



# Fremont United Methodist Church

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

## **Zoom Sunday Morning Worship**

10:00 am every Sunday

## **Zoom Wednesday Night Prayer Meeting**

7:00 pm every Wednesday

### **What does it mean to commend one's self to God?**

*Father, into thy hands I commend my spirit.*

--Luke 23:46

The meaning of the original word in this text is 'to place alongside--to present;' to deposit as a trust or for protection; to commit to the keeping of.

Father, into thy hands I entrust myself to Your safekeeping.

The apostle Paul used the same word when giving farewell encouragement to the Church in Ephesus: *And now I commend you to God and to the word of God's grace, which is able to build you up and to give you the inheritance among all those who are sanctified.* --Acts 20:32

Paul is telling his friends that he entrusts them to God and to God's safekeeping and also to the gospel that has been shared with them--to the truth of that gospel--to the word they have received of God's grace. God and the news of God's grace have the power to protect and keep them.

All of us who enter into a life with God do the same. We entrust our lives and the wellbeing of our souls to God's keeping. We realize that nothing else can protect us the way God can. When we place our lives alongside of God's, when we present ourselves to God we're saying we trust that God will see to our good.

But as we learn from the example of Jesus this doesn't always mean a pain-free, care-free life. The path of our safekeeping may take us into seemingly dark and dangerous territory. The God-guided journey introduces surprises and challenges, it places uncomfortable and sometimes seemingly impossible demands. It does not protect us from sorrow or loss.

Jesus' life was no picnic. He didn't have a permanent home, he was threatened by stoning, he was reviled by the sophisticated elite of his day, he was misunderstood and he was in some senses exploited by the masses who just wanted a magic solution. He spoke from the heart, he taught with insight and passion and yet few were able to comprehend what he offered. And then? Well then, when all is said and done, he was crucified.

How is it he could commend himself to the Father? And why should we?

Because there's more worth saving than meets the eye. And there are deeper rewards than can be rendered by comfort and ease. When we choose to commend ourselves to God we choose to accept what comes our way with a confidence that the ground will stay firm beneath our feet; that whatever it is, it does not have the power to do harm to our soul or thwart our hope or quell our joy. That all will be well. Indeed, all will be well.

It's easy to say these words, and think we mean them when life is going to plan. It is harder, is it not, when we are hit sideways and flattened by unanticipated, unimaginable hardship. But these are the very words we need to speak and mean right now—in such a time as this.

They are words that can save us – save us in that deep, eternal way God promises.

## How to Stay Connected

### Would You Like to Make Someone's Day?

We know we can't be together in person right now, but we still need to have contact with others. Here's something for us to try; remember those you sat near during worship, those you volunteered with, those you sang in the choir or served on committees with? Remember your friends from UMW or potlucks? Remember how much we appreciate our staff people? We have a new and updated Fremont directory, and it will be a great tool for us during these days and weeks. Let's give someone a friendly phone call or a note in the mail to let them know you are thinking of them. It will mean a lot!

### Zoom Log-in Instructions for our virtual Sunday Worship Services

click <https://www.fremontumc.org/sunday-worship/> (or copy & paste into browser)  
then click on Click Here to Enter Zoom Meeting  
then enter 5032844647

If you are phoning in to LISTEN-ONLY, dial one of these phone numbers

+1 312 626 6799

+1 346 248 7799

+1 646 558 8656

+1 669 900 9128

+1 253 215 8782

+1 301 715 8592

then, enter the Meeting ID: 429 790 924

then enter the password 5032844647

### Log-in Instructions for our virtual Wednesday Night Prayer Meeting

click <https://www.fremontumc.org/wednesday-prayer/> (or copy & paste into browser)  
then click on Click Here to Enter Zoom Meeting  
then enter 5032844647

If you are phoning in to LISTEN-ONLY, dial one of these phone numbers

+1 346 248 7799

+1 646 558 8656

+1 301 715 8592

+1 312 626 6799

+1 669 900 9128

+1 346 248 7799

then, Enter the Meeting ID: 752 185 399

then enter the password 5032844647

If you have questions about how this works or problems connecting, you can send an email [help@fremontumc.org](mailto:help@fremontumc.org). Now this email is not an all-purpose help line, it is for issues relating to the ZOOM feature we are using to conduct these services and other gatherings. Randy Poff will respond to you as quickly as he can to help you out.

### Here's how groups within our church will continue

Committees and Teams will meet in their usual times. Your chairperson will inform you if a meeting is scheduled and the instructions for logging into it. This includes other groups that meet regularly or for a duration of time: Sacramental Living, Centering Prayer and Bible and book studies.



## WORSHIP & SPIRITUAL FORMATION

### If Ever We Need to Worship & Pray

it is now. You don't need reminding on the scope of what we are facing as a faith community, as a community, as a country, as a world family. It is beyond imagining. And we can be tempted to find a hole and hide but that is not the answer is it? We are people of Faith! We are a people who Pray! So, let us be about our work and let us not give up praying and worshipping together as we can via Zoom. So please take seriously the invitations that have been extended and if you've any difficulty connecting, please, please alert Randy Poff via [help@email.com](mailto:help@email.com). You'll get an automatic response, but he will indeed reach out to you with due speed.

### Creation, Fall & Flood, a Study of Genesis 1-11

#### *What we didn't learn in Sunday School*

Pastor Q will lead this study which takes a deeper look at some of the stories we know well (or think we do) and some we don't. There are depths in these chapters that are not plumbed in

most Sunday school or even adult curriculum. So if you're interested in an adventure that treads into deeper (and in some ways more satisfying) water. Plan to join her for this 5-week zoom-study starting Tuesday, May 26, 7:00 pm. She will send zoom log-in information the week prior to the study.

### Embracing the Uncertain

Our Lenten devotion "Embracing the Uncertain " continues every Tuesday until May 1<sup>st</sup>; you may still join via Zoom Meeting by contacting Claudia Roberts [Clarobb@juno.com](mailto:Clarobb@juno.com)

### Being Disciples of Jesus in 2020

David Weber's discussion of Rowan Williams' book *Being Disciples* continues every Monday at 7pm until May 11<sup>th</sup>. You can still join in via Zoom Meeting by contacting David Weber [David.Weber@yahoo.com](mailto:David.Weber@yahoo.com)

### Prayer Chain

Do you want to join this wonderful group of folks who have agreed to carry in prayer the requests we receive both those spoken on Sundays and those we learn of through the week. If you are, please contact Kathy Elliott: [kdelliott200@gmail.com](mailto:kdelliott200@gmail.com) 503-308-3731



### SERVICE & MISSION

#### IT'S TIME TO CELEBRATE

If we hadn't all had our lives disrupted by the quarantine imposed by the COVID 19 virus, we would have had a congregational celebration in March to celebrate our

affirmation that we are a Reconciling church that affirms that everyone is a child of God and welcome in our church family. As a final step in this process, an affirmational mission statement that will be posted on our webpage was adopted by the church council that met virtually on April 23<sup>rd</sup>. The statement says:



*Fremont UMC affirms without equivocation that all human beings, having been created in God's image and having received the breath and grace of God, are God's children. Sexual orientation or gender identity have no bearing on one's status as a beloved child of God. Our LGBTQI+ siblings are welcomed, affirmed, and fully embraced in this faith community. We are a church that embodies love and relentless, unapologetic, pursuit of equity and social justice.*

We are thankful for our Reconciling exploration team that shepherded us through almost a year long process of learning, discernment, conversations, Bible classes and group discussion that culminated in the vote taken on March 1, 2020.

This is not the end of the road but a call for us to live into what it means to open our hearts to everyone.

### "Giving Counts" at Fremont News from Finance Committee

Fremont has an essential role to play in supporting one another and our community during and after COVID-19. We can, and will, provide real support to one another. We are also a tangible symbol of light, hope, unity and assistance to our community.

#### How are your Finance team, Pastor and Office Staff responding?

- Continuing to regularly process and deposit funds that are received to assure the continuity of our payroll and other ongoing costs
- Working with Pastor Q and Ministry Council to assure that we assess needs and priorities
- Providing assistance to members and neighbors from our pastoral discretionary funds
- Fremont Trustees have made adjustments to heat settings; and water and other utility usage is down

#### What can you do to help?

- Keep up with your pledges and other giving, to the extent that you can
- Stay in touch (at a distance) with your Fremont family, friends, and neighbors

#### What is Fremont's financial picture at this time?

- Pledged and regular giving is lower than budgeted in the first quarter (especially as physical worship services have been curtailed).
- We expect to lose some of our rental income based on shelter in place requirements.
- So... we need ongoing financial support as you feel you are able to give.

Ways for you to give:

- mail a check to the office: 2620 NE Fremont St., Portland
- contribute through our online giving platform: [tithe.ly](https://tithe.ly)
- arrange for checks to be sent directly from your bank to Fremont

Together, through God's grace and prayer we can and will get through this and grow stronger as a community. Blessings and stay safe and well!

**The Interfaith Alliance on Poverty (FUMC is a charter member) draws your attention to the upcoming May 19 election, suggesting the following actions:**

Educate yourself and others about the Metro Tax Measure that we will be voting on. This is a measure that the Interfaith Alliance on Poverty early on endorsed and we are proud to be listed in the Voter's Pamphlet as a supporter. Measure 26-120 provides revenue for critical supportive resources to those experiencing or at risk of homelessness in our three-county area with, in most cases, no impact on individual homeowners and taxpayers

The informative web-site <https://heretogetheroregon.org/about/> offers information and video along with an opportunity to personally endorse this measure. The Alliance urges you to email your friends and family members about why you support it. People value the information/recommendations they get from someone they personally know more than any other way of getting publicity on an issue. Just a simple email or Facebook posting can make a difference in encouraging someone to vote, e.g. "I am supporting this measure because it will provide the really needed wrap-around support services that are so essential in helping people stabilize their lives. I hope you will join me in voting YES."

Become an informed Voter and encourage others to vote by May 19. When you receive your ballot in the mail around May 1, you will be reminded that you are asked to vote on other issues/positions. Although the Alliance never endorses candidates, some of the most important races are for the four positions for Portland City Council and also for Multnomah County Commissioners and Metro races. The people who will be elected (first in the primary and then in the November general election) are OUR political leaders who influence much of what the Alliance cares about.

Here are a couple of easy ways to become educated about who you want to vote for in this upcoming election:

The non-partisan political organization League of Women Voters of Portland publishes an excellent Voters Guide that asks candidates to respond to specific, appropriate questions. Click on <https://lwvpdx.org/vote/voter-guide/> and then scroll down and click on the 2020 Multnomah County Voters Guide. Be patient in downloading this Guide, since it takes a while. It will be worth it.

Portland City Club is providing free access to their online debates for the local elections. You will be asked to make a donation, but it is not required to access You-Tube events: <https://www.pdxcityclub.org/live/>.

Whatever conclusions you draw about issues or candidates, your FUMC Advocacy and Equity Team (Claudia Roberts, Sara Chan, Marilyn Mauch and Les Wardenaar) urges you to vote election by May 19!

**How is COVID-19 impacting our Community Outreach Programs?**

Portland Backpack:

Portland Backpack distributed the balance of their packed food sacks to all four of their schools in the last few weeks. For now, the school staff have asked them to provide grocery gift cards to the families. Bulk food orders are not available and being able to safely pack food sacks is an issue. The board has approved providing food assistance through the summer months which greatly increases the annual budget. In the past, the program did not operate while school wasn't in session. The cost of gift cards is much more than the cost of food sacks. Canceled was the April 18<sup>th</sup> Fueling the Future fundraiser. There is currently a \$7,500 match grant available. To donate go to <https://www.portlandbackpack.com/>



### Community of Hope:

The home is full of families. The staff are working hard to provide continuity and to offer fun activities since outside volunteers aren't able to come in. Volunteers are still encouraged to make meals and drop them off. To find out more contact Tracy Bardell or Kathy Elliot. The Community of Hope Gala was scheduled for May 30th and will take place as a virtual party. Join the party, but you can make a donation now at <https://communityofhopepdx.org/give-online/>

### NE Emergency Food Bank

For many years - decades, really - our church community has supported the North East Emergency Food Program by providing a crew of volunteers on the fourth Saturday afternoon of each month. Need for nutritional support for our wider community has increased dramatically in recent weeks and months due to cuts to SNAP benefits and the current public health crisis. Compared to serving an average of about 400 families each week in late 2019, last week the food pantry distributed almost 4,000 boxes of food. The need is great.

As to distribution of food donations, the routine has been modified significantly in order to keep community members, staff, and volunteers safe during the COVID-19 outbreak. Shoppers no longer come into the food pantry itself but drive through a pick-up line and boxes of pre-packed supplies are loaded into their cars. Under this protocol, the FUMC crew's schedule is to arrive at the food bank between 12:30 and 12:45 and stay until distribution ends at 3:00.

Even with the new safeguards in place, some of our regularly scheduled FUMC crew will have to sit out this month and next, either for health concerns of their own or those of a family member or other loved one. We want everybody to be safe.

With the increased need and our somewhat smaller group of available regularly scheduled volunteer crew, we are asking for your help. If you are able to distribute food at the pantry, please do consider showing up at NEEFP on May 23rd or June 27th. If you would like more information, please contact Wiki Smith at [wikismith8267@msn.com](mailto:wikismith8267@msn.com). To donate to the Northeast Emergency Food Program, go to <https://emoregon.org/give/> and choose this program name in the drop-down field.

Thank you for your support of the food bank, especially during these challenging times, when we are called to reflect on our humanity and our connection to our neighbors.

### **Who to call on regarding the Covid Crisis**

We've organized a Covid Crisis Team to help navigate our church through this challenging time. The group is made up of folks with health care expertise, reps from Finance, Congregational Life, Spiritual Formation, Communications. The members of this group are Gail Douglas, John Shapland, Robert Greaves, Chris Martin, Kathy Elliott, Cynthia MacLeod, Marion Horna, Marty Mayo, Trina Leschber, David Weber, Claudia Roberts, Jocelyn Hart. Charlie Collier and Allison Martin are also members as managers of the Partners NW Facebook Charlie established to help us connect with our wider community. Elijah Collier is also a member because he is our video master for our Sunday worship services. If you have a need or concern relative to Covid, or if you see an opportunity for our church to respond to this crisis in some way, please do not hesitate to contact one of these individuals. A new Spring Church Directory was sent out with current contact information.

### **UMCOR Covid19 Response**

Together, we can give compassion and care to others in this time of great need. Since the start of the novel coronavirus outbreak, UMCOR has been working with health boards, medical professionals, disaster management coordinators, and faith leaders to prevent the further spread of this disease. Now it is clear that the impact of COVID-19 will be far-reaching and demands a greater response. Even as you shelter in place, *you can be there for others*.

The new UMCOR COVID-19 Response fund will equip partners in the U.S. and around the world to assist our most vulnerable populations. Grants from this fund will be disbursed quickly and efficiently to address health concerns, food insecurity, water and hygiene limitations, and other pressing needs.

Join the *UMCOR COVID-19 Response* with your gift today, you can donate online @ <https://advance.umcmmission.org/p-2025-umcor-covid-19-response-fund.aspx>



## FUN AND FELLOWSHIP

### Share your story

Who is ready to share a story about why they love Fremont UMC? Who wants to share a testimony about their faith?

If you are one of these two people send me a two-minute video or Picture and short written paragraph answering one of these questions and I will post it!

Email is [Media@fremontumc.org](mailto:Media@fremontumc.org) [#testimony#Shareyourstory](#) [#Lovefremontumc](#)

### Set up small group fun via Zoom

Anyone can set up a free ZOOM account [google zoom.us] where you can schedule a “meeting.” Zoom will give you a link you can share with friends so you can invite them to log into the “meeting” so you all can spend a little time together. If you don’t want to try ZOOM, **try FaceTime** via your phones to reach out to loved ones and friends.

**Forward funny** (but appropriate) cartoons or videos to friends, now and again.

### “Like” FUMC on Facebook & share a story

If you like us, please “like” and follow our Facebook page. This helps people find us. Also, share our posts with your friends! And one last thing: If you would write a review for us on our page, it also helps people find us. Thank you!



### Extending Our Gratitude To:

to John S, Thom P, Paul K for taking care of  
our building and grounds during this hard  
time

to our staff who are holding forth with their  
duties from their respective homes

to folks who are sending cards, making  
phone calls, reaching out to give company  
and comfort to others.

to those who are making over and above  
gifts so we can assist those in need and to  
those who are being faithful in their regular  
giving

to the Sacramental Living group especially  
Les and Marion for making a meal available  
during this Covid19 time to the Walnut Park  
Shelter.