

Fremont United Methodist Church

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

White-Water Glory

Some years ago my sister treated me to a white-water rafting trip down the St Louis River in Minnesota. It wasn't like the white water of the Colorado to be sure, but it was fun. In fact, the group in our raft asked if we could beach the raft, walk back and go through again.

When you look down the river and see your little boat speeding fast toward all that churning, your heart starts beating a bit faster and your hands grip your paddle a bit tighter and you wonder: "Just how is this going to play out?"

So you listen to the instructions of the navigator, you play your part, and you hit that swirling water, your raft flexes and bends and rolls over the boulders beneath and you get turned this way and that; you rise and you fall and spring up and dip down and then, on the other side, you float quiet on a still stream. Your heart is racing, your knuckles are white and your face is wet with splash but you feel elated. And you shout, "Can we please go again?"

My friends, our fall schedule here at FUMC might look a bit like white water to many. There's a churning disturbance ahead and you're not quite sure what's in store or how it will turn out. Will it capsize us into chaos? Or will it elate us with a sense of accomplishment? It remains to be seen I grant you. But we've got some good navigators and we've got a good raft and we've got a good many folk who can manage the oars and I think we're going to hit the quite waters of January feeling mighty fine.

That is, if we all will stay committed to the course and work together.

We will try something new with a monthly **Joyful Noise Service**. The Education and Worship Teams are proposing we experiment this fall with an intergenerational, interactive, multi-sensory worship experience. Please see the Joyful Noise article in this newsletter for more information.

We will format our **Sunday school** into two classes: one for preschool through 2nd grade and the other for 3rd grade and up. New curriculum will correspond to the worship theme and also provide resources for parents.

We'll continue our important racial equity work with **Let's Learn to Talk About Race** conversations under the wise guidance of Cynthia MacLeod. See the article below.

We're answering the plea for **Bible study** with a very interesting consideration of the Book of Acts to be led by Rev David Weber. See the article below.

Fremont has the privilege of hosting the Columbia District's **Practical Whole-iness Training** on October 5 and 6.

On October 8 a group of twenty people from Fremont UMC will depart on a spiritual and educational journey to the **Holy Land**.

In response to requests, we will provide an opportunity for any and all who want to nurture their spiritual lives in the company of others to explore that prospect of joining a **Covenant**

Group. And, **Sacramental Living** will begin late November.

And I know it might feel like it's too much to handle all at once, but let's see what we're made of, shall we? There's a vitality in these things, there are unseen opportunities for sharing our faith and the goodness of this community with others and these things will bring blessing to us all.

So, put on your rain gear, fasten your life jacket, climb in, grab your oar and let's push off on a rousing adventure!



Joyful Noise Service

Psalm 100 invites us to *make a joyful noise unto the Lord*. That's not our usual way of worshiping though, is it? We like things a bit more sedate. There's nothing wrong with decorum and respectful quiet. However, we, the members of the Worship and Education Ministry Teams, are proposing that we experiment this fall with a different kind of worship service that merges praise and reflection in a less ordered, more multi-sensory manner. We're calling this service the Joyful Noise Service.

This experiment is a response to feedback from both the worship inventory we conducted a while back and more recent conversations we've had with the parents of our Sunday school-aged children. Fremonters have been asking for an alternative worship setting; and parents are asking for a worship setting that brings our children, youth and adults together in a more integrated fashion.

So on the 4th Sunday of each month, beginning with the Blessing of the Animals on September 23, we will attempt to offer a worship and education experience that is more varied and playful but still maintains an ordered focus on God.

This service will vary somewhat from month to month given the lectionary theme that Pastor Q selects. We envision a basic sequence starting with a light breakfast at 10:00 am, then gathering music, followed by a simplified reflection on the lectionary text. We will all be together in the fellowship hall for this portion. Then children and adults will move into an activity that corresponds to the day's theme, interacting and 'playing' together. Some children and adults might elect to join Lynn to learn music (be it choral, bells or chimes). Some adults might elect to move to a quiet space for further reflection on the day's text. Since the 4th Sunday is also Youth Sunday, the youth will help lead elements of the service and assist in the activities.

This type of worship is not new. Many churches are offering this kind of alternative because it works so much better for families and it promotes deeper bonds between all members of the congregation. We hope you will put on hold any reservations you might have about it and join in, as is Fremont's custom with new things. We will be working very hard to make this service meaningful for everyone who attends.

Let's gather and Make a Joyful Noise...knowing it is truly Unto the Lord.

—In service together, members of your Worship & Education Teams

WORSHIP & SPIRITUAL FORMATION



Let Us Rally Together

on Rally Sunday, September 9th. Each year we call ourselves back from our summer doings and turn our hearts and minds toward the more regulated, routine and important matters of the rest of the year. We begin with breakfast at 9:00 am before gathering in the sanctuary at 10:00 am for a celebratory service when we recognize and bless our children and youth. Please join in this, one of our community's hallmark services.

Help for budding Fremonters

Would you consider helping us nurture our children in the faith? We have wonderful children at Fremont and for several years they've been gathered on Sunday morning into a single Sunday school class. This has worked fine, but the time has come to provide more age-appropriate lessons. We're wanting to organize two classes: pre-2nd grade, and 3rd through 6th grade (both still within the worship hour). If you would willing to partner with others to either teach or assist, please contact Tanner Morton or Pastor Q. You'd be contributing to a vitally important ministry.

A New Look at the Book of Acts

We know about Pentecost and the missionary journeys of the Apostle Paul, but there's so much more to glean from this important text. Dr Willie James Jennings has written a compelling new commentary on this book and Rev David Weber is going to lead us through what could prove to be a whole new and timely perspective on this story of the early church—a story that echoes our own time and challenges. Please mark your calendars for 7:00 pm Tuesday evenings, October 2 through 30. Class will be held in the Bob Nelson room. (If you want to order the book, search Willie James Jennings on Cokesbury.com or Amazon.)

UMW in the Pacific Northwest: a film by Peripheral Vision PDX

In worship on Sunday, Aug 26, we showed a video that was commissioned by the Oregon-Idaho Annual Conference. The formatting of our equipment cropped the frames and so if you'd like to view it as it was intended, you can find it at this link:

<https://vimeo.com/271114082>

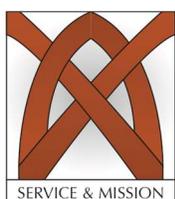
Practical Whole-iness:

Disciple-Making for the 21st Century

Fremont will be hosting a two-day spiritual training event Friday October 5 at 10 am through Saturday October 6 at 12:30 pm. The Adult Catechumenate is transforming lives and congregations in the 21st century. Not another program, but a process responsive to people who seek to learn more about the way of Christ or deepen their faith and spirituality within a community of worship, prayer, study and outreach. Dan Benedict is the featured presenter for this training, which will incorporate services and prayers from the Methodist tradition, with worship resources available for those from other traditions. Dan, former Worship Resources Director for the United Methodist Church, is author of *Come to the Waters*, a book on baptism and making disciples. Cost for this two-day event is \$100 per person or \$400 for a group of 4-6 from the same church (\$50 for each additional team member).

Register now at <https://www.umoi.org/practicalwholeinessworkshop>

SERVICE & MISSION



Let's Learn to Talk About Race

These three 2-hour sessions (led by Cynthia MacLeod) are an introduction to talking about race utilizing individual reflection, small and large group discussion, structured learning activities and artistic forms such as film clips, storytelling, music, and poetry.

Participants will reach these outcomes:

- Recognize the spiritual imperative of understanding racism in our congregations and broader communities to effectively partner with others to dismantle it.
- Ground our work in historical context and personal racial consciousness development.
- Experience tools and processes to facilitate conversations about race, racism, and white privilege within church communities and beyond.

Three 2-hour sessions will be offered:

- Tuesday September 11, 18, 25 at 6:30-8:30 pm
- Monday November 5, 12, 19 at 6:30-8:30 pm
- Monday December 3, 10, 17 at 1:30-3:30 pm

Participants sign up for one of the months. Each of the three months include the same content. We will do some journaling, so bring your favorite method.

Measure 105 Ballot measure update

Thanks to Fremonters and to many other congregations of the Oregon Idaho Conference of the UMC, the Oregon-Idaho UMC Conference Immigration and Refugee Taskforce wrote a statement for the statewide voters pamphlet opposing Measure 105. To get the statement in the voters pamphlet, we needed to either pay \$1200 to the state or gather 500 signatures from registered voters; we put out a call to our churches and in less than 1 week we had over 800 signatures, now all submitted to the state elections board and approved. So we, as United Methodists, will have a voice in this coming election! Thank you to all who signed the petition. The Interfaith Movement for Immigrant Justice (IMIRJ) asked for a statement and the language we used was based on our conference Standing Resolution #35: Welcoming the Migrant in our Midst.

Measure 105 would **repeal** the state law, [Oregon Revised Statute 181A.820](#), which forbids state agencies, including law enforcement, from using state resources or personnel to detect or apprehend persons whose only violation of the law is that of federal immigration law. This has been state law for over 30 years.

Holy Land Trip

On October 8 a group of twenty people from Fremont UMC will depart on a spiritual and educational pilgrimage to the Holy Land. We have been discussing and planning this journey for the past year and a half, and now our departure is imminent. We'd like to thank you for your support of our fundraising, as well as your encouragement in our efforts.

When we began planning our trip, we had the following objectives:

- * To provide an overview of the geographical, social, historical, archaeological and cultural settings of the Bible
- * To become familiar with the nature of Christianity in the Holy Land and the role of the church today
- * To gain understanding of the Israeli-Palestinian conflict, its impact on neighboring countries, possibilities for peacemaking

The Society for Biblical Studies has customized a tour for us which meets these objectives. The theme of our journey is "*Peacemaking in the Biblical Context - a contemporary studies program including Jordan, Israel and the West Bank.*"

On this pilgrimage, we hope to become acquainted with the geographical and cultural settings of the Old and New Testaments and relate historical studies to contemporary dynamics in Jordan, Israel and the West Bank. We will study biblical motifs related to reconciliation, building community out of diversity and peacemaking.

The pilgrimage will include morning and evening forums on historical and contemporary themes as well as visits with indigenous people. Our pilgrimage is designed to introduce our

group to the state of the art of biblical studies in the Holy Land. The learning process will be contextual and experiential. We especially endeavor to examine the moral dimensions of biblical learning and teaching. We are particularly interested in understanding how biblical studies and the biblical faith relates to the conflicted context of the Holy Land.

During our time in Palestine, we have chosen to visit and would like to support the Peace Center for the Blind, a school and vocational training center in East Jerusalem for visually impaired Palestinian women. The resident students are taught basic literacy in Arabic and English, Braille, vocational skills, self-care, and personal hygiene. Their communal boarding house environment helps nurture one-on-one mentoring relationships as well as the life skills of mobility, cooking, nutrition, and first-aid. To learn more about this school, read this very interesting article: <https://bittersweetmonthly.com/stories/peace-center-for-the-blind>

As we depart on this journey, we would like to ask for your prayers that each of us will grow spiritually and gain a deeper understanding of how the church can be instrumental in peacemaking in our world.

FUN & FELLOWSHIP



Upcoming Family Ministries Event:

What: Fremont will be hosting the first in a series of events designed to provide time for parent-child bonding within our church community. This first event will be an afternoon of father-son bowling! The event is open to all father figures (fathers, grandfathers, uncles, etc...) and sons of any age. Please come and enjoy this special time set aside for bonding and developing relationships with one another. We have a number of men in our congregation, including me, who would love to be a father figure for the day, so all of our young men are welcome!

When: Saturday, September 8th 1:00-3:00

Each family will cover their own expenses. Financial assistance available upon request.

If you have any questions or would like additional information, feel free to contact Tanner at Youth@fremontumc.org.

Hello readers, our **Book Group** will be meeting on Monday, September 10th at the Lannigans' home. "Laurie Frankel's novel *This Is How It Always Is* is a book about revelations, transformations, fairy tales and family. Change is always hard, and miraculous, and hard again. Parenting is always a leap into the unknown with crossed fingers and full hearts. Children grow, but not always according to plan. Families with secrets don't get to keep them forever."

Brew "Pub" Gathering, October 2nd

WaySide Intentional Community (next door in the parsonage) has invited us to hold our Brew Gathering (normally held in a pub), at their house. This generous invitation will give us a quieter setting in which to hold a conversation and it also gives us opportunity to meet folks from aCross Culture (Woodlawn's worshipping group) and members of Portsmouth UMC (where they're making way for affordable housing on their property). So, this will be a Brew Gathering. Bring your own brew (or soda) and a snack to share. Casual gathering at 6:30, conversation begins at 7:00 pm. Topic to be announced later but if you've suggestions, please send them to Pastor Q.

Other News of Note

Thank you

* to our patio coffee hosts—everyone who provided for the wonderful fellowship after church each Sunday this summer. Our patio coffee hour is such a part of summer at Fremont, and we thank each of you for your generous gifts of time and treats

- * to John S for all his work scheduling & overseeing the laurel bush & siding projects!
- * to all those who helped trim the laurel “forest.” Wow, we can see the sky!
- * to all the choir folks and others who painted the choir room.
- * and to Kirk for converting the lighting in that room. What a difference paint & lighting can make!
- * to all the folks who made Marc & Nora Kroos feel welcomed and assisted in hosting their concert (and to all who made a contribution to their love offering!).
- * to everyone who attended and assisted with our July 29 picnic and especially to Charlie & Kirk for managing the grill and Trudy and Trina for organizing the tables & Tanner for the great mixer. Soul-nourishing event!
- * to those who attended the Ferguson Rising events.

The **Fremont United Methodist Women** will meet on Wednesday, September 19th at 10 am at the home of Maxyne Roy. Our pastor, Linda Quanstrom, will give the program on opportunities to serve. We especially welcome women who have not previously been to a Fremont UMW meeting to come and check us out. It is a great way to become better acquainted with other women in the church, while serving our church and the wider community.

Stone Soup Meet and Eat will be meeting on the fifth Saturday, September 29th, this month. We will be setting the dates for the coming year and planning our activities. If you are interested in being part of a monthly potluck group, please come and help us plan our year. We are open to all ages and singles as well as families. Just fix a dish to share and come join us at 5:30 pm in the fellowship hall at Fremont UMC. For more info, please contact Claudia Roberts.

Staff-Parish meets Thursday, September 6th, at 6 pm in the Pastor’s office.

Finance Committee meets Thursday, September 20th, at 7 pm in the Bob Nelson Room

The Trustees will meet on Thursday, September 16th, at 7 pm in the Bob Nelson Room.

Ministry Council meets next in October, on the 25th.

The next blood drive at Fremont will be held on Wednesday, October 3rd.

FREMONT UMC MINISTRY TEAM

Ministers	All the People
Pastor	Linda Quanstrom
Director of Music	Lynn Rognsvoog
Youth & Family Ministries Program Director	Tanner Morton
Music Assistant	Janet Orjala
Childcare	Béatrice Kanyandekwe
Administrative Assistant	
Bookkeeper	Alan Silver
Custodian	Patricia Bailey
Office Hours: 11:00am - 2:00pm Monday through Thursday	
Monday is the pastor’s scheduled day off.	