



the First United Methodist Church of Portland

CIRCUIT RIDER

April 06, 2016 ■ Volume 22, Issue 7 ■ www.fumcpdx.org

PORTLAND'S FIRST UMC ■ UNITED METHODIST WOMEN &
MIX ■ MATERIALS IN THE EXTREME ART QUILTERS

14th Annual QUILT LUNCHEON

An Urban Landscape

for details see Page 3

April 15 2016 | Collins Hall | Tickets: \$20.00

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,
all are welcome to participate
in the full life of the church,
including all races, abilities,
ages, classes, gender identities,
and sexual orientations.

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

FROM THE PASTOR

Take a deep breath. Let it fill your lungs, let it sink into your gut, let it flow through your cells. Don't be stingy with your breath, don't be shy in receiving it. Don't worry about everything there is to do or about what is happening in the future. Just breathe.

It's good advice for busy people; helpful guidance for distracted folks. And it is an essential reminder for times like this, with the start of our United Methodist General Conference just a month away. Breathe – just breathe – knowing that God is as close to us as breath.

I know – it's easy to say "just breathe"... but when we are full of anxiety, when we are overfull with activity, when we are anticipating the storm to come after the calm, it is easy to forget. As we anticipate the busyness, and experience the stressful transition moments, our breathing becomes shallow without our noticing it. In those very times when we need God's life-giving breath flowing most freely into us, we unconsciously restrict its flow. And before you know it, all we are taking in, all we are cycling through, is our own anxiety. And nobody can live fully on anxiety!

So what do you do, when you find yourself caught in the worry wheel – paying interest on a debt you never owed? Here are a few suggestions...

- Just notice it. There's no need to beat yourself up about it, and there is no need to focus on it either. Breathe...just breathe.
- Be objective and realistic about it. Try describing whatever it is that has you in its grip and figure out how much – and more importantly – how little control you have over the situation. If you can't control it, breathe...just breathe.
- Be open to possibilities you've not yet imagined. This may mean letting go of your attachments to perceived futures. Breathe...just breathe.
- Allow for the movement of God's Spirit. Pray and breathe...just breathe.
- Ask for help; remember that life is not a solo act. Breathe...just breathe.
- And don't forget to laugh! Mark Twain once quipped, "Against the assault of laughter, nothing can stand."

So breathe... Just breathe. I'll be breathing with you!

GRACE & PEACE
Rev. Donna





KID'S DAY CAMP JUNE 20-24, 2016

Register at
fumcpdx.org/kidscamp

Children entering Pre K through completed 6th grade are invited to take part in a fun week filled with learning, play, songs, and creativity.

This year, students can register for a half day camp or a full day camp. Our half day camp, 9:00 AM – Noon, is a **FREE** camp located at FUMC. Students will participate in fun rotations, much like the style of a typical vacation bible school, with bible party, games, crafts and creativity, snacks, etc. The all day camp, 9:00 AM – 5:30 PM will begin with VBS, followed by lunch and an afternoon field trip. Our field trip locations will include:

- The Oregon Zoo
- The Children's Museum
- Playdate PDX
- Portland Child Art Studio

The cost for the full day camp is \$10 per day. For both of our camps, attending every day is encouraged, but not required. If you are not in need of a full day camp each day, you may pick and choose the days your child attends.

For more information about our Kid's Camp or for registration information, please contact Megan Jones at mjones@fumcpdx.org.



PRAYERS

Prayers of Sympathy for:
For Vicki Seymour and her family. Vicki's father W. Ward Reynoldson passed away early this last week and his services were in Iowa on Friday.

Prayers of Concern for:
Ann Lindgren is now in hospice care.
Francis LeFever fell and broke her ankle and has had surgery.
Annie Calhoun is scheduled for surgery next week.
Jim McManus is being treated for a clot in his ankle.

Will Owens recently had knee surgery and experienced issues with his heart.
Meg Clark-Kilcoyne has requested prayers for **Louise Nirider** who is like a grandmother to her. **Louise** has struggled with a variety of health issues in recent days and lives in Massachusetts.

Continued Prayers for:
Nancy Meyer, Jim Manuel, Karla Meyers.

GARDEN BOXES FOR TERWILLIGER FRIENDS Saturday, April 16 1:00 – 3:30 PM



Join Families In Action for an afternoon of gardening. We will be making potted plant and flower box arrangements for some of our friends at Terwilliger Plaza who would enjoy having the sights and smells of Spring brought indoors. Once we have completed our Spring flower creations, we will relocate to Terwilliger Plaza to deliver them.



UNITED METHODIST WOMEN CALENDAR

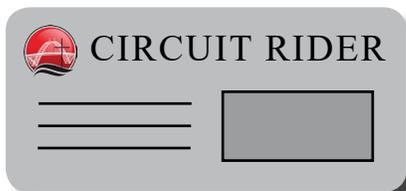
Continued from Cover... **FOURTEENTH ANNUAL QUILT SHOW & LUNCHEON**

Our theme, *Sense of Place - An Urban Landscape*, celebrates the views from the streets of Portland and is the inspiration for the art quilts. For more information and to purchase tickets, contact any one of the following:

Linda Anderson: 503.281.7569
Shirley Blalock: 503.786.3437
Cheryl Bittle: 503.292.3508
Trudy Kayser: 503.292.7528
Judy Moon: 503.543.2220

Wednesday, April 27
Fireside Room
12:00 PM Circle of Friends
Program: Being Prepared
for the Big One - Earthquake
Emergency Preparedness.
Chair: Sandra Howard
503.652.5068

Wednesday, April 27
Room 110
10:00 AM Planning Team



VOLUNTEERS NEEDED!

We are looking for volunteers to join our Circuit Rider Assembly team. We start at 9:30 am every other Wednesday and usually wrap things up by 11:00am. If you are interested in being added to the call list, please contact Matt at medey@fumcpdx.org.



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E-mail the church office at office@fumcpdx.org
to request it by e-mail.

Address Service Requested



LEARN ABOUT PALESTINE

Global Missions is sponsoring two conversations
about Palestine from first-hand experiences.



Sunday, April 17th, Josh Hauser will have an opportunity to share his February trip to Palestine, with our church community. He will make his presentation after Church on Sunday, April 17. Come and hear about his experience. A light lunch will be served.



Sunday, May 15, United Methodist missionary Rev. Kristin Brown will tell of her work in Palestine. Kristin is an ordained United Methodist clergy and a friend of Rev. Jeremy. This is our opportunity to learn from someone who lives and works with Palestinians and Israelis.

