



Messenger



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\*Lent Calendar may help 'Get your Spirit in Shape' or find our regular one at our website or in the office.

## 50<sup>TH</sup> ANNIVERSARY CELEBRATION APRIL 23, 1967 – APRIL 23, 2017

*Once upon a time in 1964, three congregations had a vision of joining together and building a new church. Out of this vision came Tabor Heights. With grateful hearts we look back on that vision and the legacy that we benefit from today.*

*You are invited to join us in worship on Sunday, April 23, 2017, at 11:00 a.m. as we celebrate our past together and look ahead visioning new ways of serving ALL GOD'S CHILDREN in these changing times.*

*Dessert and refreshments will be served after the service.*

*Joanne Dorinski*

*Member of one of those original three churches and still here today*

Notes, Articles, and Updates to The Messenger: 503.232.8500 [www.taborheightschurch.org](http://www.taborheightschurch.org)  
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*"I was sick and you visited me..."*

Matthew 25:36

# Monthly Highlights



On a recent Saturday morning in March we were honored to have our Care Team sponsor a workshop here on "The 4 'W's' & 'H' of VISITATION. Participants were from THUMC and various other churches and those eager to learn more about caring for the ill, dying, or facing issues we deal with in every daily life.

The Care Team acquainted us with our "Bee-Frienders Program," the "Shawl Ministry," and background information on how this team began. Our present care team is Evie Brim, Joanne Dobrinski, Dorothy Glynn and Joyce Peterson-Doering.

The speaker for the morning session was Rev. Dean Yamamoto an ordained elder of Oregon-Idaho Annual Conference and a former hospice chaplain. He now works with Housecall Providers.

After a delicious lunch and time of fellowship the group divided to discuss various circumstances around care giving. Rev. Yamamoto led one session and Anne Kister, currently serving as the Community & Clinical Education Coordinator at Providence Hospice facilitated the other. She has spent many years providing support to people who were actively grieving the death of a loved one. She has also offered education presentations on one facing serious illness or loss. Both offered a wealth of information.

*The heart of God is expressed as we care for others.-Bonnie Jensen*



*Wedding Anniversary*

*Arthur & Cathleen Benedetti  
- White*

*April Birthdays:*

- 1 Evelyn Long
- 2 Barbara Carpenter
- 4 Meryl Hoverkamp
- 7 Samantha Tinio
- 9 Allisyn Bridges
- 13 Jim Douglass
- 17 Gloria Go
- 22 Dorothy Glynn
- 30 Linda Bridges
- 30 Joyce  
Peterson-Doering

*Your Celebrations are  
important for us to recognize  
with our family in Christ:*

Please do not reluctant to let us know if yours is missing on the monthly edition of 'Messenger' as sending a note to:  
[church@taborheightschurch.org](mailto:church@taborheightschurch.org)



JOIN US FOR A BABY SHOWER HONORING

The congregation is invited to Sarah Morrell's baby shower, April 29(Sat.) 2-4pm. in the Annex of the church. Sarah is having twins-a son, Leon Robert and a daughter, Lydia Annamarie. She is registered at Babies R Us, Target and Walmart.



*"Melt me, mold me, fill me, use me."*

**Dear Church Family,**

Welcome to spring! We all anticipate and pray for a new season in our lives. We are grateful for our many blessings experienced even throughout these cold winter months. May the season of Lent and the expectation of the Risen Christ bring us the warmth, love and peace that we all long for.

**We are thankful for answered prayer and God's blessings:**

Our weekly inspiration at worship in word and song.  
Our children who bring joy to our hearts with their energy, enthusiasm and joy for each day.  
The fellowship of our church family who pray for each other and reach out with caring love.  
Successful surgeries, restored health, peace of mind and the presence of the Holy Spirit as we endure life's difficulties.  
All those striving to enrich our lives during this coming season of Lent.  
The eager anticipation of "Unbinding Your Soul" and those facilitating this covenant group.  
Our volunteers and the Vision Team as we pray for God's direction in our church.

**We pray that God will be with those who we pray for and call upon Him to strengthen them in their time of need:**

Essie and Hugh Ewart, The Eisert family, Joanne Mattson, Marilee Miller, LouAnne Henriques, Marilyn Reihls, the family of Lois Lee, Al Bailey, Joanne Dobrinski, Carole Rennie and others known only to the Lord.

**Let us continue to be in daily prayer for those in need throughout our city, our nation and the world.  
May God guide and direct those in authority and bring a comforting peace to all.**

**Remember those who are lonely, sad, isolated and in need of a smile.**

*"I was sick and you visited me..."  
Matthew 25;36*

**With Christ's love,  
Your Church Family**

## DO YOU WANT TO FAST THIS LENT?

*In the words of Pope Francis*

- Fast from hurting words and say kind words.
- Fast from sadness and be filled with gratitude.
- Fast from anger and be filled with patience.
- Fast from pessimism and be filled with hope.
- Fast from worries and have trust in God.
- Fast from complaints and contemplate simplicity.
- Fast from pressures and be prayerful.
- Fast from bitterness and fill your hearts with joy.
- Fast from selfishness and be compassionate to others.
- Fast from grudges and be reconciled.
- Fast from words and be silent so you can listen.

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### **Services in the Holy Week:**

*Palm Sunday Worship,  
April 9, 11am*

*Maundy Thursday Service,  
April 13, 6:30pm*

**Rain or Shine Spring Clean-up,  
April 15, 9:30am-12:00pm**

**Easter Sunday Worship,  
April 16, 11am**

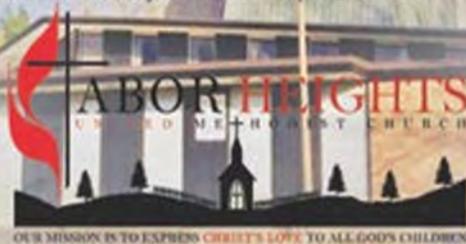
**50th Anniversary Celebration,  
April 23, 11am**

*Hallelujah!*

*Christ is Risen!*

Join us for special worship services  
2017 at Tabor Heights!

Palm Sunday April 9, 11 am  
Maundy Thursday April 13, 6:30 pm  
Easter Sunday April 16, 11 am  
50th Anniversary Celebration, April 23, 11 am



## Lent 2017

### **TABOR HEIGHTS UNITED METHODIST**

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## HAPPY BIRTHDAY, MERYL !

It is a pleasure to greet Meryl Hoverkamp with Happy Birthday wishes.

Meryl has had a life of travel as a part of the United States Navy. She was born in California and lived with her grandparents as a child. Her father died when she was two years old and her mother lived until 2002. She was raised with Galen who was her uncle but very much like a brother to her. Just one month ago she and Galen, who lives in Little Rock, Arkansas reconnected after 60 years of trying to find each other. This is a real source of happiness for both of them thanks to a half sister.

The family originated from England, Wells and Scotland. Meryl knows she has relatives in an Indian tribe in Ohio.

Meryl recalls driving in 1966 from California to Syracuse, NY when she went to live with her grandmother. That began her years of travel. She joined the military in 1971 and went to Bambridge, Maryland for boot camp. She then was transferred to Alameda, California where she worked in the barracks and in administration and later in a library where she ordered parts for airplanes.

In 1975, after another move to Oak Harbor located on Whidbey Island in Washington, she and Rick were married. Their daughter, Tronya was born there in 1977. Meryl spent time in the Reserves and 2 week periods of time serving in camp.

They also lived in Bremerton, Connecticut near Rick's aunt who they still communicate with through email after so many years. In addition they lived in Norfolk, Virginia, and in Bermuda for four years where she enjoyed writing and photography. After their time in Bermuda they moved to Escada, Oregon after Tronya graduated and then on to Portland where they have continued to live. Meryl retired from the military in 2006.

Meryl and Rick are the grandparents of Soleil and Jay (Jeremiah) and the great grandparents of Roman Isaiah. Meryl works at the YMCA Child Development and Art Center on Foster and Holgate four days a week and especially enjoys time with the pre schoolers. She would enjoy spending time with friends, reading, writing poetry and art if time allowed but her one week day away from "work" finds her busy with her life in general.

Our best wishes for a Happy Birthday and a healthy year ahead to this soft spoken, dedicated wife, mother, grandmother and devoted member of the Tabor Heights UMC family and our church choir.





## Mission Moment



### Equal Exchange Tea and Coffee

Out of concern for the health of our planet and for ourselves, Equal Exchange fairly traded tea and coffee will be served during coffee fellowship and other church events. The teas are grown by small-scale farmers instead of by large, exploitative plantations. They are organic and pesticide free, insuring that the farmers practice stewardship of their land and that they are not exposed to dangerous chemicals while growing and harvesting the leaves. No harmful pesticides will be in your cup!

The coffees are also grown by small-scale farmers who practice the same organic standards. Small amounts of various coffees will be taste-tested on 6 Sunday mornings beginning March 5th to determine which type to buy. An empty coffee bag of the coffee served will be stapled to the "Coffee Fellowship" bulletin board as a reminder of which has been tasted.

Please help support this project so we can keep it going. The donation basket monies pay for the tea, coffee, and other supplies used for coffee fellowship.

## *THE MAGIC STRINGS OF*

Best selling author, Mitch Albom, brings forth a critically acclaimed novel once again.

"The Magic Strings of Frankie Presto" is an original tale of love: love between a man and a woman, between an artist and his mentor, and between a musician and his God-given talent.

Narrated by the voice of Music itself, the story follows Frankie Presto, a war orphan born in a burning church, through his extraordinary journey around the world. Raised by a blind guitar teacher in Spain and gifted with a talent to change people's lives-using six mysterious blue strings-Frankie navigates the musical landscape of the twentieth century, from the 1950s jazz scene to the Grand Ole Opry to Elvis mania and Woodstock, all the while searching for his childhood love.

As he becomes a famous star, he loses his way, until tragedy steals his ability to play the guitar that had so defined him. Overwhelmed by his loss, Frankie disappears for decades, reemerging late in life for one spectacular yet mystifying farewell.

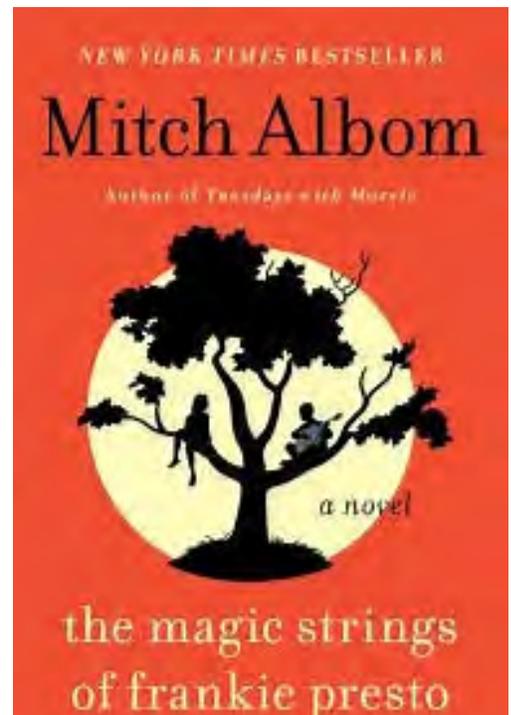
Part love story, part magical mystery, this book is Mitch Albom at his finest. It is one man's journey to discover what truly matters and the power of talent to change our lives.

-Recommended reading by Char Blakely

## BOOK REVIEW

### CONTACT

**ADD THIS SECTION WITH 'WHAT YOU CARE ABOUT' ... THE BOOKS YOU'VE READ, THE MOVIES YOU WANT TO WATCH,... YOUR ABOUT. THIS PAGE HELPS YOU SHARE WHAT YOU CARE ABOUT WITH OTHERS. JUST LET MARILYN REIHS AND CHARLENE BLAKELY KNOW BEFORE THE END OF EVERY MONTH!**





## Pastor's Note

"Blessed are the merciful for they will receive mercy." Matthew 5:7

It is written, "The Beatitudes were not given as commands but as realities for those who are part of Christ's kingdom. We might call them Kingdom-Characteristics or Kingdom-Evidences." They describe the believer, and how the believer is expected to act.

**The lesson from 'The Beatitudes' is about who God is, who we are, and what God's covenanted people would do or be.** For instance, the word, 'mercy' or 'merciful' in the dictionary refers to one who is actively compassionate or one who is benevolently merciful involving thought and action. However, ἐλεήμων (eleēmōn) in the origin from Greek tells more about it as "an action consistently with the revelation of God's covenant." In other word, mercy or merciful in this word, ἐλεήμων refers not merely to those who express acts of mercifulness, but who have this attribute as a character of the indwelling Holy Spirit in person.

Therefore, mercy is a character of God. Mercy is a revelation of God's covenant. And mercy is only revealed by the people of God as they share this character of God and the value of His covenant.

In a small cemetery of a parish churchyard in Olney, England, stands a granite tombstone with this inscription: "John Newton, once an infidel and libertine, a servant of slavers in Africa, was, by the rich mercy of our Lord & Savior Jesus Christ, preserved, restored, pardoned, and appointed to preach the Faith he had long labored to destroy." Not everyone may remember his name, but all of us know the song he wrote as a testimony of his life:

"Amazing Grace."

That's the life that the world must live, they'll know "We are Christians by our love." They'll know we are Christians by our mercy. They'll know we are Christians by our welcoming, our hospitality, our generosity, our humbleness and by our caring.

Yes, we are the ones who were, who are, and who will be shown by 'mercy' of our Lord, Jesus Christ.

Lenten Blessings, Pastor John

