



Fremont United Methodist Church

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

Fellowship Picnic

Aug 4

What the Bible Says about Sexuality

Starts Aug 6

The I and the We

A few Sundays ago the Storyboard texts raised the subject of community and I spoke a bit about the difference between our American ideal of individualism and the ancient Hebrew ideal of community. I put forward the position that we humans are innately wired for community, not individualism. [That's why solitary confinement is such a corrosive punishment.]

Well, I've been pondering this subject since, and I'd like to share a few thoughts with you for the benefit of our Fremont *community*.

The first thought is this: We don't know who's watching.

When I was a kid, there were individuals in my church I took note of. I admired something about them even as a very young person and I looked for them every Sunday. This held true into my teens. It mattered to me if one of my favorite people was missing. I never said anything to these individuals. They likely had no idea that their life connected to my life except in a remote kind of "we go to the same church" kind of way. I venture to speculate that we have children and youth who have pinpointed adults they admire and whose presence matters to them. Some of these children will make their attachment clear; some will not; none of them will make a point of displaying it to everyone on their radar. So, while you might think none of the children or youth give you thought; you might contemplate otherwise. When you're not present, some young somebody could be disappointed.

The second thought is this: We should do even when we don't.

By this I mean, to keep faith with a community we must be willing to negotiate and to sublimate our preferences for the sake of another's and participate even when we don't want to. We have folks who prefer the songs from *Faith We Sing* and *Worship & Song* and they'd prefer we retire the *United Methodist Hymnal*; and vice versa. We have folks who really like and benefit from the Joyful Noise service and we have folks who do not resonate with that service. It's a temptation to withdraw from those things that do not appeal to us. I personally dislike an exercise our district employs in almost every gathering and I have been known to exit the room to avoid the exercise. I realized that I was eroding community when I did that and so now I stay and participate. Keeping faith with a community means we show up even when we don't want to.

The third thought is this: There will be times.

There will be times when we're going to want our community to show up for us. We're going to have days when we come to church discouraged and doubtful, or in great emotional pain and we're going to look around the room for our anchoring people. There will be times when a hardship breaks in on us and we're going to need folks who know us well enough to know what to offer. And, there will be times when, because we've been present, we'll know who is in need of encouragement, who is in need of physical assistance, who just needs our company.

We of Fremont UMC pride ourselves in being a genuinely welcoming, supportive congregation. And we are.

Let's continue to be mindful of and vigilant in honoring our communal covenant as well.

Who might be watching for you?

Do you show up even when you don't want to?

Will you be ready for one of *those* times?

A Testimony about being in community from Laurel Campbell Howard

At Wayside we were using "The Book of Common Prayer: A Liturgy for Ordinary Radicals" as part of our devotional time. I remember this passage standing out to me at the time as a new perspective on the phrase "Sacrifice of Praise". I found this really impacted me when it came to being frustrated with how a service was structured, or which music was chosen. I think this compliments the reminder that worship is for the community not the individual, and by participating in all of it (even what we don't care for) we are giving back.

Offering a Sacrifice of Praise

There is an old saying many Christians use: Offer the Lord a sacrifice of praise," referring to Hebrews 13:15. In many circles this notion of "sacrifice of praise" almost becomes cliché. (Perhaps because worship does not often come at much cost, especially compared with the sacrifices of saints who've gone before us.) But when we worship with folks of various traditions, there are times when we may hear a prayer that uses language we might not naturally use or sing a song that isn't really our style. That is part of what it means to be a member of a community as diverse as the church is. And perhaps that also helps shed some light on why it may require some sacrifice for us to give up ourselves.

When a song isn't working for you, consider praising God, because that probably means it is working for someone else that is very different from you. Offer your worship as a sacrifice rather than requiring others to sacrifice for your pleasure or contentment. There is something to the notion of becoming one as God is one; it doesn't mean that we are all the same; it just means that we are united by one spirit. After all, we can become one only if there are many of us to begin with. Liturgy puts a break on narcissism. Certainly, there is something beautiful about contemporary worship, where we can take old things and add a little spice to them, like singing hymns to rock tunes or reciting creeds as spoken words rhymes. But liturgy protects us from simply making worship into a self-pleasing act. So if a song or prayer doesn't quite work for you, be thankful that it is probably really resonating with someone who is different from you, and offer a sacrifice.



WORSHIP & SPIRITUAL FORMATION

The Plot Thickens

Pastor Q continues our march through the Bible Sunday mornings with the Storyboard Overview. In August, we'll be looking at why the Israelites were taken into Exile, what the Exile meant and what the Prophets had to say about it. And then we will move into the New Testament.

Storyboard Scriptures for the Rest of the Study

Aug 4: Jeremiah 1:9-10; Jeremiah 2; Jeremiah 7:8-15; Ezekiel 18; Daniel 5

Aug 11: Matthew 1; Mark 1; Luke 1; John 1

Aug 18: Acts Chapters 2, 3, 6, 7, 17

Aug 25: Romans 1:16-17; Romans 12; 1 Corinthians 9; 2 Corinthians 5 & 13:11

Sept 1: Galatians 3:1-14; Ephesians 4:1-9; 1 Peter; Revelation 6

What Does the Bible Say About Sexuality?

With the debate that's swirling within our United Methodist Denomination on whether the church should ordain individuals within the LGBTQIA+ community or not, I think it would be helpful for us to go back and consider the portions of scripture that make reference to sexuality. By and large, these texts have been used as the foundation upon which folks have grounded their views on this subject. Taking a fresh look at these texts can help each of us as we find our own place and as we encounter questions from family and friends about what's going on with "those Methodists." So, I will lead a study starting Aug 6 at 7:00 pm (meeting the 6th, 13th, 20th & 27th of August.) Please make use of the signup sheet in the Narthex.

Reconciling Ministry, why now?

A team has been formed to explore the possibility for Fremont UMC to become a Reconciling Ministry. The co-chairs are Claudia Roberts and Diane Rheos. The exploration process will take 6 to 8 months and will include a vote by the membership. Fremont UMC has proudly included into our life many LGBTQIA+ individuals, however we have never pursued becoming a Reconciling Ministry. The mission of the Reconciling Ministries Network is: Living into our shared baptismal covenant, Reconciling Ministries Network equips and mobilizes United Methodists to resist evil, injustice, and oppression as we seek justice for people of all sexual orientations and gender identities.

If we vote to become a Reconciling Ministry:

- Our church will be added to the list of United Methodist Church's which support full-inclusion.

- Those looking for a church which supports full-inclusion, will find the Reconciling Ministry symbol on our website and will expect to be welcomed.
- The process of exploration will help all of be better educated about LGBTQ+ issues.

Over the summer the Reconciling Ministry team will be completing one-to-one meetings. If you want to be included please send an email to the office at office@Fremontumc.org. There will be more educational and conversational opportunities as we move through the process. For questions please contact Diane or Claudia.

Rally Sunday, September 8

We launch our Fall season (and the new school year) with Rally Sunday. Each year we call ourselves back from our summer doings and turn our hearts and minds toward to 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.



SERVICE & MISSION

Community Outreach for Back-to-School

It's back-to-school time! We continue to find ways to invite our neighbors into our building to participate with us in service. On September 15th we will be hosting our annual Portland Backpack family packing event. Last year we had a number of local families join us. Save the date and then join us for this fun event where we can work side by side with each other and our neighbors.

Food Drive: Beginning August 4th we will be collecting food for the kids. There is a food list available in the Narthex. Some ideas are granola bars, cans of fruit, Mac & Cheese boxes, low sodium soups, and individual oatmeal packs. Outreach will need help providing snacks and hosting this event. Please contact Diane at dianerheos@gmail.com if you can provide juice or snacks.

NE Emergency Food Program

Thank you to Marilyn Karr, Les Wardenaar and friends from Grant Baptist for helping 60 families in May. On deck for July 27th are Terry Dart, Janet & Bill Edwards, Trina & Allan Leschber and George Sacks. Interested in helping hungry Portland families with us? Contact Jeff Michel at 5095michel@gmail.com or call 502-915-9458

Stay Informed

about the responses to the General Conference decision of Feb 23. The best resource for information about how the United Methodist Conferences and Churches in the West are responding to the General Conference is via the Western Jurisdiction Website:

<http://westernjurisdictionumc.org/>. You can also subscribe to the site to receive regular updates. Their posting of March 21 can be found at: *(an important one to read)*.

<http://westernjurisdictionumc.org/as-we-make-our-way-back-home/>

Responses from our delegates will be emailed out beginning of the month if you would like a printout to be mailed to you please email office@fremontumc.com and let us know.



FUN & FELLOWSHIP

Mark your calendars and plan to attend this year's picnic

On Sunday, August 4, at Wilshire Park, from 1:00-3:00. The picnic is a potluck, with Fremont providing the grill food/fixings. The picnic is free, but we'll have a free will offering before the event to help cover the cost of park rental and food. A small group of Fremonters has been planning the picnic with members of the other churches; First AMEZ, Great Spirit UMC, and Hughes Memorial UMC. If you would like to help with the picnic in any way, or if you have questions, please contact Kathy Elliott 503 308-3731 or Cynthia MacLeod 503 351-8634.



The Fremont Book Group

For our September 9th meeting at Donna Leslie and Kirk Wimmer's home, we will be returning to an author we enjoyed in the past. This time we will be reading "Warlight", a novel by Michael Ondaatje. It is set in 1945, where siblings Nathaniel and Rachel are adjusting to a confusing and unstable life in postwar London. It is intriguing and beautifully written: part mystery, part war novel and part coming of age story. It has been a national bestseller and NPR's book of the year.



THANK YOUS

Extending our gratitude to:
Mary Knocke for sharing her racial equity story
David Weber and **Charlie Collier** for leading our worship in Pastor Q’s absence
Claudia R for assisting with the Sunday school and **Cynthia MacLeod** for assisting with Youth Group in Tanner’s absence.

All our folks who showed support for Community of Hope by attending their Gala
All the committees & ministry teams who are delighting us with patio goodies



OTHER NEWS OF NOTE

Houston, We Have a Problem

Folks, due to circumstances beyond our control, our www.fremontumc.org web site is not formatted as it should be. Agencies way above our pay-grade made changes that affected our site. We wanted to let you know that we are aware of this problem and are working with appropriate parties to fix it. It appears the links still work so it does function, just doesn’t look as we want it to look.

Looking for up-to-date info about FUMC events?

Stay informed by checking our website fremontumc.org

Trustees meet Thursday, July 11 at 7pm in the Bob Nelson Room
Ministry Council meets Thursday, August 22nd at 7pm in the Bob Nelson Room

FREMONT UMC MINISTRY

Ministers	All the People
Pastor	Linda Quanstrom
Director of Music	Lynn Rognsvoog
Director of Youth & Family Ministries	Tanner Morton
Music Assistant	Janet Orjala
Childcare	Béatrice Kanyandekwe
Administrative Assistant	Madalyn Bach
Bookkeeper	Carol Hancock
Custodian	Patricia Bailey

Office Hours

Monday: 9:00am-5:00pm (*Monday is the pastor’s scheduled day off*)
Tues-Thursday: 9:00am-1:00pm
Friday: Closed