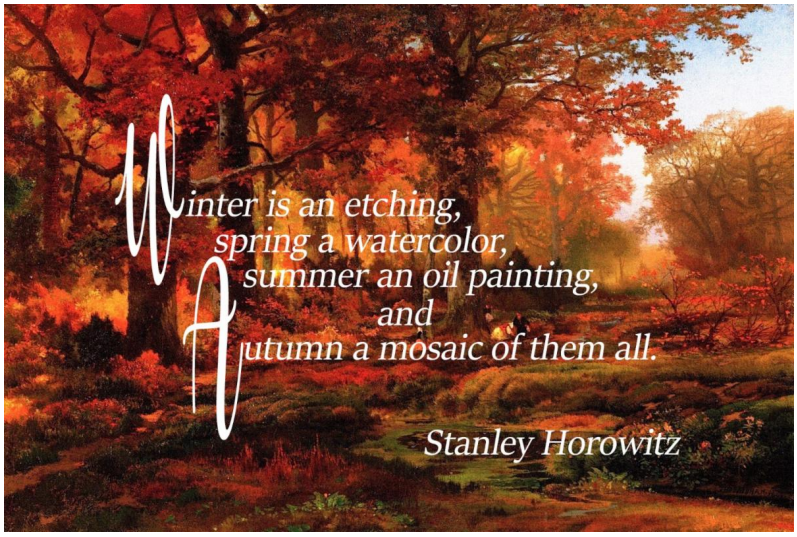
Fremont
United Methodist Church

November 2020 Newsletter



As a reconciling congregation 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.

Upcoming Events

Book Club Meeting
November 9th at 7 pm via ZOOM

Fremont UMC Women Meeting
November 18th at 10 am via ZOOM

Christmas Tree Sales
November 28th - December 18th

Pastor's Greeting

Greetings, Fremont Family:

The month of November is Stewardship season in the church. It is the time of year when the leadership of the congregation (myself included!) asks us to prayerfully consider making a financial pledge to Fremont UMC for the 2021 year. Have you ever wondered why we hold an Annual Pledge Campaign? Let me give you a hint: it is not because we need to meet our budget (although as a non-profit we will have bills to pay!). No, stewardship for us as Christians is far more comprehensive than raising an annual budget. In fact, stewardship is at the heart of who we are in our relationship with God. Theologically, the concept of stewardship (trust) is there from the very beginning. In Genesis, God speaks creation into being and then entrusts creation into the hands of humankind. Often, humans have interpreted this first relationship of creation care as dominion (permission to extract every resource for only our purposes), but that is not God's intention in creation at all. Creation is a gift, and the abundance of creation is entrusted to us to ensure the flourishing of every living thing.

In the Old Testament, when God establishes covenant with Israel, there is the reciprocal understanding that Israel through the practice of the tithe and Jubilee would reflect God's generosity in creation. In the tithe, Israel was to offer back to God the first 10% of their harvest, and in Jubilee, debts were to be forgiven and resources redistributed to the poor. These practices were not obligations, instead they were replications (mirror images) of God's generosity. We give because we first received.

Finally, the New Testament and Jesus especially make considerable mention of stewardship. In the gospels, one verse in six focuses on material possessions, and these verses are punctuated with such memorable sayings as "Where your treasure is, there will your heart be also" (Matt. 6:21) and "To whom much has been given, much will be required" (Luke 12:48). Jesus, in his personhood, most embodies our relationship of trust with God. Jesus, in whom the fullness of God is pleased to dwell, offers himself entirely back to God on our behalf. He gives everything! Now, that is generosity.

So, in some ways, it is not nearly enough to focus on stewardship for only three weeks out of every year. Stewardship is who we are and how we are in our relationship with God. Giving is an aspect of our daily lives of devotion. The Annual Pledge Campaign simply asks us to “put into writing” our intentions to practice our generosity as everyday disciples. Thank you for who you are. Thank you for giving to Fremont, and thank you for growing in your life of stewardship this year.

Grace and peace, Erin

Worship & Spiritual Formation

Acts of Devotion

A reflection on the October 2020 Joyful Noise Service

You must love the Lord your God with all your heart, all your soul and all your mind.

This is the first and greatest commandment.

The gospel from Matthew reminds us of the two most important commandments from the Torah. The past two months we have focused on loving our neighbor through acts of compassion and justice. This coming month we are called to focus on showing our love for God through Acts of Devotion.

Showing love and devotion to God seems easy until we dive a little bit deeper into the self described character of God. After watching the Bible Project video on the character of God, we find there is a tension between God's mercy and God's justice. It is through Acts of Devotion that we can wrestle with this tension and learn to love God as completely as we are loved by God .

Insights & Actions

Insights gathered from the Joyful Noise Breakout Rooms:

In visual of Moses at the top of the mountain receiving the covenant while the people at the bottom are already breaking it, we can be both Moses and the people.

We must believe in God's love for us, even when we feel inadequate to love God.

What we do now matters to future generations, be they negative or positive, our actions have consequences. We need to focus on becoming good ancestors.

To keep our end of the covenant we must be like God: compassionate, gracious, slow to anger, full of love and faithfulness.

Establish a daily ritual. Just as God is consistent in keeping the covenant to us, we need to be consistent in keeping our covenant to God.

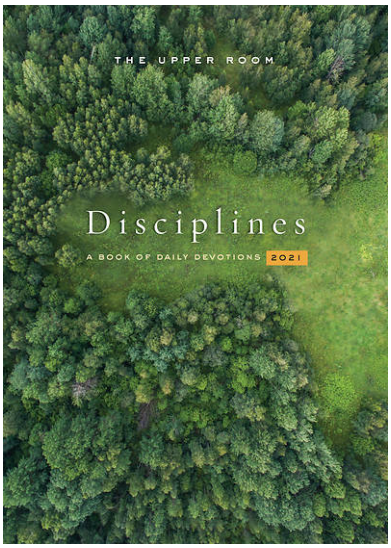
Study
- ⇒ Watch the rest of the Character of God video series at www.bibleproject.com
- ⇒ Read something out of the bible everyday
- ⇒ Memorize a passage of scripture i.e.) 23 Psalm

Reflect
- ⇒ Read a passage you find uncomfortable and wrestle with the feelings
- ⇒ Choose an attribute of God and focus on implementing that in your life i.e.) Slow to anger on social media

Pray
- ⇒ Pray using a handprint to remind you of the 5 types of prayer: Blessing/Adoration, Petition, Intercession, Thanksgiving, and Praise
- ⇒ Memorize a prayer to say daily i.e.) Prayer of St. Francis

Meditate
- ⇒ Take 5 minutes each day to simply open yourself to Gods presence
- ⇒ Try loving-kindness meditation as practice for forgiveness

Are you interested in a daily devotional? Cokesbury, the United Methodist Publishing house, puts out the Upper Room



Disciplines each year. Each day's devotion has a lectionary based scripture passage, an author's reflection and a prayer. Each week's readings are written by a different author, many of whom are leading Christian thinkers of our time. Trina Leschber will order books for those who are interested. Contact her at 503-257-9342 or aleschber@aol.com. Prices are $10.49 for paperback, $12.79 for large print and $9.99 for ebook. With a bulk order the price may change.

Service & Mission

The Fremont Sandwich Brigade!!!

Answering the call of the Interfaith Alliance on Poverty (FUMC is a charter member), Fremont will be providing sack lunches for the residents of Bybee Lakes Hope Center--once a week from now until the end of the year.

Occupying the space once planned for a prison, Bybee Lakes offers Portlanders living on the streets an opportunity to rehabilitate their lives. Residents are referred by a variety of mental health service organizations and must commit to an intense and prolonged effort to overcome their addiction(s) or manage a mental health challenge. Residence at the center offers them an array of

counseling services, including medical, psychological and job training and placement. The core program has shown an impressive success rate at various centers on the Oregon Coast for a number of years and indeed offers HOPE for both residents and the surrounding community. More detail is available at Bybeelakeshopecenter.com.

The center opened October 15 to 25 residents and that number will gradually increase to around 80 people by mid-November. The longer-term goal is 200 with possibilities for growth beyond that provided the funds can be raised. All funding is private (i.e. no public money) and enough has already been raised to support the 200 number. However, full kitchen services will not be available until after the first of the year--hence the need for short-term help from the community. So, the Interfaith Alliance has secured seven (7) congregations to cover lunches for each day of the week (Fremont's day is Monday) while other groups will handle breakfasts and dinners.

HERE'S HOW YOU CAN HELP!!!

1. DONATE MONEY THROUGH THE CHURCH OFFICE TO COVER COSTS. (Just put "Bybee Lakes" in the memo line)
2. OFFER TO MAKE/PACK LUNCHES. A typical lunch would include a Freshly made sandwich, a bag of chips, a granola bar, and a piece of fruit

We are looking for volunteers who could put together 10-15 lunches and deliver them to FUMC Monday mornings before 11:00 a.m. for bulk delivery to Bybee Lakes. (Volunteers of course will be given specific guidelines and quantities). Think of it as a great opportunity for a family to work together on an Outreach project --meaningful and fun. Or farm the project out to a group of friends and ask them to bring the lunches to you so you in turn can deliver to FUMC.

COVID has limited some of Fremont's activities, but new ones, like the BLM protests, have risen to take their place. Here is a great one for the Fall, a way for us to work together in spirit to carry out the call that we feel to lift up our e=neighbors!. If you can help, contact Les Wardenaar at 503-997-1390 (Wardenaar@msn.com) or Marilyn Mauch at 503-287-3014. Or you can talk to Saraloo Chan or Claudia Robert, who are ALSO committed sandwich makers themselves and would love to have you volunteer.

"Christmas Day Giving update"

Greetings to ALL my siblings in Christ. It is hard to believe we are talking about Christmas already. We want to try and continue with the Christmas day giving. This will be the 10th year for this ministry. I personally am thankful that Fremont was willing to help us continue this ministry. It is important to

remember that there are many people in need especially on this day. This year we would like to focus on socks, hats and gloves. There is a large plastic container in the Bob Nelson Room that is hungry for your donations. We really hope that we will be far enough pass covid19 so that we can still go out and share with our friends in need.

Be safe, be well.
Trudy

Fruits and Boots - Mutual Aid Collective

Dear Fremont Family, as you know we have not been able to gather in worship or in service to others in our space during this time of pandemic, but that has not stopped our congregation from living the value of serving those in need. Recently, we connected with a group called, “Fruit and Boots.” This group is committed to repurposing excess food and making meals to take to the unhoused twice a week.

Here is a note from the coordinator, Anna Claire Bowen:
“The autonomous individuals that comprise Fruits and Boots began coming together at the beginning of the COVID pandemic and since that time we have worked with multiple organizations around Portland, and with combined efforts, we have put out over 10,000 meals and distributed other survival supplies for the unhoused. Since beginning our work with Fremont this month we have made and distributed around 1000 vegan meals and over 400 gallons of water. Our primary aim is the redistribution of resources to those who society does not provide. These resources have included thousands of the following: N95 masks, first aid, hygiene supplies, structure building supplies, clothing, flashlights, pet food, and harm reduction materials. As we shift into the cold rainy season, Fruit and Boots has begun distributing winter survival supplies - wool blankets, tarps, ponchos, sleeping bags, emergency Mylar blankets, etc. We plan to continue distributing these resources as well as supplies that have been requested. We receive our resources from multiple partnerships within the community with a focus on reducing food waste and building sustainable/non-oppressive structures within our community. For the items that we are unable to obtain through community resources, they purchase and/or hold community drives to get these needs met. We cannot thank Fremont enough for the use of the kitchen and for partnering with us to feed the hungry in Portland.”

Fun & Fellowship

Hello Fremonters!

I am still learning so much about our new faith community at Fremont UMC. I am hearing stories about rich community events and traditions, and stories about past staff members that had a positive impact on who you are now. That all communicates to me that you take your role as a church seriously and value people and connection. This is the space where I want to be, to rub shoulders and be challenged by the deep roots of faith that you all have cultivated amongst yourself. I also see so much potential to engage in new ways with those who live closest to our church building and the many families who have walked through Fremont's door - I have a vision of a diverse, inclusive, representative, and robust kid's ministry.

I am so thankful for the ministry experience I have had as a Children's Director for the past 10 years and look forward to our family becoming a part of what has been going on in your faith community, always with an eye to the future and the hope and promise of who we can be together! In my last church where I was on staff for 5 years (members for 12 years), we started off with 20+ children in 2 classrooms with 10 volunteers and grew to 120 kids in 6 classrooms with 30+ volunteers! It was a joy to build relationships with the families and volunteers who invested in our church, both on Sundays and during the week to encourage them and create events that focused on building relationships and including the children in an active church life.

My aims for kid's and family ministry looks like both an active and safe Sunday morning and a calendar with events that connect each of us to one another, that creates opportunities for outreach, and that recognizes that the church is better when we engage the world in an inquisitive and mindful way. I hope to create a ministry that seeks curiosity and connection with our identities in Christ, and strives to make our faith walk one of freedom in Christ and others-

focused. I don't shy away from tough topics and I think it's important that we engage our kids in the things they see in our world to help them form a lens that uses justice as a compass. We can see God in everything in our world - it all reflects God, both our fulfillment in God and our need for God.

Once we can join back together in person, I will be so excited to interact with you and start to get to know you. For now, you can tune in to the YouTube channel as I've begun posting content for kids there, and I'm available by email and phone. Thanks for giving this a listen and I look forward to what we can do as a team!

Family Ministry Associate: Ashley Brassea

Book Club

On Monday, November 9th at 7 pm our book group will be meeting on Zoom to discuss a timely book that recently won the Pulitzer Prize. The Black Lives Matter Movement inspires us to take a look into the Jim Crow era. Currently, we are reading Colson Whitehead's The Nickel Boys. It is the devastating story of young, black boys sentenced to a juvenile reformatory called the Nickel Academy, and based on an actual reform school operated in Florida for over a hundred years that warped the lives of thousands of children. Whether or not you have joined our discussions before, please find a copy of the book and plan to join us. You can always contact Suzanne Wardenaar (wardenaar@msn.com or 971-570-7893) to be added to the Zoom list.

Creating Community at Fremont

How do we create, develop and sustain community in the time of Covid? We all know that we can't have coffee, hugs and greetings in the narthex right now. And potlucks, strawberry shortcake or special celebrations in our Fellowship Hall are not possible. Those will have to wait for a later time. But...we still need to find ways to reach out, and also to reach 'in' to the community to support and nurture fellowship. Fremont's Congregational Life team has been especially concerned with how to support families and young learners during these times. So the team got together and created some special 'learning and gift' bags for our elementary children at Fremont and delivered them the last week of October. Some of the 'goodies' in the bag included a hand-made card, a nature craft project, a keepsake bookmark, and other special gifts. The goal was a simple one...to keep families and children close even as we are having to 'distance'. Let's all be thankful that we can be creative and generous, even during this time that we are physically apart.

Fremont UMC Women

Fremont's United Methodist Women met for their monthly meeting on Oct. 21. Plans were made to support the Community of Hope by donating the children's blankets we made and by supplying Christmas gifts for one family. The unit's next meeting will be via Zoom on Wed. Nov. 18 at 10:00. The program will be a discussion of the first chapter of the book *Finding Peace in an Anxious World*, edi ted by Erin James-Brown, which should be meaningful during this time. All Fremont women are invited to attend. Contact Trina Leschber for more information, aleschber@aol.com or 503-257-9342.

Christmas Tree Sales

Friends,
Fremont's annual Christmas tree sale is very important to our neighborhood community and to our budget and, in spite of the pandemic, we are planning to sell trees and wreaths this year from Saturday, November 28 through Sunday, December 13. The tree lot will still have that good Christmas smell but it will look different. We will be open fewer hours, closing at 6 every day. We also have implemented some protocols to keep our workers and our customers safe:

1. Everyone, workers and customers must wear a mask;
2. Social distancing will be required;
3. No cash, we will accept checks and credit cards only;and
4.We will not unwrap trees, they will be sold wrapped in twine as they are delivered.

To the best we can, we will make fresh cuts and help with loading. We still need volunteers to work on the lot. We need cashiers to take checks and help with credit card transactions. We need people to bring trees of the height and type requested to the front of the lot for purchase. PLEASE SAY YES TO VOLUNTEERING FOR A SHIFT OR TWO! If you have not been contacted and would like to volunteer, email Kathy (kdelliott200@gmail.com) or Beth (beth.skillern@gmail.com). THANK YOU!

Thank you

Dear Fremont Family,

Thanks to all of you for the many cards, greetings, and the drive-by for my 90th. It was a beautiful day.

Blessings,

Mark Cotton

How to Stay Connected

Log-in instructions for our virtual Sunday Worship Services
Click https://zoom.us/j/429790924
Enter Meeting ID: 429 790 924
OR, choose a phone number to call to LISTEN-ONLY:
+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

Log-in instructions for our virtual Wednesday Night Prayer Service
click https://zoom.us/j/752185399
Enter Meeting ID: 752 185 399
OR, choose a phone number to call to LISTEN-ONLY:
+1 669 900 9128 US (San Jose)
+1 253 215 8782 US
+1 301 715 8592 US
+1 312 626 6799 US (Chicago)
+1 346 248 7799 US (Houston)
+1 646 558 8656 US (New York)
then, enter the Meeting ID: 752 185 399

There's help
If you have questions about how this works or problems connecting, you can send an email 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.

"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.

FREMONT UMC MINISTRY
Ministers

All the People
Pastor
Rev. Erin Martin
Family Ministry Associate
Ashley Brassea
Director of Music
Lynn Rognsvoog
Music Assistant
Jonathan Roberts
Childcare
Béatrice Kanyandekwe
Youth Ministry / Communication
Jocelyn Hart
Bookkeeper
Carol Hancock
Custodian
Patricia Bailey

Office Hours
Monday-Thurs 10:00-3:00
(Monday is the pastor's scheduled day off)
Friday: Closed

Fremont United Methodist | 2620 NE Fremont St, Portland, OR 97212

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