



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

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WORSHIP  
@  
FIRST CHURCH

8:30 AM | CHAPEL  
10:30 AM | SANCTUARY

**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.

**Alternative  
CHRISTMAS**

**SUNDAYS, DECEMBER 10 & 17 | 11:30AM | COLLINS HALL**

Alternative Christmas allows you to take a break from giving “things” and instead support a charity represented by the outreach ministries and other church groups. This year, the charities you can give to are:

**Maternal & Child Health Initiative**  
*brought to you by the **United Methodist Women***

**Sexual & Gender Minority Youth Resource Center**  
*brought to you by **Reconciling Ministries***

**Friends of the Columbia Gorge**  
*brought to you by **Planet Church***

**Unalaska United Methodist Church**  
*brought to you by **Global Missions***

**Portland Homeless Family Solutions**  
*brought to you by the **Goose Hollow Family Shelter***

**Embrace Oregon**  
*brought to you by **Church & Society***

With your donation you will receive a card you can use to send to friends and loved ones to let them know of your donation in their honor. For more information email [office@fumcpdx.org](mailto:office@fumcpdx.org)!

# FROM THE PASTOR

## grat·i·tude

'gradə,t(y)ood/  
noun

*the quality of being thankful; readiness to show appreciation for and to return kindness.*

By the time you read this our Thanksgiving will have been reduced to leftovers and memories. But our gratitude – that’s another thing altogether. Gratitude is a way of being, not limited to any particular day or season, and its benefits may surprise you.

According to more than 40 research studies, gratitude makes you happier by:

- Helping you to make friends and to deepen existing relationships
- Decreasing your blood pressure and helping you to relax
- Improving your sleep and giving you more energy
- Helping you cope with the stress of daily life
- Making you more optimistic, less envious of others and less self centered
- Reducing materialism while increasing spirituality
- Increasing your self esteem and helping you to network with others
- Improving your decision making ability

Gratitude has always been a calling for people of faith; it has become a rallying cry for the secular world as well. There is a reason (beyond

football and gluttony) that we’ve been celebrating Thanksgiving since its earliest inception in 1789. Thanksgiving helps us become our better selves as a nation as well as individually.

The “readiness to show appreciation for and return kindness” which lies at the heart of gratitude is not limited to the holiday, nor even to the table grace. I like the way G.K. Chesterton puts it: *You say grace before meals. All right. But I say grace before the concert and the opera, and grace before the play and pantomime, and grace before I open a book, and grace before sketching, painting, swimming, fencing, boxing, walking, playing, dancing and grace before I dip the pen in the ink.*

Cultivating a lifestyle of gratitude takes a little practice. Here are five simple things that may help:

1. Pay attention to your thankfulness – take 2 to 5 minutes at the end of every day to write down or speak aloud a few things for which you are grateful
2. Say grace ... before meals, definitely, but also before the activities and experiences which bring you joy and give

your life meaning.

3. Pray – with words, with silence, with music, with movement – the “how” does not matter so much as the “why” you give God thanks and praise
4. Visualize persons of blessing – hold them in your mind’s eye for 2-5 minutes and reflect on the ways these persons support, encourage, love and challenge you.
5. Be present to your senses – savor the tastes, sounds, smells, sights, and sensations for 3 minutes at a time

And then, when you’re ready to take it to the next level, share your gratitude with someone else. It is true what they say – A rising tide lifts all boats – and gratitude can be that tide for your family, friends, even the neighbors you don’t know very well. Thanks be to God (and to you) for the gratitude we share.

Grace & Peace,



# PRAYERS UPDATES



United  
Methodist  
Women

## PRAYERS OF THANKSFULNESS

Have you been in Room 110 (the old chapel) lately, and noticed the beautiful new tables, comfortable chairs and better lighting? This refurbishment is a gift from the Balcomb family, dedicated to the memory of Hazel S. Balcomb, faithful, strong and compassionate member and friend. This gift of hospitality will be appreciated for many years to come.

## PRAYERS OF CELEBRATION

- For the 30 women who attended the Men's retreat, for the time of fellowship, spiritual connection and restoration.

## PRAYERS OF SYMPATHY

- Prayers for Jerry Lindgren and his family for the passing of his wife Ann. A memorial service for Ann will be on Saturday, November 25 at 2pm in the Chapel.

## PRAYERS OF CONCERN

- For the healing of Pat Fisher, the mother of Ruth Wright.
- For the recovery for Bob Schuberger from melanoma removal.

## CONTINUED PRAYERS

- Robert Newman
- Rosemary Dodds

## MTI DENTAL CLINIC COMES TO FIRST CHURCH

**Mon Dec 11 | 8 am | Parking Lot**  
Church & Society has partnered with MTI (Medical Teams International) to bring their Dental Van to First Church to provide dental care to those who do not have access. This is the second out of six planned visits for the 2017-18 year. For more information, or if you are interested in volunteering please contact Bill Liddicoet at [wtlidd@gmail.com](mailto:wtlidd@gmail.com).

## NEW PICTURE DIRECTORY

We are finalizing production of our new photo directory. We wanted to give everyone a chance to update their contact info if it has changed since filling out the directory forms when you had your photos taken. You can contact the front office at [office@fumcpdx.org](mailto:office@fumcpdx.org) with those changes. We will announce the availability of the directories in the Circuit Rider when they are available.

## PATHFINDERS

**Sat Dec 2 | 11:30 am | Room 202**  
Program: *Christmas Carols, Ancient & New*. This promises to be a time of discovery and inspiration, led by Colleen Foster and Jerry Lindgren. Also, we are near the year's end, so will be electing new leadership for 2018. Please confirm your plans to come and what special dish you will bring with hosts Rich and Harriet Ottaviano at 503.547.1997.

## UMW UNIT

**Wed Dec 6 | 10 am | Fireside Room**  
Program: Celebrating the Advent Season - "Honoring Mary" - maternal and child health "Jonas Nordwall Christmas Music Favorites" - sanctuary. Luncheon is provided. Guests are the church office staff. Contact: Judy Moon 503.543.2220

## TABITHA CIRCLE

**Mon Dec 11 | 10 am | Room 202**  
Potluck Lunch. Project: Baby/children's hats for the UMW year-long project to collect hats for charities. Project Linus quilts that are distributed to charities that work with ill and abused children and youth. Chairs: Kay Ward 503.915.7974 and Erin Riley 503.709.5469



**FUMC**  
FIRST UNITED METHODIST CHURCH  
OF PORTLAND

*Seek  
First*

2018  
Annual Campaign

You can make a gift via text message from your smart phone by texting **(503) 966-8344** and following the prompts, or online at [fumcpdx.org/annualcampaign](http://fumcpdx.org/annualcampaign).

*Thank you. Your pledge makes a difference*



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# Advent 2017

## THE ART OF CHRISTMAS

Join us in these four weeks as we help one another prepare for the season spiritually as well as physically with preaching to inspire hope, festive music to bring joy, and fellowship to strengthen community.

*See inside for your 2017 Advent Program Guide for more information!*

The FUMC  
Travelers Go  
to the Festival  
of Lights!  
Tuesday  
Dec 5  
6:00 pm



You are invited to the 30th year celebration of Christmas Festival of Lights at The Grotto! We will meet at church at 6pm and carpool from there. Sign-up deadline is November 28. Cost is \$9 per person. Any questions, please contact Marilyn Weber at [schatzimplw@gmail.com](mailto:schatzimplw@gmail.com). Carpool drivers must also register. Sign-up at the front office.