



# THE CIRCUIT RIDER

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

**November 23, 2011**  
Volume 15, Issue 24

## WORSHIP AT FIRST CHURCH

### SUNDAY WORSHIP

**November 27**  
10:30 AM  
First Sunday of Advent

**December 4**  
10:30 AM  
Second Sunday of Advent



Portland First United Methodist Church declares that we will be an advocate for peace in our local communities and world. 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



### THE FIRST SUNDAY OF ADVENT

Sunday, November 27  
Join the ADVENTure ... 9:00 AM, Collins Hall  
Lighting of the Advent Wreath ... 10:30 AM, Sanctuary  
Chili Lunch ... 12:00 PM, Collins Hall  
Advent Wreath Making ... 12:00 PM, Collins Hall

### THE SECOND SUNDAY OF ADVENT

Sunday, December 4  
Join the ADVENTure ... 9:00 AM, Collins Hall  
Lighting of the Advent Wreath ... 10:30 AM, Sanctuary  
World AIDS Sunday  
Alternative Christmas & World Bazaar, 12:00 PM, Collins Hall

### THE THIRD SUNDAY OF ADVENT

Sunday, December 11  
Join the ADVENTure ... 9:00 AM, Collins Hall  
Lighting of the Advent Wreath ... 10:30 AM, Sanctuary  
Alternative Christmas & World Bazaar, 12:00 PM, Collins Hall  
Jonas & Friends Christmas Pops Concert, 3:00 PM, Sanctuary

### THE FOURTH SUNDAY OF ADVENT

Sunday, December 18  
Join the ADVENTure ... 9:00 AM, Collins Hall  
Lighting of the Advent Wreath ... 10:30 AM, Sanctuary  
*Gloria* by Randol Bass will be presented by the Chancel Choir with Brass, 10:30 AM, Sanctuary  
Alternative Christmas & World Bazaar, 12:00 PM, Collins Hall

### CHRISTMAS EVE SERVICES

Saturday, December 24  
Family Service with Children's Pageant ... 5:00 PM, Sanctuary  
Candlelight and Carols ... 7:00 & 9:00 PM, Sanctuary  
Communion Service ... 11:00 PM, Chapel

### CHRISTMAS DAY SERVICE

Sunday, December 25  
Christmas Day Worship Service ... 10:30 AM, Sanctuary



*One Minute Mindfulness* is the title of a book by Donald Altman, which I am using in my study and devotional time this Advent and Christmas, along with Joyce Rupp's *Welcome the Light* (available in the church office). Altman's book is broken into five parts, which seemed like a perfect pattern for the four weeks of Advent, and the week and a half of the Christmas season.

In the book's introduction, the author writes, "If there is a single secret to one-minute mindfulness, it is this: live the next 60 seconds as if your whole life depended on them, with a sense of urgency and excitement, or as if you had just arrived in a foreign land where there is nothing expected, hackneyed, or taken for granted. This is a journey into life's true possibility, freshness, mystery, wonder, and novelty. After all, who knows what amazing things may happen in the next minute?"

When I read the introduction, I immediately thought about Advent and Christmas, and our emphasis this year on "Making Christmas Count." For surely, paying attention to each moment as we prepare for and celebrate Jesus' birth is one of the best ways we can be sure that our Christmas will count for something more than consumerism or stress, anxiety or grief.

Again, in Altman's words, "Mindfulness is a form of awareness and attention that enables us to peer into the truth of this moment. Mindfulness is not about the fleeting hedonistic satisfaction we get from filling up on material stuff, though it is about relishing the priceless treasures of experience and relationship that occur in the immediate moment."

As I make my way through the five sections of Altman's book I will practice at least some of his ideas for mindfulness:

- ... at home and play
- ... at work and in creativity
- ... in relationships and love
- ... for health and well-being
- ... in nature, spirituality, and contemplation

And I will practice with an eye to how paying attention to each moment can help me to deeply experience Advent and truly make my Christmas count this year. You can watch our website ([www.fumcpdx.org](http://www.fumcpdx.org)) for weekly reflections on these minutes of mindfulness. Happy Advent to you all.

Blessings,

*Rev. Donna*

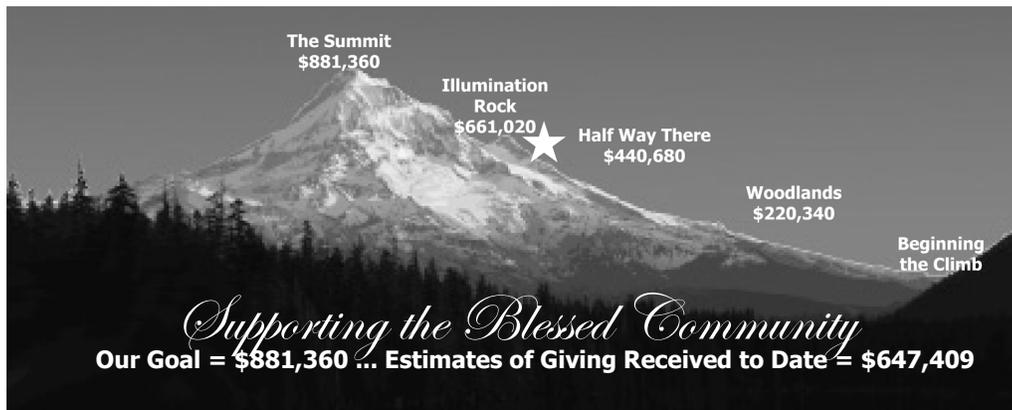
PS ... Don't forget to fill out and turn in your "Make Christmas Count" card.

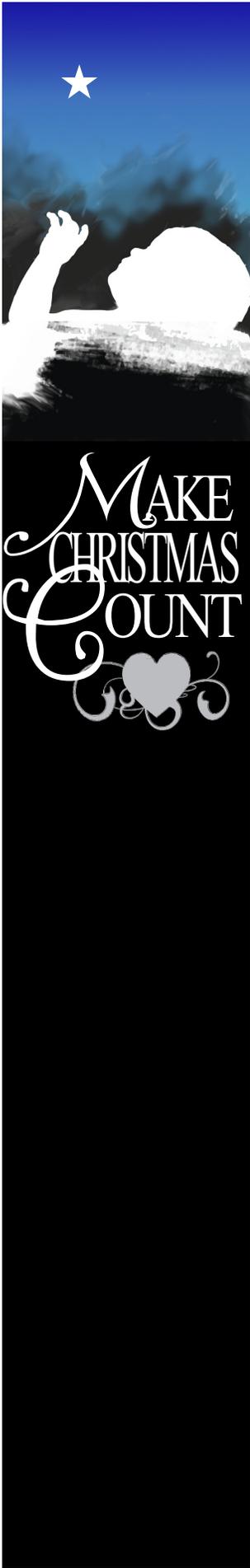
You can get one in the church office, or find it on our website: [www.fumcpdx.org](http://www.fumcpdx.org)

## SUPPORTING THE BLESSED COMMUNITY

### An Update

Currently 243 people have responded with Estimates of Giving for 2012. Our goal is: \$881,360 and currently we are 73% there with \$647,409! Please return your Estimate of Giving card to the church office as soon as possible.





### **ADVENTure For All**

ADVENTure is a fun way to explore Advent and will include art, story telling and music in playful learning. The ADVENTure will begin at 9:00 AM in Collins Hall **each Sunday of Advent**, starting Sunday, November 27, 2011. Nursery is available during this time, and all ages are welcome to come before choirs start. Come to one or come to all!

### **Shop for Christmas Dinner for Friendly House**

This Advent provide a Christmas Dinner for a Friendly House Service for Seniors and Homeless Families program. Simply pick up a grocery bag and list in the Commons in Collins Hall and shop for the dinner. The cost is about \$30.00. You can put your own spin on the items, but we just ask you keep in mind potential limitations for cooking. Please return full bags (including perishable items) on Sunday, December 11 to the donation table in the narthex. The bags will be distributed to seniors and families by the folks at the Friendly House.

### **Volunteer at the Shelter**

Make Christmas count by volunteering at the Goose Hollow Family Shelter during Advent. Opportunities for service include meal providing, hosting Kid Time, and Over-Night hosting. You can sign up by going to: [www.pdxhfs.org](http://www.pdxhfs.org) or signing up for a Sunday School in Action shift at the shelter. For more info on volunteering, and meal ideas, visit our Sunday School in Action poster in Collins Hall near the kid's play area.

### **Carol in Goose Hollow & Zoo Lights**

Mark your Calendars for December 17. Meet at 5:00 PM in Room 202 at the church to sing Christmas carols and create Christmas cheer. We have invited families from the Goose Hollow Family Shelter to join us in this evening of fun. We will all have pizza dinner together at 6:00 PM at the church. A donation of \$10/family will cover the cost of food for your family plus shelter guests. After singing and dinner, we will take the MAX up to the Oregon Zoo for a fun evening of light at the Oregon Zoo. First UMC families are responsible for their max and zoo tickets. (Zoo tickets are \$9.00 for adults and \$7.50 for children. Sign up with Megan after worship in Collins Hall.

### **Alternative Christmas**

Alternative Christmas giving will focus this year on First UMC's three covenant missionaries and projects in each of their countries starting Sunday, December 4, and continuing through the remaining Sundays of Advent (December 11 and 18), the Global Mission committee will staff a table in the Commons, at which you may purchase gift certificates to benefit Shade and Fresh Water (Brazil), Garbage Dump Ministry (Cambodia) and Wadi Fukin Community Center (Palestine). Further information about these projects, and about our Covenant Missionaries in these countries, will be in the Alternative Christmas bulletin insert. We will also make available Planet Church's popular Chinook Books, Guatemalan crafts to benefit a day care center for street children in Guatemala City, and Palestinian olive oil to benefit Palestinian farmers.

### **Youth Christmas Party**

First Church youth will gather for some holiday games, gingerbread house building, and an award for the best holiday cookie or baked good (bring enough to share!) Join us on Sunday, December 11, 2011 from 12:00 to 2:00 PM in the Youth Room. All youth are welcome.

### **Nativity Pageant Rehearsals**

The children of First Church will be presenting a Nativity Pageant in the 5:00 PM Christmas Eve service. All children are invited to participate! We will have two rehearsals: Saturday, December 10 from 10:00 AM to 12:00 PM (readers only rehearsal) Sunday, December 18 after worship (an all-cast dress rehearsal) Contact Megan Humphreys-Loving if you would like your child to participate: [mhumphreys-loving@fumcpdx.org](mailto:mhumphreys-loving@fumcpdx.org) or 503/228-3195 ext. 227

### **Longest Night Service**

There will be a Longest Night Service on Wednesday, December 21, 2011 at 5:00 PM in the Chapel. This service is designed to help and encourage those who have experienced loss, and anyone who finds Christmas a difficult and emotional time.



# MAKE CHRISTMAS COUNT

## Shop for Christmas Dinner for Friendly House

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## Preacher's Pub

Come discuss the week's Scripture passages at the Goose Hollow Inn (directly across the street from the church) on Wednesdays, December 7 and 14 at 7:00 PM. This is a relaxed Bible study and fellowship opportunity.

*The* **POPS** *of the*  
**SEASON**

Portland's  
First United  
Methodist Church  
Friends of Music  
Present



**JONAS NORDWALL  
& FRIENDS**  
Sunday, December 11, 2011  
3:00 PM  
Portland's First UMC Sanctuary  
*a suggested ten dollar donation*

# PRAYERS & CONCERNS

## PRAYERS OF CONCERN FOR ...

*Chet Thomas*, who is undergoing radiation treatments ...

## OUR PRAYERS CONTINUE FOR ...

*Rev. Peggy Luckman, Virginia Bender, Judi Carpenter, Joan Hill, Rev. Wayne Hill, Doris Lavelly, Kitty Riddle, Karen Smith, Al Snyder, Kyon Vaandering*

## PRAYERS FOR OUR MILITARY PERSONNEL SERVING ABROAD ...

*Jared Bomberger*, who is serving in Iraq ...

## LET'S MAKE A KITCHEN UPDATE

The response to our kitchen utensil drive has been remarkable. As of November 18, we have filled four barrels full of donated items for the Community Warehouse. Congratulations to Megan and our youth volunteers for spearheading this successful effort!



# THANKS

# Adult Sunday School Classes

## CHANGING CHRISTIANITY

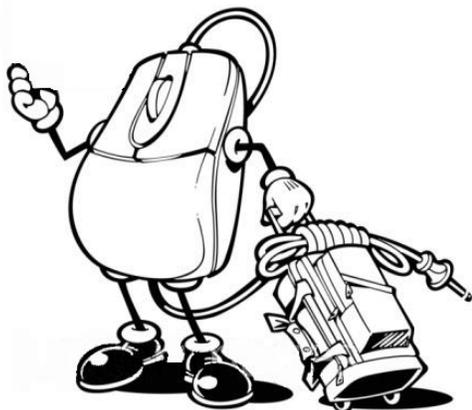
This class meets each Sunday morning at 9:00 AM in Room 202. On October 9, 2011 the class will begin discussing *Twelve Steps to a Compassionate Life*, by Karen Armstrong.

## FAITHLINK

This class meets each Sunday from 9:15 to 10:15 AM in Room 134. This weekly study analyzes current events from a Methodist perspective. FaithLink is a study for individuals or groups who want to apply their United Methodist beliefs to current faith issues and world events. This essential guide motivates Christians to consider their personal views on important contemporary issues. FaithLink also encourages action for beliefs. Please join us each Sunday for lively discussions and inspiration.

## THE PARKER GROUP

The Parker Group will meet Saturday December 3, 2011 at 12:30 PM, in room 202. Join us for a potluck luncheon and program. Bring a dish to share. Our speaker will be Dwight Dragoo. For more information contact Melba Rizzo at 503/635-6716 or Lorraine Johnson at 503/236-9620.



## new web design

### [www.fumcpdx.org](http://www.fumcpdx.org)

Exciting news! First Church has a new web site! Rush home and snuggle up to your computer with a cup of your favorite hot drink and check it out. [www.fumcpdx.org](http://www.fumcpdx.org).

It has new graphic art on the banner, bringing together elements from the past (1970s building photo) present (fonts), and a bright future (sky). It also features banners where upcoming events scroll by in vivid colors. When you see something that tickles your fancy, just click, and you will be taken directly to that story!

On the home page, scroll down and see all the fantastic ways First Church activates our faith in things like worship, children & families and music. These sections will be changing all the time with the most frequent things on top. Check back on the home page often to keep up with your favorite activities at First Church.

The entire web site is a fluid snapshot of all that goes on in our church community. There are updates each day by our church leadership. All the committees and departments have an appointed contributor that will be responsible for their section of the site making the document alive and vital.

One last item you simply must check out is the search bar at the top of every page. Each article will be indexed permanently on the site. So say you want to brag about our pipe organ, but you can't remember the details. Type "organ" in the search bar, and voila, all the articles about the organ on our web site will appear!

Many thanks to Paul Adams, our web master, for his excellent and generous skills in bringing our new website to another level.

# United Methodist Women

All women are invited to participate in the following activities. We strive to develop a supportive fellowship as we promote concern for women, children and youth at home and abroad. President, Marion Hollenberg. 503/640-3270

## UMW DECEMBER UNIT MEETING

You are invited to join us as we share charming melodies of Christmas carols from around the world. Jonas Nordwall will be at the organ, joined by flutists Marie Zeller and Anne Kayser, Colleen Foster will provide a meditation and lead us in learning of the origins of some of our favorite hymns. You will be invited to sing, to listen, and to absorb the peace of Christmas. We'll gather in the Fireside Room at 10:00 AM, on Wednesday, December 7. Highlighting this time will be presentation of useful, handsome tote bags, designed and sewn by the Tabitha Circle, as gifts to the women who are our current shelter guests. At 11:00 AM we move to the Chapel for a time of Christmas music. At noon we return to the Fireside Room for a delectable lunch, featuring "cookies from around the world." Our church staff will be special guests. Everyone is welcome to the musical program. Please RSVP to Trudy Kayser at 503/292-7528) by December 1, 2011 if you plan to stay for lunch. Cost for lunch is \$5.00. We truly hope to see you there!

## TABITHA CIRCLE

The Tabitha Circle will meet Wednesday, December 7 at 1:00 PM in Room 202. The project of making totes for those in the homeless shelter is due at this time. At 1:30 PM, Ruth Green will give a demonstration on making "undies."

## THE RUTH CIRCLE

The Ruth Circle will meet Wednesday, December 14 at noon in Room 204. Please bring a favorite Christmas table decoration to display on our lunch table. Then, members will have the opportunity to experience playing Christmas music with the hand bells. There will also be a gift exchange. Bring a sandwich for lunch. Dessert and beverage will be provided. Chair: Betty-Lou Hare, 503-292-1773.

## CIRCLE OF FRIENDS

The Circle of Friends will meet at the home of Trudy Kayser on December 14 at 11:30 AM. Lunch will be provided with a \$5.00 donation. Bring three dozen cookies for cookie exchange and also HUGS for a donation to the homeless shelter. Co-Chairpersons: Hazelee Stevenson 503/283-0041 and Leah Vislisel 503/648-6808.

## NAOMI CIRCLE

On Thursday, December 15, the newly formed Naomi Circle will meet at 2:00 PM, at Terwilliger Plaza in the 8th floor lounge, a time for sharing Christmas traditions from around the world to enrich the season for each member. New members and visitors are always welcome. Contact: Colleen Foster 503/808-7389.

## PLANNING TEAM

The Planning Team will meet Wednesday, November 30 at 9:30 AM in Room 110.

**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 December 7, 2011.

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

**Address Service Requested**

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**POINSETTIA  
ORDER FORM**



It is time to order plants to prepare our sanctuary for the Christmas season. This year poinsettias or azaleas are **\$15.50** each. Use this order form to indicate if the flowers are in memory or honor of someone and return the form and payment to the church office by Monday, **December 12, 2011**. Indicate **POINSETTIA** in the memo portion of your check. Also, indicate if you are picking your plant up after the 9:00 PM service. Please note that the earliest that plants can be picked up is after the 9:00 PM service.

POINSETTIA     AZALEA

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Your Name

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Name     In Memory     In Honor

I will pick up the plant.