



the First United Methodist Church of Portland  
**CIRCUIT RIDER**

November 4, 2015 ■ Volume 21, Issue 22 ■ [www.fumcpdx.org](http://www.fumcpdx.org)



It is so great to be back in the Sanctuary for our 10:30 worship services! A big THANK YOU goes out to all the volunteers who helped make it happen by carrying hymnals back into the pews, cleaning the woodwork, sharpening pencils, polishing windows, etc. *Continued on page 4 ...*

**WORSHIP  
AT FIRST  
CHURCH**

**As a Peace Church,** we declare that we will be an advocate for peace in our local communities and world.

**As a Reconciling Congregation,** we have pledged to welcome and support all who want to worship with us, regardless of race, gender, class or sexual orientation.

**As a Creation Care Congregation,** we advocate for lifestyles and social policies which bring healing and renewal to our precious Earth.

## *From the Pastor*

“Thank you”

It is such a simple phrase, and yet it evokes an immediate reaction, both for those who say it and for those who hear it. There is something powerful about gratitude.

Recently, scientists and psychologists have begun to take a closer look at gratitude – the how and the why and the therefore of it. They are finding, in study after study, that people who practice gratitude consistently reap many benefits, like:

- Stronger immune systems and lower blood pressure
- Higher levels of positive emotions
- More joy, optimism, and happiness
- More compassion, more generosity, more community and less isolation or loneliness

This is probably not news to anyone who has been a part of a faith community. Ancient Scriptures of nearly every world religion exhort followers to cultivate an attitude of gratitude. Our own Bible is filled with reasons to say thank you and suggestions that it is a good thing to do.

Gratitude is not just about saying thanks. Robert Emmons, who has spent over ten years studying the effects of gratitude on physical, psychological and relational health, says that gratitude has two basic components. First, it is an affirmation of goodness. When we are grateful we are recognizing the good things in the world – the gifts and benefits we have received. This is not to suggest we all don rose-colored glasses or hide our heads in the sand when confronted with the opposite of goodness. Gratitude does not ignore reality, but it encourages us to pay attention to the goodness that exists in every reality.

Emmons’ second component involves figuring out where that goodness comes from. It points us beyond ourselves and helps us to see that so many of our blessings truly are gifts we have not created on our own. Again, no big surprise for people of faith, but certainly a good reminder in this season of gratitude, and in every time of life.

During the month of November we are focusing on gratitude here at First Church. Our sermon series “ThankFULL” reminds us what a difference it makes to focus on goodness, and share goodness with others. The work we do and the lives we touch, the way this church blesses the world...none of that is because of any one individual. We all share in this ministry and each of you are essential to our success.

**I invite you to offer your thanks in a couple of ways this month.** First, send us digital photos of your own thankfulness... those blessings of people, places, activities, animals... wherever your gratitude takes you. You can email them to us – [news@fumcpdx.org](mailto:news@fumcpdx.org). These photos will be used during worship. Then, pray about the part you will play in the financial health of this congregation in 2016; fill out your estimate of giving and return it to the office, or bring it with you on Sunday, December 6 when we will say “Thank You!” together.



Grace and Peace,  
*Rev. Donna*

## FORUM - UMCOR WEST DEPOST SUMMER TRIP

Nine youth and adults from FUMC spent a week in Salt Lake City this summer, working in the UMCOR West depot and learning about the mission of UMCOR across the globe. They will share their experiences - from assembling 'birthing kits' and sewing diapers to visiting the Natural History Museum and Temple Square - at an after-church forum in the Fireside Room on Sunday, **November 15**.

FUMC members and friends are invited to learn more about UMCOR and how the United Methodist Church has been extending a helping hand to those in need from natural or man-made disasters, from World War II to the present refugee crisis in Europe. They will also have the opportunity to learn about the intergenerational trip now being planned to UMCOR West in the summer of 2016. A light lunch will be served.



## PRAYERS

### *Prayers of Celebrations*

**Bob Schubert,**

received the French Legion of Honor medal, the highest French recognition for his courage and bravery in World War II. The medal was presented this last Monday by the Honorary Consul of France for the state of Oregon at a Veterans luncheon at Terwilliger Plaza.



### *Prayers of Sympathy:*

**Jean Holznagel and family.** Jean's husband, **Don Holznagel** passed away this last week after a long illness.

**Liz Temple**, our administrator, went to Ohio for a memorial service (Sunday November 1st) for her step mother, Nancy Hoar, whom she has known since she was twelve.

**Bob Ross**, who has been living in Indiana, died after spending time in a memory care unit. He and his wife, Louise who died in 2012, were members here in recent years.

### *Prayers of Concern:*

**Francis LeFever** is home following surgery.

**Jim McManus** is having health concerns with his back.

**Dick Pomeroy** is now home and enjoying restful days.

**Melba Rizzo** has had hip surgery and will be in rehab for several weeks.

**Marion Hollenberg** has begun chemo therapy.

**Duane Paulson** had heart surgery Monday November 2.

**Lisa Jean Hoefner's** nephew Nathan who is 31, has had significant health concerns since August and is awaiting a bone marrow match.

### *Continued Prayers For:*

**Rebecca Piros, Karla Meyers, Bill Rizzo and Ed Pittaway.**

## GLOBAL MISSIONS

### LosRomeritos Child Center



Back by Popular Demand!  
On **December 6**, Global Missions Committee is hosting Los Amigos

de Los Romeritos from Oregon City UMC to sell Guatemalan fair-trade handicrafts. All proceeds support the Los Romeritos Child Center in Guatemala City, a project that provides safe shelter, care, education, training, food, and love for children living on dangerous streets.



**November 29** and **December 6** will be your opportunities to purchase Canaan Fair Trade olive oil, Freekeh, and Za'Atar!

Our church is an Interfaith Partner with Canaan USA to help provide a market for 1700 Palestinian farm families to sell their wares. Pre-orders will be taken. Check the bulletin board for order forms, or the church website (click on Community Outreach).



**UNITED  
METHODIST  
WOMEN  
CALENDAR**

### **Monday, November 9**

Room 202  
10:00 am Tabitha Circle  
Chairs: Kay Ward 503.915.7974 and Erin Riley 503.709.5469

### **Wednesday, November 18**

Fireside Room  
12:00 pm Circle of Friends  
Program: EMO "Farm and Family"  
Chair: Sandra Howard 503.652.5068

### **Wednesday, November 18**

Room 202  
12:00 pm Ruth Circle  
DVD: "Dump Box" A minister comes to the aid of South Korean abandoned babies.  
Chair: Jeanette Chardon 503.866.3192

### **Thursday, November 19**

Terwilliger Plaza - Club Room  
2:00 pm Naomi Circle  
Chair: Colleen Foster, 503.808.7389



the FIRST UNITED METHODIST CHURCH OF PORTLAND  
**CIRCUIT RIDER**

THE CIRCUIT RIDER is a publication of First United Methodist Church,  
 1838 SW Jefferson St, Portland, OR 97201-2496

Nonprofit Org US Postage Paid Portland, OR  
 Permit No. 1719

NONPROFIT ORG  
 US POSTAGE  
 PAID  
 PORTLAND OR  
 Permit No. 1719

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



**Continued from cover ...** We also want to give a special shout-out to Corey Morris, project manager for the Sanctuary Plus Renovation work, and Lindsey McGill who shepherded the installation of the video wall, and Gene Balcomb for his work on lighting, and Gordon Frost for his work with the sound system, and Dwight Dragoo, Facilities Manager, and many more yet to be named!

Speaking of volunteers... it took many hands to pull off this year's fantastic Fall Festival after worship on November 1st. And, when Megan Jones saw how much candy was left, she organized a second Fall Festival Sunday evening for the children in the Goose Hollow Shelter. Special thanks to these youth volunteers: Sophia and Helen Parent, Lee Cooper and his friend Aidan.

**REMINDERS**

**Charge Conference** will be Wednesday, November 18th at 7:00 pm in the Sanctuary.

**General Conference Sunday** is November 22nd. We will share the opportunities to serve and to advocate at General Conference (May 2016).

**Interested in the Future of Youth Ministry?** Martha Connell and Megan Jones will be hosting a time for brainstorming, reflecting, and look ahead at the future of First Church Youth Ministry. Come participate in the conversation on Sunday, November 22 following the 10:30 AM worship service in Room 202. Light refreshments provided.

**First United Methodist Church** **MOMENTUM** Class

The presents  
**Best Christmas Pageant Ever**

Friday, December 4 | Dinner: 5:00 PM | Show: 6:00 PM  
 1838 SW Jefferson St. Portland, OR  
 Adult: \$5.00 | Children: FREE