, and the hero is 'self-possessed,' 'self-made.' So long as these assumptions rule, a disquieting sense of triviality, of worthlessness even, will nag the man or woman who labors in the service of a gift and whose products are not adequately described as commodities. Where we reckon our substance by our acquisitions, the gifts of the gifted man are powerless to make him substantial." (*The Gift*, by Lewis Hyde, p. xix)

Over the years, what gifts have made the most difference in your life? Were they commodities or something else? What gift have you labored at in your own life? How have you shared it with others?

please take note

items of interest



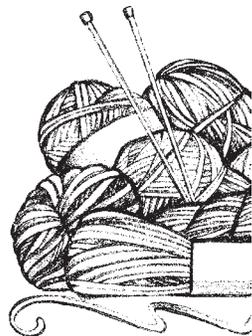
ROSE FESTIVAL ORGAN CONCERT

You are invited to a Rose Festival Organ Concert at 2:00 PM on Sunday, June 13, 2010 at First Baptist Church, SW 12th and Taylor, Portland. The concert will feature organist Christopher Nordwall. A donation will be received at the door and a reception will follow.



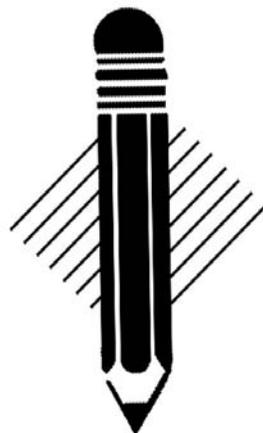
PRIDE PARADE 2010

Reconciling Ministries invites any and all First Church members to come join us for the Annual 2010 Portland Pride Parade and activities at Tom McCall Waterfront Park on Sunday, June 20, 2010. Here's what you need to know about joining us: A Reconciling Ministry coordinator will issue marchers different colored umbrellas which reflect the colors of the rainbow. A new addition this year is T-shirts with the statement: "In God's House, All Are Welcome." So, rain or shine, we got you covered for this momentous event. Please plan to meet in Room 202 at 10:15 AM. We will proceed to the sanctuary for a brief blessing before heading to the parade by MAX. Or you may go directly to the parade registration booth at Burnside and NW 13th. The actual parade "Step Off" is scheduled at: 11:30 AM. Last year, we had almost 30 First UMC members march, let's try to match or beat that number this year!



CALLING FOR YARN AND KNITTERS

We have several individuals in the church who are willing to knit or crochet baby sweaters if we can provide them with the necessary yarn. Each sweater requires 2 to 4 ounces, and can be of varying weights. If you have any yarn that you would like to donate, there will be a donation basket available in the Commons and/or the Narthex through June 6, 2010. We will also have directions for making a baby sweater for those who are interested. The sweaters will be donated to UMCOR (the United Methodist Committee on Relief) to include in their Layette Kits, which are greatly needed in Haiti and other countries affected by recent natural disasters. Contact Debby Fisher, Health and Welfare Co-ordinator if you have any questions: 503/645-4802.



FIRST UMC CHURCH CONFERENCE

A specially-called First UMC Church Conference will be held, following worship, on Sunday, June 6, 2010 in Collins Hall as part of our Volunteer Sunday Recognition Celebration. Our District Superintendent, the Rev. Bonnie Parr Philipson, will preside. We will be giving thanks and recognizing persons who have volunteered in the previous year, naming the three "Volunteers of the Year" for 2010--during the meeting we will be electing volunteer officers to assume office on July 1, 2010. In addition we will be taking action to set the housing allowance portion of our new Minister of Discipleship's compensation. (The total amount of compensation will not change, just the amount designated for housing.) Everyone is invited and encouraged to be a part of the reception. All members are entitled to vote.

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 June 9, 2010.

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 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

check it out



PRAYERS OF CELEBRATION FOR ...

Paige & Michael Davies, on the birth of a daughter,
Harper Jean Davies, born on May 10, 2010.

PRAYERS OF CONCERN FOR ...

Trudy Kayser, who is recuperating from a
knee replacement ...
Jean Barnes, who is caring for her mother,
Jerrine Hilliard, in Texas ...
Wes Alcorn, the grandfather of *Phillip Greenberg*,
is in Prineville, OR, recuperating from surgery ...

WE CONTINUE OUR PRAYERS FOR ...

Nancy Beth Davis, *Bruce Gaffield*, *Jay Stewart*, and
Hazel Wells ...

PRAYERS FOR THOSE SERVING IN THE MILITARY ABROAD ...

Jared Bomberger, *Daniel Bomberger*, *AJ Jennings*

THE CHURCH LIBRARY

God's Dream is a warm and beautiful children's book written by Archbishop Desmond Tutu and Douglas Carlton Abrams that introduces Archbishop Tutu's unique message of forgiveness and empathy, and a path to joy.

Heidi Darrow's, *The Girl Who Fell from the Sky*, draws from her own upbringing as the brown-skinned, blue-eyed daughter of a Danish woman and a black G.I. to create Rachel Morse, a young girl with an identical heritage growing up in the early 1980s. After a devastating family tragedy in Chicago, eleven-year-old Rachel, the only survivor, goes to live with the paternal grandmother she's never met, in a decidedly black neighborhood in Portland, Ore. It's a thoughtful reflection on racism and racial identity.