



June 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.*

***Service for Brooks Wilson***

***This coming Sunday,  
June 4<sup>th</sup>, at 3 pm***

## Steep

I've always loved this word. I capture the waft of a thick, rich, slow-simmering stew when I think of it.

Others may think of something quite different. The word may conjure up for some a Cascade trail: an ever-rising incline of rugged trail.

This word comes to my mind right now because it provides a metaphor for these three months of June, July and August. One meaning of 'steep' according to the American Heritage Dictionary is "Ambitious; difficult; said of a goal or undertaking." As I think back over these three years we've spent together, I think it is fair to say that the work we've set about here at Fremont has been ambitious: a big closet cleaning and purge, a renovated game room, preparations for major renovations (and yes, they're still in the works), a two-year vision plan, expansion in our Outreach efforts, launching WaySide, establishing a sister relationship with First AME Zion. It has required a certain consistent pushing forward as in hiking a steep mountain trail. Now, do not misunderstand me. Do not think that I am describing nothing but an arduous, painful trail. By no means! Hiking is fun. Mountains are grand. And for any of us who have set out on a mountain trail, we know the rewards that come with the strained muscles—those trail turnings that open up to spectacular breath-stealing, awe-inspiring vistas that make one ever more eager to push forward and upward.

I think that's a fair description of these three years: good things have shown up in the turns and vistas. We've worked hard as a church. We've chosen the more demanding, steeper trail. We've pushed through a bit of thicket here and a little slippery clay there and we've come upon rewarding surprises and gratifying experiences. We're nowhere near the end of our trail and we are eager to push forward. What awaits us around that next bend?!

This brings me to the second sense of the word 'steep'. The word means "to soak in liquid in order to cleanse, soften, or extract some property from;" also "to infuse." Ever put your feet in a cold mountain stream after a long day of hiking; or taken a sauna after a day of skiing? Exertion calls for rest. Rest is necessary in order to restore one's energy *from* and *for* sustained exertion.

And sometimes, an hour in the tub is just not enough. Sometimes, one should consider a spa. Sometimes one needs a good low-simmered stew.

This word “steep” has special significance to us this summer. I will be linking my remaining 2016-17 vacation days with a one-month rest and renewal leave (a United Methodist Church clergy benefit). I will be away from June 15 through July 29. I’ve made provision for the Sunday services in my absence (something you’ll read about further on in this newsletter) and for pastoral care with clergy colleagues (more info on that as well).

Some might be tempted to think such a leave at this time could jeopardize our momentum but I invite you to think of it as an important time for steeping.

It is true that I ask you to maintain faithful Sunday attendance and sustained activity here over June and July (while I steal away), I’m also hoping you will take this opportunity to steep. I hope you will quietly ponder what we’ve accomplished and consider what might lay ahead. Invite God to cook in your kitchen: to stir up a mixture of Spirit-filled ingredients that will simmer and steep and be made ready for another outing. This is what I’m going to be doing over those six weeks. I’m going to be resting, yes, but this rest will be a steeping rest. It will be a rest meant to “soak in, to cleanse and soften.” It is a rest meant to “infuse” me with ingredients that I trust will enhance and guide my ministry with you.

I invite you to simmer and steep as I do the same. Be restful, mindful, and prayerful. And let’s prepare ourselves for another good steep trek together come fall.

Thank you for allowing me this gift of time,



## WORSHIP & SPIRITUAL FORMATION



### **Special Summer Services -- a season for conversation**

We’re modeling this summer’s services along the lines of last year’s Ask a Question when a reflection preceded an open time for questions and observations. We’ve tweaked things a little though. This year we’re asking you to do a little advance reading. Below are the primary texts that will be addressed each Sunday, June 25-July 23. Read the texts, then submit a question or observation for whatever texts you want on the inserts you’ll find in your Sunday bulletins. Return the insert via the offering plate. Your submissions will be needed by Monday, June 12.

What would you like to ask or share regarding:

Matthew 10:24-39 (for June 25)

Genesis 22:1-14 (for July 2)

Matthew 11:16-19, 25-30 (for July 9)

Romans 8:1-11 (for July 16)

Matthew 13:24-30, 36-43 (for July 23)

We can promise you, these will be very interesting and engaging Sundays.

**Pastoral care** will be provided by clergy colleagues of Pastor Q’s during her absence. Should you have or know of someone who has a need for pastoral care, please contact Alan Silver in the church office 503/284-4647 (if the need arises during regular office hours: Mon-Thur 11:00 am-5:00 pm) or one of these individuals: Claudia Roberts, Kathy Elliott, Allison Martin, Cynthia MacLeod or Scott Overton (when the office is closed). Each of these individuals will be able to contact the clergy colleague on your behalf.

## SERVICE & MISSION



### **Northeast Emergency Food Bank**

Thank you to Marilyn Karr, Donna Leslie and Molly Shibley on a busy Memorial Day weekend with limited staff to help feed 80 Portland families. On deck for June 24th are Tracy Bardell, Nancy Bishop, Laurel Campbell-Howard and Nathan Howard, Susan Helms-Peyer, Marilyn Mauch and Diane Rheos.

Also, the NE Food Bank is specifically in need of paper bags and men's clothing!

### **Marilyn Mauch to receive a Hilltop Award**

Marilyn has been named a recipient of a Multnomah County 2017 Hilltop Award, for her extensive advocacy and organizing work. The Hilltop (Heroes Inspiring Leadership, Learning, Teamwork, Opportunity and Pride) Awards were created in 2006 to honor individual and organizational efforts to address poverty in Multnomah County.

### **What would you do? Do you know?**

We're all likely asking ourselves what would we do if someone like Jeremy C started a hateful disruption in our presence. There's a Bystander Training on June 14 sponsored by both the OR-ID and the PNW Conferences' Peace with Justice Program at the Camas UMC [706 NE 14th Ave, Camas, WA 98607]. Use this link to register—it may also give you start & end information. If not, contact Claudia Roberts for details.

<http://greaternw.org/ac2017/workshops-offer-annual-conference-members-opportunities-to-learn-about-sanctuary-movement/>

## **FUN & FELLOWSHIP**



### **Reading together**

The next book we will read is "Ugly" by Robert Hoge. Sharon and Ed Lannigan will host on Monday, July 10 at 7 p.m. The following is the description of the book from the library catalog:

"A funny, moving, and true story of an ordinary boy with an extraordinary face that's perfect for fans of Wonder—now available in the U.S. When Robert Hoge was born, he had a tumor the size of a tennis ball in the middle of his face and short, twisted legs. Surgeons removed the tumor and made him a new nose from one of his toes. Amazingly, he survived—with a face that would never be the same. Strangers stared at him. Kids called him names, and adults could be cruel, too. Everybody seemed to agree that he was "ugly." But Robert refused to let his face define him. He played pranks, got into trouble, had adventures with his big family, and finally found a sport that was perfect for him to play. And Robert came face to face with the biggest decision of his life, he followed his heart. This poignant memoir about overcoming bullying and thriving with disabilities shows that what makes us "ugly" also makes us who we are."

### **Turn Up the FUN! Fremont's annual auction**



It is finally feeling like summer. It is finally feeling like we're ready to "Turn UP the FUN" with Fremont's annual events/auction. Events debut Sunday, June 4 so be there early or stay a little late to give yourself time to consider 20 different events. And then June 11, please come down to the Fellowship Hall for the auction festivities. There will be lots of fun things to bid on, but more important, we want you to be part of the fun! Good food, good conversation and an air of excitement--many ways to enjoy your place in the Fremont fellowship.

We are still accepting items for the silent auction, so if you have something to contribute--even if it is just a vague idea at the moment--please contact Les or Suzanne Wardenaar (503-287-3446) so we can either sign it up immediately or help you to develop the idea.

See you all on the 4th! See you all on the 11th! "Turn UP the FUN"

**Brewpub: Save the date!**

Good food, good beer, good company. That's the plan for our next brew pub discussion! Mark your calendar: Monday August 7. We meet at 6:30, usually at Columbia River Brewing, 1728 NE 40th Ave. If you'd like more information, contact Michele to get on the email list.

**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!

**FunRaiser Softball Game**

Who: Everyone is welcome to play

What: Softball Game

Where: Wilshire Park

When: July 9<sup>th</sup>, immediately following lunch

Join us for a game of softball at the annual Fun-Raiser picnic! No experience required. Bats and balls will be provided, but please bring any mitts you have.

**Save the date!**

What: Cycling Sunday

When: July 23rd immediately following the service

Where: Fremont UMC and the NE Sunday Parkways Loop

Additional Details: The Wayside will be hosting a picnic with family friendly bike related activities immediately following worship (Aprox. 11:00 am to 12:30 pm). Around 12:30 pm we will all ride up to Going St. and join the Sunday Parkways 8-mile loop, at which point we will disperse to ride at our own pace. Everyone able is encouraged to bike to church on July 23rd, arrangements are being made for some additional bike parking.

**OTHER THINGS OF NOTE****In Memoriam**

A Memorial Service for Brooks Wilson. who suddenly died on May 9th, will be held Sunday June 4th at 3 pm in our sanctuary.

Brooks and Dorothy have lived in Portland only a few years but became very important members of our church. Brooks was always available to help with church repairs as a member of the Trustees, and was quick to aid anyone in need.

Let's all help Dorothy honor this quiet, wonderful man.

**Dear Fremont Family,**

Pastor Linda, as she has so eloquently described in her letter, will be taking a Rest & Renewal leave from Fremont from June 15-July 29, 2017. (Such leaves are a provision of the United Methodist Church.) This "summer sabbatical" was discussed and unanimously approved in our SPRC meeting on January 29<sup>th</sup>. Linda has worked tirelessly during her tenure at Fremont and we believe she is deserving of a personal break to pursue some interests/callings that are outside of her realm at Fremont. As faithful stewards of our church, we support her request to allow her time for her pursuits and, most importantly, to allow her to "refill her soul" so she can return to us renewed, rested and refreshed.

As anyone would expect, Linda has organized for coverage in her absence. Worship leadership and provisions have been lined-up, as well as pastoral care with clergy colleagues. Fremont also has deep leadership with lay leaders to help fill in with any issues that may arise. Current lay leadership is comprised of Kathy Elliot, Scott Overton, Cynthia McLeod and myself. But you can always seek support and comfort from other FUMC members. Fremonters comprise a mighty village!

The activities of our church will continue normally so we hope your attendance and involvement at Fremont continues normally, as well. Please remember to keep Pastor Linda in

your prayers during her time away. May this break be one of peaceful reflection, renewed spirit, passionate pursuits and unencumbered rest and relaxation for our beloved pastor.

Allison Martin, SPRC Chair

**GIVING COUNTS: An Important Word (or Two!) from the Finance Committee**

We appreciate the faithfulness of our pledging families in making payments on their pledge. Right now, pledges received exceed 90% of the budgeted amount for the first four months of the year. We recognize that it can be easy to forget weekly or monthly payments in the summer, but we hope everyone can continue their payments with such faithfulness.

Pledged giving pays for 64% of our annual budget, which we rely on to meet our monthly expenditures for staff, program and building operations. Building use fees and rents pay for another 20% of budgeted expenses. We rely on our three fundraisers (basement sale, auction/fundraisers/Christmas tree sale) to make up some of the difference, paying for at least 10% of the budgeted expenses. PLEASE HELP MEET THIS GOAL:

--Volunteer to help set up, clean up or work at the BASEMENT SALE, contribute items to sell, and of course, find some new treasures to buy.

--Attend the FUNRAISER AUCTION event on June 11. It's not too late to donate auction items. Most important, sign up to attend one or more of the many events taking place over the summer months.

Thanks to all who contributed to our Easter offering. Donations totaled \$1800, and we sent \$180 of it to Sponsors Organized to Assist Refugees, a program of Ecumenical Ministries of Oregon.

Thank you!  
Your Finance Committee

Finance Committee will meet on June 15 at 7 pm.

Pack 100 was named Lewis & Clark District Pack of the Year.

**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.	