

March 2017 Newsletter

Fremont United Methodist Church

We seek to share the joy of God's love so that all might live with dignity and purpose.

Green Dinner

on March 19th

The Green Dinner is fast approaching!

Please join us for dinner, silent and live auctions, and other festivities as we raise money for our youth's summer trips. All are welcome, so invite your family and friends.

The event starts at 5pm and will end at 6:30pm.

Doing Peace

We devoted our February Sundays to the theme of Peace: peace with ourselves, peace with others, peace with justice, and peace with celebration. This series serves as a prelude to the Lenten Season. During Lent we reflect on Christ's suffering and sacrifice and Christ's call to us to consider our own need for repentance and sacrifice.

As we walk through Lent and prepare to celebrate Christ's resurrection and Christ's gift of grace I want to ask us to weave peace into our Lenten journey. Acts of peace are, essentially, acts of sacrifice. To forward or to gain peace we have to be willing to give something up (like having our own way, or some aspect of power). We have to be willing to embrace something new in its place (like another's way of doing or seeing things). Sometimes acts of peace are married to the cause of justice and these efforts usually require a sacrifice of our time and energy as well as our resources and long-held practices. So, as we embark on our Lenten journey this year, I'd challenge us all to incorporate a peace-forwarding sacrifice.

For the first week, let's consider what we might do to bring a deeper sense of inner peace into our own souls. We might sacrifice a little of our daily routine to make room for prayer--or a longer time of prayer. This prayer time could take a variety of forms. Upon waking in the morning we might pray: "Lord, I give you this day. May the choices I make and the things I say and do be guided by you and reflect your love and grace." or "Lord, you know the problems and difficulties I face today. I choose to give them to you to carry. I ask for your peace." During our commute to work or our daily exercise, we might repeat the prayer: "Lord, have mercy on me." As we cook or clean or shovel snow, we might reflect on a verse in the Bible.

For weeks two through four, let's think about two groups of people in our lives: those we know well and love, and those with whom we are acquainted but aren't sure we like very well. What might we do for them or give them that would bring them a sense of peace and well-being. What might we

give up for their sakes? What act or blessing could we offer the person we're not so sure about that might make them feel good or might build a bridge for better understanding and relationship?

Then, as we enter into the fifth week and then Holy Week, let's think about some person or group who are generally or regularly maligned and who are in need of a genuine expression of good will. (Please, do not consider whether or not they "deserve" their circumstances, or whether or not you think they are responsible for their own destitution. That is not relevant.) Caution must be taken here that we do not condescend. What we each choose to do must come from a genuine spirit of humility and kinship. (Some of us might join forces on this and consider what good thing we could do together.)

Seek peace, and pursue it. Psalm 34:14

Shalom.



WORSHIP & SPIRITUAL FORMATION



Lent Conversations

Fremont UMC will be having a Lenten study this year using the book, "Restored: finding redemption in our mess". This study will lead us through our brokenness by looking at our mess through the eyes of Christ. And Pastor Q will lead a Lenten series based on excerpts from two books: *Grounded* by

Diana Butler Bass and *The Challenge of Jesus* by NT Wright. You don't have to read the entire books. Excerpts are available in the narthex (or from Pastor Q).

Sign up sheets are available for weekly sessions which will include Sunday morning (9 am, led by Claudia), and an evening and a daytime meeting. So don't miss the opportunity to sign up. Books cost \$10 each and please let me know if you need a scholarship as money should never deter anyone from participating. Scott Overton scottod@AOL.com

Ash Wednesday

is Wednesday, March 1 at 7:00 pm—an important service when we reflect on our frailty and need for God; and the first Sunday of Lent is March 5.

From the Vision Team

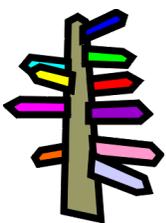
We thought it good to publish now and again the Mission and Vision statements we've adopted as a congregation. Consider memorizing them so you can readily share it with others when you're asked what kind of church you attend.

Our Mission: (Who we aspire to be)

As disciples of Jesus Christ in the United Methodist tradition, we embrace diversity, justice, and kindness and seek to walk humbly with God.

Our Vision: (What we plan to achieve)

To share the joy of God's love so that all might live with dignity and purpose.



Which Way to Where I Want to Go?

How do we get clarity? How do we figure it out?

It being that better way God would like me to choose. This year's **Women's Retreat** is going to introduce us to an approach that might help us choose wisely when perplexed. The retreat will be designed around the book *Jesus Our Spiritual Director*, which describes a narrative practice of discernment using Gospel

stories. The Women's Retreat will be held Friday May 12th, and Saturday May 13th, allowing folks an opportunity to come home for Mother's Day. We'll be gathering at the Shalom Center at Mt. Angel.

Holy Week		
Palm Sunday	10:00 am	April 9
Maundy Thursday	7:00 pm	April 13
Good Friday	Noon pm	April 14
Easter	10:30 am	April 16

SERVICE & MISSION



Northeast Emergency Food Bank

Thanks to Terry Dart, Marilyn Mauch, Marilyn Karr, Scott Overton and to new helpers Laurel Campbell-Howard, Nathan Howard and Diane Rheos for helping serve 65 families on February 27th at the food pantry. On deck for March 26th are Tracy Bardell, Trina and Allen Leschber, Prineet Pottmeyer, Jackie Sacks and Beth Skillern. Interesting in helping out? Contact Jeff Michel at 5095michel@gmail.com or call 502-915-9458.

Fremont Library

Pastor Q is compiling a library based on recent reading recommendations. Among other works, these are available for check-out: *Dear White Christians: For Those Still longing for Racial Reconciliation*, by Jennifer Harvey; and *Diana Butler Bass' Grounded: Finding God in the World, a Spiritual Revolution*. You're invited to visit the office or contact Alan to see what works are available. We'll run a fuller list in an upcoming newsletter.

Mark your calendar for a **Racial Equity Workshop** that Cynthia MacLeod and a colleague of hers will be leading on Saturday, April 22, 9:00 am - 4:00 pm (lunch & child care provided).

A fundraiser for next year's trip to the Holy Lands

Plans are underway for a Fremont trip to the Holy Lands in 2018. For some of us at Fremont, this is a dream come true. For others, it is just a dream because the cost of such a trip is prohibitive. It is our hope to raise enough money by this time next year, so that we can help anyone who wants to go to be able to afford the trip.

Our first fundraiser for Holy Lands 2018 will be a NewLeaf Greenhouse plant sale! You may order plants through the church anytime up to April 7th. Your order will be available for pick up on Saturday, April 29. Contact the office for an order form, or look for one at church. Payment should accompany the order and checks should be made out to Fremont UMC, with a notation of "plant order". Please help us reach our fundraising goal by reaching out to friends and family for orders. NewLeaf's plants yield truly wonderful flowers and vegetables.

Easter Flowers to Grace Our Sanctuary

If you would like to contribute in helping us provide a few more flowers this Easter season, the Worship Committee would welcome any donations to help make that happen. You can send it to the office or place it in the collection plate marked "Easter Flowers." Thank you!

Wayside Update

Hey Fremont UMC! It has been a couple of months since the last Wayside update and we are overdue. In January, the Wayside residents met and identified four focus areas that we have committed to developing. These are:

1. Outreach - interacting with the neighborhood and surrounding communities, supporting local schools, businesses etc.
2. FUMC Community - building community with in Fremont, connecting new people to activities they might be interested in
3. Service - participating in service opportunities to the greater Portland community
4. Individual Growth - Focusing on developing our personal spiritual lives, supporting personal improvement efforts

Under each of these areas, we identified a concrete action we could take to support them. So far, we have been reading the Alameda Newspaper, praying for area schools, inviting Fremonters over to dinner, volunteering at the NE Emergency Food Bank, and supporting each other on individual goals.

The Wayside Outside (non-resident Fremonters committed to being part of the wayside process) met in February to discuss how they might be involved with Wayside. They identified two main access points. The first was applying one or more of the focus areas to their own

lives. One example included thinking about the neighborhoods that each of us inhabits, and how to increase our awareness of our own neighbors and neighborhoods.

The second was about supporting the resident Waysiders in our goals. These were ideas relating to financing, supporting specific events, bringing food, or volunteering time. We are in the process of scheduling more gatherings of the Wayside Outside and look forward to brainstorming ideas for Summer events and activities. Anyone interested in being a part of these should contact Laurel (lcampbellhoward@gmail.com).

The Wayside is about intentional living, focused on adding value to our community. We are still seeking a fourth person, if you know someone who is not allergic to cats, and might be interested in the focus areas above, please let us know. We are open to short term trials if someone wants to discern if communal living is right for them before committing to a longer residence. ~ Laurel & The Wayside Residents

Ecumenical Ministries Oregon's NE Emergency Food Program's Sustainers Luncheon on Wednesday, March 22 from 12 to 1 p.m. at Mosaic Church, 1832 NE César Chávez Boulevard. Help provide food and clothing for families in need by supporting EMO's Northeast Emergency Food Program. No admission is charged for this luncheon; donations will be solicited. If you can't attend the lunch, please consider making a secure online donation at emoregon.org. Please RSVP by March 15, at www.nefp2017.eventbrite.com, by email to Lwestarp@emoregon.org or call (503) 221-1054, ext. 208.

EMO's Guest Speaker for the luncheon is Ronault (Polo) Catalani, program coordinator of City of Portland's New Portlanders Program and attorney & counsel for NW Communities Counsel, will discuss welcoming immigrants & refugees into the life of our city.

Christmas HUGS

I know many of you heard about the HUGS campaign and Donated hats, gloves, socks and scarfs this past November and December. Thank you! Outreach thought you might like to hear how that ministry went this past Christmas.

'Twas the night before Christmas and all through house not a creature was stirring...not even a mouse. Ok, really a lot was stirring at FUMC... the children's service and then a candle light service. Between services Trudy Pollard, Larry Thomas, La'Mareontae Thomas, Tae'Viondre Thomas, Mehki and other Fremonters loaded up 100 bags of HUGS items. Earlier in the week Pastor Q, Trudy and other elves packed those bags, taking time to include scripture in each bag. On Christmas Day the gang drove down to the SW Park blocks where an annual Christmas meal takes place, open to all (focused on the homeless, but not exclusive). It was cold and so finding people in need of hats, gloves, socks was easy. We ran out of items in 40 minutes. The recipients were grateful and in some cases we placed the hats and gloves literally on their bodies. There were many more in line for their meal that did not receive a HUGS bag - they did receive a Merry Christmas and a holiday meal. Read on for history on this simple but wonderful ministry, and mark your calendars for next November & December. Let's double the gift bags that get handed out on Christmas day 2017 to our brothers and sisters on the Portland streets.

This ministry started in 2012 when Woodlawn UMC had the Epiphany that although they were a small group, they could still help others on Christmas. They packed 30 bags with cold-weather gear and a scripture note inside, and headed to NE Broadway and handed items out to who ever wanted them and said Merry Christmas. Woodlawn did the same thing in 2013. In 2014 they heard about a gathering in the SW Park Blocks on Christmas where folks who wanted a meal could just show up. Woodlawn decided to crash it and hand out their hats, gloves, socks and scarfs. These are the best kind of party crashers and they did it again in 2015 along with the help of Pioneer UMC. In 2016 Fremont joined in. A few of the other founders and active participants through the years (that have not already been mentioned) are Molly Alfaro, Alfredo Alfaro, Carmen Alfaro, Riley Alfaro. Pastor Dave Bean from Pioneer UMC, Jackie, Daaryl Pollard. ---Tracy Bardell

FUN & FELLOWSHIP



Reading together

Are you reading "Evicted"? Even if you haven't read it, come join your friends and neighbors on Monday, March 13th, at 7:00 pm. We will have an open

discussion about the book's look at barriers to housing, and how they are impacting our city. This is an opportunity to build a better community for all of us.

Deborah Circle

United Methodist Women's Deborah Circle meets at the home of Trina Leschber on Wednesday, March 15th, at 10 am. Carolyn's address is 4555 NE 74th. Please RSVP her at 503-257-9342 or aleschber@aol.com. All women are welcome.

Celebrating with Maggie and Dennis

The Fremont family is invited to celebrate the wedding of Maggie Nesbitt and Dennis Kincade on Saturday March 18 at 4 PM at Fremont UMC. Casual/festive dress. Donations to the NE Portland Backpack Lunch Program appreciated in lieu of gifts.

Stone Soup Meet & Eat

Stone Soup meet 'n eat, will be meeting on Saturday, March 25th at 5:30 in the fellowship hall. All are welcome! We are a multi-generational group that meet on the fourth Saturday of the month for food, fun and fellowship. We will likely do some Easter related activity: color eggs, make hot cross buns, etc. Please bring a dish to share and join us. For more information, contact Claudia Roberts at clarobb@juno.com.

Brewpub

Save the date: Our next Brewpub Discussion will be on Monday, April 24. Details in next Fremonter!

OTHER THINGS OF NOTE

Warren Hiss died on Friday, February 3rd, several weeks after his wife Jeanne.

Trustees meets Thursday, March 9th, at 7 pm.

Cong Life Ministry Team meets March 12th after worship, in the Bob Nelson Room.

Worship Team is having a meeting on Sunday, March 12 following the worship service to discuss the order of worship.

Ministries Council meets next on Thursday, March 23rd, at 7 pm.

The church office is opened limited hours on Thursday, March 2nd and Tuesday, March 7th, and is closed on Monday, March 6th.

If you're interested in Choir or Handbells, please join the group on Wednesday evening or contact Lynn for info.

Daylight Savings Time begins the night of Saturday, March 11th. Set your clocks ahead one hour!

GIVING COUNTS: a word from your Finance Committee

We want to share some kind words--

From the Community of Hope, which received \$200 from our Christmas offering: "Thank you so much for your recent contribution to the work of the COH . . . We are grateful for your partnership and investment. . . You are part of a large community. . . who make this possible. Please pray for us as we continue to build this support community. . ."

Fremont is also sending an additional \$250 to the COH from the interest accrued in the Tate Fund in 2016.

From Bishop Stanovsky: "Thank you for fulfilling your covenant with the Pacific Northwest Annual Conference to give missionally through your apportionment dollars. You are a vital and important part of the ministry of The United Methodist Church and of God's work in this conference and around the world. I thank God for your faith and commitment to our shared ministry."

Thank you, Fremonters, for your generosity in giving and in helping us to meet our annual apportionment obligation with the conference.

Enclosed or attached is a summary of the 2017 Operating Budget. If you were unable to attend the presentation on Fremont's 2017 budget on February 26, please feel free to contact a Finance Committee member with any questions.

*Note: the Summary of the 2017 Operating Budget included in the bulletin on February 26 erroneously stated the Rental Income. It should have been \$21,600 instead of the \$2,600 stated. The attached Summary has been corrected.

The next Finance Committee meeting will be on April 20 at 7 pm.

IT'S NOT TOO EARLY to be setting aside items for the Basement Sale, June 2nd and 3rd!

As in the past, we'll be accepting donations of clean, useable clothing, furniture, household & kitchen items, books, toys, tools, games, sports equipment, vintage & collectible items, antiques, garden tools and miscellaneous.

Because we have very limited storage space prior to the sale, the official collection of sale items is the last week of May, BUT if you or someone you know is moving, downsizing, remodeling, redecorating, or deep cleaning between now and then and wants/needs to get stuff out of the way, please contact Paul Karr 503-284-2802 / paulwkarr@yahoo.com and we'll find a way to accommodate the "stuff" until the sale.

The Basement Sale, Auction and Christmas Tree Sale are important sources of income for Fremont's annual operating budget as well as uplifting community-building activities for our congregation and neighborhood. We invite you to participate in this upcoming event. It's just THREE months away! ---Paul Karr & Janet Orjala, Basement Sale Co-Chairs

Being a Good Neighbor

We've had a call from a distressed neighbor who has mobility issues and would prefer it if we could avoid parking in front of her house: 2631 NE Fremont. I explained that we — our Fremont folks — would not likely be parking there except on Sundays but I said I would share her request. It is a public street but if you can find another spot I think it would be good of us to try to respect her request. Thank you for the consideration I know you'll give this request.
Pastor Q

The church building is available to rent or to use, for parties, community meetings, and other uses. Contact Alan for more fees, availability, and other information.

Need a copy of the directory (info only, no pictures)? Need to update info? Please contact Alan.

FREMONT UMC MINISTRY TEAM

Ministers	All the People
Pastor	Linda Quanstrom
Director of Music	Lynn Rognsvoog
Music Assistant	Janet Orjala
Director, Children & Youth Ministries	Jarod Jacobs
Childcare	Béatrice Kanyandekwe
Administrative Assistant/Bookkeeper	Alan Silver
Custodian	Patricia Bailey

Office Hours: 11:00am - 5:00pm Monday through Thursday
Monday is the pastor's scheduled day off.