

April 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.

Holy Week

Palm Sunday – April 9, at 10 am

Maundy Thursday – April 13, at 7:30 pm

Good Friday – April 14th, noon

Easter – April 16, 10 am

Virtue & Values

We all know the difference between deep water and foamy waves, right? Deep water is, well, deep. Foamy waves are, by nature, surface features. Movement in deep water reveals itself in wave action. We see foamy waves at the ocean all of the time and we know it is a function of the movement of the deep water of great ocean.

These metaphors are helpful in distinguishing between virtue and values. I think in our society today we have melded these two ideas together and consider them interchangeable. They are not the same thing.

Virtue speaks to the essential nature of our character. What does it mean to be a virtuous person? Virtuous people conduct themselves with concern for others and good consequences. Values are different than virtue. Virtue directs and informs values. Values might be said to give expression to virtue--rather like waves reflecting the undercurrent of the deep water below. But values are not the sum total of virtue just as waves are not the sum total of any body of water.

There's a lot of talk about values today, especially 'family values.' Family values have come to be aligned with a certain position with respect to abortion and the definition of marriage. (Less is said about family values that uphold attentive child-rearing and fidelity.) The public debate about such topics and the claim that they are aligned with 'family values' has skewed our thinking about virtue.

It is also the case that because we are a legislative society—we regulate just about everything. We have to legislate how members of Congress relate to lobbyists. Why? Because it seems our folks in Congress need rules to tell them what's right and what's wrong. We have to regulate how corporate executives report financial transactions. Why? Because, it seems, these executives need rules to tell them what's right and what's wrong. Now, consider this. Most of our elected officials and many, many corporate executives hold values we would all call good. They believe in the value of life, in the value of freedom, in the value of self-determination, so on and so forth. They have values; each and every one of them.

But what of virtue? Why do we need so much legislation? Because somewhere, somehow, we've lost our compass. We've lost the idea of an internal, deeply welded source of right being. There's an ancient word for this. It's righteousness. Living in a way that regards God, honors others, and seeks good consequences.

We would not think of trying to predict or control the waves of the sea without understanding the currents of the deep. How do we think we can have a serious discussion about values without talking first of virtue? Having the "right" values doesn't make us a good (virtuous) person. It just makes us a person with a particular set of values.

It occurs to me that there's cause for hope and for celebration that even though little is said in larger society about virtue, it is not dormant or dying. News outlets devote at least a few seconds of airtime to a story about a person doing something virtuous; talk show hosts regularly taut someone who exhibits exceptional virtue, and any one of us can name a person we worship with we could consider virtuous.

There is cause for hope and for celebration that even though few (comparatively speaking) applaud the *value* of congregational life, it is a phenomenon that keeps the idea of *virtue* in the foreground and affirms its essentialness. Congregational life---living our life in commitment to and in concert with others---helps keep us honest. It lifts up virtue and keeps us mindful of the importance of tending to the deep within us so that what is revealed in us on the surface emerges from a soul that is true and good.

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WORSHIP & SPIRITUAL FORMATION



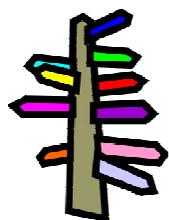
Holy Week begins April 9

with Palm Sunday when we will celebrate Jesus' triumphant entry into Jerusalem; join the good folks of Cherry Park and Rockwood for a joint Maundy Thursday service (see below); observe Good Friday with a reflective service in the Narthex at Noon on April 14, and then celebrate the wonder of wonders on Easter morning at 10:00 am on April 16. The truths we affirm and celebrate during Holy Week are what distinguishes Christianity from our sister monotheistic faiths. It invites us into a Story like no other.

Let us give it its due.

Maundy Thursday Service

A really engaging and moving service is being planned for our joint Maundy Thursday service with Cherry Park and Rockwood UMC congregations. Rev. Ted Myers is organizing a service centered around Holy Communion, beginning with a Love Feast of Bread (The sharing and eating of various types of cut bread In the Sanctuary), and ending with a Sharing of the "Fruit of the Vine" (In the Fellowship Room - grapes, & fruit juices). The script of the service is taken from the Passion portion of the Gospel of John. There will be lovely music provided by each of our choirs as well. Even if Maundy Thursday is not something you observe on a regular basis, please consider doing so this year. It is indeed a meaningful experience in and of itself, but it is especially so when observed with folks of our other congregations. 7:30 pm, Thursday, April 13 at Cherry Park UMC, 1736 SE 106th Ave.



Which Way to Where I Want to Go?

This year's Retreat will 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 Retreat is on Fri., May 12th, and Sat., May 13th, allowing folks the opportunity to come home for Mother's Day. The cost is expected to be \$78 per person. This will be the last time we meet at the Shalom Center in Mt. Angel, as it closes in June. Contact Sharon Lannigan for application forms and more info (shared@comcast.net).

Why do we do what we do on Sunday mornings?

Some of you have made suggestions and asked questions about why we do certain things the way we do in our Sunday morning worship hour. This won't answer all your questions, but it might help. The Worship Team is always open to hearing your suggestions but know that if you don't see us adopt your suggestion it isn't because it was dismissed out of hand. The group gives careful consideration to all feedback.

Why do we repeat the unison prayer over a course of Sundays?

One reason is that repetition helps us enter into and absorb the prayer more fully than a single recitation. Another reason is that saying the same prayer over a course of Sundays allows it to be a common prayer for a larger swath of our congregation.

Why don't we sing every verse of every hymn?

The primary reason is that some verses do not relate well to the service's overarching theme. Another reason is that we try very hard to be mindful of the length of our services. There are times when services will extend beyond an hour but when we can observe a 60-minute guide without compromising the integrity of the service we try to do so.

Why don't we sing the Lord's Prayer all the time?

Some folks like the spoken version; some the sung version. So we take seasons when we do one or the other.

Why did we move away from the more typical children's time in the service?

We know Children's Time is a long tradition and beloved by many. However, as we considered what we are trying to accomplish with our children and our responsibility to foster in them not only a love for God but also an appreciation of church life, we realized Children's Time was not the best means of accomplishing this. We wanted our children to feel more integrated into the larger fabric of worship and to comprehend that they are integral and valued members of the congregation as a whole. We also wanted to introduce them to our liturgical practices: thus their adoption of their own Christ candle and the memorization and offering of the Blessing of Aaron. I think we've all seen how readily they have entered into this change, not to mention how much they enjoy taking the offering. Their smiles are wide when they present the plates to the altar. Moving their Sunday school time to the first half of the service has advantages as well.

Why aren't the texts for the Scripture readings on the screen?

We've received similar observations that following the text on the screen instead of focusing on the liturgist is distracting. It is also the case that there are times when the text does not match what the liturgist is reading. And, some folks like to follow along in the Bible (yeh!), so we're trying this new approach where we guide you to the page where you can find the text or you can focus on the liturgist and take in the scripture lesson without distraction.

Thank you for seeking us out with your comments and questions. Our goal is to make each worship service as meaningful as possible for as many as possible even as we're mindful of different tastes.

-Your Worship Team: Trina Leschber, Laurel Campbell-Howard, Carolyn Davidson, Susan Harwell, Jarod Jacobs, Janet Orjala, Scott Overton, Jan Plummer, Lena Royale, Lynn Rognsvoog, Kirk Wimmer, Pastor Q

51, Can you believe it?!

Did you know that we have 51 children & youth in our church family? Almost all of these children and youth are of families who call FUMC their church home. Now while it's true that not all of them are here at the same time, we thought you'd like to know just how robust our children and youth program is. We have 12 preschoolers (newborns to 3 year olds), 20 enrolled in Sunday school (4-8 year olds), and 19 in the youth group. We've had a couple Sundays recently when 15 children attended Sunday school and 15 youth attended the February Youth Retreat. Know that Jarod and volunteers are working hard to provide nurturing and meaningful experiences for all of these wonderful children and youth. Please pray for them and for their teachers and leaders. And, if you'd like to be part of this very important endeavor, please don't be shy.

Adult Study

The next Adult class will start on April 30th. We will be reading and discussing a new book by Bishop William Willimon, *Fear of the Other*. Last year's political campaign caused him to question why the candidates who professed to be Christian were advocating for policies based on fear of immigrants, different races and different sexual identities. He states that years ago when he was taking his first Greek course, they started on the epistle First John. He references 1 John 4:18, "perfect love casts out fear" and recalls the professor saying "Easy to read but its message is hard to live."

Join us at 9 am in the Bob Nelson room to talk about Learning to Fear like Christians. Books will be available and the cost is \$10.00.

Until Easter, you can join us for the Lenten study "Restored". We are learning that God goes beyond forgiving us, God seeks to restore us to the whole person we were meant to be.

SERVICE & MISSION



Northeast Emergency Food Bank

Thank you to Tracy Bardell, Terry Dart, Allan and Trina Leschber, Prineet Pottmeyer, Beth Skillern and Shawn Sullivan for their help to feed 68 hungry families with food for a week in March. Scheduled for April 22nd are Janet & Bill Edwards, Kathy Elliott and Robert Greaves, and Les Wardenaar. If you are interested in helping too, email Jeff Michel at 5095michel@gmail.com. Thank

you!

One Day-One Time: a Series of Volunteering Events

Everyone likes to reach out to help others. Your Outreach committee realized that we needed an opportunity for you to volunteer on a One Day- One Time project. We are going to be planning a couple of opportunities each year so that everyone has a chance to participate.

Our first event: a **NE Emergency Food Bank Clean-up Event: Sunday May 7, after church.**

Many people from Fremont volunteer on a regular basis at the Food Bank. We meet families at the door and push a cart through the food bank so that they can choose the foods they need and want. Now you can come help too!

The yard and ramp into the food bank is dirty, covered with pinecones, and uninviting. We will have a job for everyone including children! When we leave, the entry area will be clean, bright and welcoming. Details to follow! Questions contact Diane Rheos DianeRheos@gmail.com

Fremont's 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;

Good News to the Poor: John Wesley's Evangelical Economics, by Theodore W. Jennings, Jr.;

Citizen: An American Lyric, by Claudia Rankine;

The Challenge of Jesus: Rediscovering Who Jesus Was and Is, by N.T. Wright.

You're invited to visit the office or contact Alan to see what works are available.

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!

Green for Green Dinner

We had a really fun meal and a great evening of laughter and friendly bidding at this year's Green Dinner. But, alas, due to a number of factors we had many fewer folks that we expected. Those who came were really generous, but we did fall \$2,000 shy of our goal. If you were not able to attend this year's dinner we hope you'll still support the youth with a Green Dinner Donation and help them reach their goal. These youth worked steadily and well from 1:30 Sunday afternoon until 7:30 or so that evening to provide a great experience for everyone. The proceeds of the Green Dinner are committed to youth mission and camp scholarships. So your contribution correlates directly to their ability to participate in these important, life-forming experiences.

Holy Land in 2018

The Holy Land trip we hoped to take this year has been rescheduled for May 2018. So if you wondered about going but didn't say so, you can still say so. Please alert Joanne Poff or Pastor Q if you're interested -- or just curious and want to be kept in mind. (No financial commitment is needed at this time.) Some have wondered about safety given the current situation in the Middle East. It is a legitimate concern. We've consulted an experienced Holy Land travel expert who has worked in Israel for decades. He says that Israel is remarkably safe and that he has never felt unsafe when there even when things were tense. The Israeli government is vigilant in safeguarding tourists. The agency we're using for this trip is experienced and well-versed in Holy Land travel and precautions. We will know more about the state of affairs in the Middle East by the time we'll be asking for commitments for the May 2018 trip so don't be shy about expressing your interest.

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

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.

FUN & FELLOWSHIP



Reading together

Our next book discussion is the book "The Free" by Willy Vlautin. We will meet on Monday, May 8th at 7 pm, in the fellowship hall. From the book dustjacket: "In his heartbreaking yet hopeful fourth novel, award-winning author Willy Vlautin demonstrates his extraordinary talent for illuminating the disquiet of modern American life, captured in the experiences of three memorable characters looking for meaning in distressing times."

Deborah Circle

United Methodist Women's Deborah Circle's next meeting is April 19th at 10 am, with Edie Stoaks hosting in her home. For the location, please contact the church office, at 503-284-4647. All women are welcome.

Brew Pub April 24

The conversation for the April Brew Pub night at Columbia River Brewing (1728 NE 40th Ave) will focus on the economics of racial inequality. Portland has a gifted and compelling person raising this issue in our community and you can read a profile of her via this Willamette Week link: [<http://www.wweek.com/news/city/2017/03/08/rukaiyah-adams-traveled-from-northeast-portland-to-wall-street-now-shes-come-home-to-fix-her-city/>] and also listen to a Ted Talk she gave via this link [<https://www.youtube.com/watch?v=8b4nHY9AB28>]. If time permits, you could also check out this link as well [<http://blogs.wgbh.org/innovation-hub/2017/3/17/berube-killewald-equality/>].

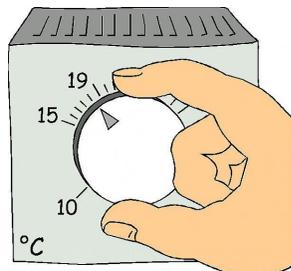
Come at 6:30 for dinner; conversation will begin at 7:00 pm. It's always a fun and engaging time and any and all are welcome.

Stone Soup Meet & Eat

Stone Soup will meet on April 22nd in the fellowship hall at 5:30. All are welcome to join us. We are open to both families and singles. We will eat first and then share fellowship. Could be a planned activity, too. Just bring a dish to share and join us! For more information, contact the church office at 503-284-4647.

Earth Day Evening of Music and Song

All religious congregants are invited to an evening of music and song at the historic Old Church, 1422 SW 11th Ave., Portland, on Friday, April 21st, from 7:30 to 9 pm. Instrumental and vocal groups will include Sky in the Road, Richard Colombo, Gary Skye, and the Portland Peace Choir. The format draws on Taizé, an ecumenical tradition from France that involves meditative singing, candle lighting, and time for reflection. Donations requested for rental of space. RSVPs appreciated at Center for Earth Leadership, 503-244-0026 or jeanne@earthleaders.org.



It's just about time to "Turn Up the FUN!" on this year's FUMC auction, scheduled for Sunday, June 11 right after the worship service, featuring celebratory party food. Event sign-ups will be available starting Sunday, June 4. For those of you new to Fremont, our annual fun-raiser doubles as a contributor both to our annual budget (as a fund-raiser) and our community spirit (doing a wide variety of "fun"

things together). Concerts, dinners, game nights, brunches, wine-tasting, and entertainment headline the events, which are supplemented by a silent auction for items like hand-made crafts, floral creations, jewelry, gourmet food, and practical gifts. For this year, we have already assembled an array of fantastic antiques focusing on the "Art Deco" period.

We are always looking for donations of both events and items. And this year we hope to make it even easier for you to participate. If you are willing to provide some financial sponsorship or to provide the venue, we will provide a team to plan and execute the event with little to no effort on your part. Sound easy? Contact the church office for more information, at 503-284-4647.

It's been a dreary winter but the summer sun is not far away. Let's "Turn Up the FUN!" and start the party!

Yoga at Fremont

Our Yoga at Fremont class continues on Tuesday evenings from 7:30 -8:30 pm. All levels are welcome and the cost is very reasonable. The yoga class started several years ago as part of the church wellness program. It still is a good way to stay healthy and active!

OTHER THINGS OF NOTE

In Memoriam

Sumi Murakami, a Fremont member since 1952, passed away on March 1. She is survived by a daughter, Lin, and a son, John. No service is planned.

The Finance Committee will meet on Thursday, April 20, at 7 pm. As always, anyone may attend.



For some of us it stacks up in the attic. It fills in the corners of the basement, or it clutters up drawers in the kitchen, bedroom, or home office.

Perhaps it loads closet shelves and bookcases, or reduces usable space in the shop, craft room,

garage, or garden shed. Some of us even pay to have it stored! Even the most organized among us probably has some. Stuff can actually complicate our lives and increase stress. What to do? Donate your stuff!

Fremont Basement Sale, Friday and Saturday, June 2 & 3

We'll be happy to accept your clean, useable FURNITURE—CLOTHING—KITCHEN ITEMS—TOOLS— TOYS—BOOKS—HOUSEHOLD MISC—SMALL APPLIANCES beginning Monday, May 29th. Please no TVs, computers, or electronics!

It's not too early to start your spring cleaning now! To donate your stuff, contact Paul Karr at 503-284-2802 or paulwkarr@yahoo.com.

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), or need to update info? Contact Alan.

If you need a nametag, let Alan know by filling out the nametag section of your attendance slip in church, or contacting the office.

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.	