



# DECEMBER 2016

## The Messenger of Tabor Heights

### The Tender Mercies of God -Marilee Miller

What a wonderful God we have. "His mercies are new every morning; great is His faithfulness." He is higher than the highest heavens, wider than the greatest span of universes. And yet the Infinite God stoops low to love us, his finite children. Yes, to love us even when we stray, even when we err, even when we give up. By his tender mercies, he sent the Christ, his Son, to keep calling us back to Himself. Advent has come. Let us celebrate it in worship and contemplation.

God sent Jesus to earth as a babe laid in a lowly manger. "Thou didn't leave Thy throne and Thy kingly crown, when Thou camest to earth for me, but in Bethlehem's town there was found no room for Thy holy nativity. Oh come to my heart, Lord Jesus; there is room in my heart for Thee." (a Christmas hymn.) But before the event of his coming, yes, even before the foundation of the world, I picture it something like this. God the Father, God the Son, God the Holy Spirit, who are One, agreed that on an appointed day, Jesus the Son would become human flesh and blood, born of a Virgin – sent to earth to DIE for us. It was not an act of God telling the Son what to do; it was the agreed upon purpose of the Three in One-One in Three. Jesus would die for us. Shed his blood as an offering for our salvation. But that wouldn't be the end of the story. For He would be raised from the dead, and seated at the place of honor at the right hand of God the Father, that we might be raised from our dead ways and be fully reconciled to God. And then, at the appointed time in history, yes, HE came. Came knowing his purpose was to shed his blood for us. "Greater love hath no man than this; that he lay down his life..."

Am I allowing God to continually reconcile me to Himself, day by day, hour by hour? Anything less than offering my "all for Jesus" will not do – even though I scarcely can see the way he will lead me to more of Himself. How I praise him continually for being my Savior and Help. "(I offer (my) body as a living sacrifice, holy and acceptable in His sight." Will you join me in this commitment, which can only be offered, that we can't achieve on our own, but trust that if we ask, He will be embraided within us

Advent. He is coming. Messiah. Help. Reconciler. Christ the Babe is, and will forever be, Lord of all. Halleluiah!

### **INSIDE**

#### **GET CONNECTED**

**Pg. 2-3**

Last Month Highlights.  
Anniversary & Birthdays  
Members' Updates

#### **UPCOMING EVENTS**

**Pg. 4-5**

Annual Sock Wrap  
Christmas Eve Candlelight  
Service  
Visitation Workshop

#### **PRAYERS FOR YOUR FAMILY Pg. 6**

#### **PEOPLE'S JOURNAL**

**Pg. 7**

Marilyn Reihs  
Ruth Clement  
Joseph-Fils Inelus

#### **COMMUNITY NEWS**

**Pg. 8**

A Note from Vision Board

#### **REVIEWS**

**Pg. 9**

Book, Holy Spirit Here & Now  
Movie, Mr. Church

#### **NOVEMBER & DECEMBER CALENDARS**

[www.taborheightschurch.org/  
calendar.htm](http://www.taborheightschurch.org/calendar.htm)

# Monthly Highlights

On Nov. 17th we gathered for the Senior Thanksgiving dinner. As many of you know, we have some very good cooks in this church. We had the whole Thanksgiving spread. Turkey, gravy, potatoes, stuffing and of course topped off with pie. It was delicious. There were about 25 people present. I think everyone had a good time.

If you were unable to make it, I hope you will join us next year. You will also want to watch for upcoming meetings and events in 2017. This is always a good time for friends, fellowship and good food. We also have many interesting excursions throughout the year.

Lois Lee is the coordinator.

## Senior Fellowship Dinner



## African Music Appreciated

On Sunday, November 20<sup>th</sup> we were blessed to have Lasana Kanneh worship with us and share his music as well as his testimony. Ijen Neh pronounced "*eye gin nay*" means Heaven. It is a tasty mix of African, reggae, pop and gospel music. Lasana suffered much in his native homeland of Liberia. He was born blind and ostracized by his community for his disability. God intervened and an evangelist took him home and preached the good news to him. He readily believed the Word of God and escaped war, persecution, poverty abuse and personal failure to bring beautiful songs of faith, hope and restoration.

It was a privilege to have Lasana and his wife with us. His faith, expressed in music, had the congregation on their feet singing and even dancing. If you were not able to be with us you can hear his music online or by asking to borrow his CD from someone who purchased it. This is a fine group of inspiring selections many will enjoy.



## Thank You!

OUR LETTERBOX HAS RETURNED, spruced up in time for the holidays! Check it out next to the large FELLOWSHIP bulletin board in the Fellowship Hall. Please feel free to put your cards, etc. to others in our church family in the slot marked with the letter of their last name.

Thanks to Trish Dawson and Lou Anne Henriques for getting it ready.



Twins are coming to the Morrell family. Congratulations!

Wishing you  
a happy & healthy  
pregnancy

Please make a note to Marilyn Reihs or Charlene Blakely if you have any joy and gratitude to share or simply have any update or changes in your life such as address, phone#, & etc.



## BIRTHDAYS in December

Carolyn Douglass	1
Jim Buchanan	3
Adam Schneider	5
Nicholas Morrell	13
Chris Carpenter	17
Lea McKim	17
Marilyn Reihs	20
Joan Finny	21
Gerry Eichelberg	25
Ruth Clement	26
Mike Carpenter	27
Nha-Thi Pham	30
Merle Marks	31

## Happy Anniversary in December

Peter & Christine Khamvongsa



## Annual Sock Wrap for the Homeless

Our annual Sock Wrap for the homeless will be Tuesday, Dec. 13. We collect socks, hats, gloves and scarves and

put them in sacks labeled for men, women and children. This project is sponsored by our United Methodist Women's group but all are invited to help by either donating items or assembling the packages.

We will gather in the Fellowship Room outside the Sanctuary at 10:30 am to package our items and then follow up with a soup lunch which will be provided. Last year we assembled 210 sacks. Our packages are distributed to the Union Gospel Mission and the McDonald Center, both agencies that minister to the homeless. We welcome everyone to come and help put together the packages on Dec. 13th.

### Advent Festival

December 4(Sun)  
In Annex, 1-3pm.

### ALL CHURCH MEETING

Led by Vision Board  
December 11(Sun) right after  
Worship service

### Annual Sock Wrap

December 13(Tues) at 10:30am.

### Christmas Eve Candlelight Service

December 24(Sat)  
Dinner at 5 pm. in Annex  
Service at 7 pm. in Sanctuary

### Christmas Sunday Worship

December 25(Sun) at 11am

### Transition Projects

Dec. 27 (Every 4th Tuesday), 7p.m  
@ 435 NW Glisan St.

### Care Team Workshop

January 28, 10am.-2pm.

## Christmas Eve Candlelight Worship Potluck Dinner @ 5PM & Worship @ 7PM

This year we will celebrate 'Christmas Eve' with 'Carols and Lessons' combined with the congregation of God's Grace Church followed by a Christmas Potluck Dinner together in the Annex.

Bring your favorite Christmas dishes to share for the dinner.





It is a gift, an after Christmas gift, to each of you and to congregations in the District! The care team at Tabor Heights is sponsoring a workshop on visitation.

We know that so many of you are really skilled in visiting in many different situations and people who have experienced pitfalls are always ready to learn more, that's why we want all of you to come. Rev. Dean Yamamoto, Providence Hospital Chaplain extraordinaire, will be our featured speaker and discussion leader.

When can we experience our gift? On JANUARY 28, 2017 right here at Tabor Heights from 10am -2pm. It isn't too early to reserve the time on your calendar for a beginning of the year activity guaranteed to last for years. You will be hard-pressed to open a package on Christmas that will have more lasting impact!



### Are you looking for that very special Christmas gift?

Gift-giving has become much easier this year, so the media tells us. More people are shopping online than ever before. But what about that special person in your life or in your church family who is infirm, discouraged, housebound, grieving or has lost their sense of self worth?

What catalog or item from the lists on Amazon could these people possibly need? They are now handing off treasures to their families. These people frequently have everything except their independence and their ability to do the many activities they have enjoyed throughout their many years of life. They have their memories but no one to share them with. Their families are busy working, some are single parents and others live far away.

So how can YOU make their holidays a bit brighter? Here are a few Do's and Don'ts:

\***Don't** overwhelm someone with full meals or ones that take preparation. **Do** find out what their favorite dish is and ask them to share their recipe. Institutional meals and frozen dinners can get very boring and tasteless but your old fashion stuffing or special mashed potatoes might perk up an appetite.

\***Don't** overstay when visiting, understand your friend's limitations. **Do** observe ways you can help such as a trip to the grocery store, transportation to a doctor, pick up a prescription etc.

\***Don't** feel you need to have constant conversation. **Do** allow time for someone who is elderly or ill to process what has been said.

\***Don't** ask too many questions. **DO** respect privacy.

\***Don't** appear rushed. **Do** take time to LISTEN! You will learn a lot from these people who have experienced a full life.

\***Don't** interrupt or end their story, even if you've heard the same one many times. **DO** show an interest, you may never have the opportunity to hear this story again.

\***Don't** tell sad stories or talk about discouraging events. **Do** find ways to encourage. Read a book or offer to share a prayer.

*Add your own Do's and Don'ts. Be yourself and remember to LISTEN!*



**Be thankful for answered prayer.**

*“God sent His Son into the world, not to condemn the world,  
But that the world might be saved through Jesus Christ.”*

**We are grateful for our Christian family who celebrates our joys and walks  
with us at times of loss and sorrow.**

**We give thanks for:**

The guest musicians we’ve been blessed with this past month.

God’s presence in the lives of those who have felt His healing touch and those who continue to have needs.

The visitors who worship with us each week.

The Fast Track Bible studies and continued Advent study of Hope, Joy, Love and Peace.

Successful events, and the new programs recently started.

The celebration of anniversaries, anticipation of new life in the coming year, new jobs, safe travels, the commitment of our Pastor and staff as well as volunteers.

For God’s ongoing presence in the lives of those in need:

Carol Rennie, Carol Smith, Rhonda Stephens, Gay Disco, Marilyn Reihs, Carolyn Douglass, Joanne Mattson, Jim Buchanan, Rick Hoverkamp, the family of Lois Lee, Jim & Carolyn Douglass.

**We offer Christian love and sympathy to the family of Jerry Long and express gratitude for his presence in our lives.**

**Pray for peace in our world, our nation, the church and all of His people as we enter a new era.**

**With Christ’s love and peace,**

**Your Church Family**

*“Now these three remain: faith, hope and love. But the greatest of these is love.”*

<1Corinthians 13 13>

# Happy Birthday

A long time ago on a cold December day a baby named Marilyn entered the world in a snowy place called Cleveland, Ohio. She completed a family of four including her sister. She grew up doing all the usual things little girls do. She was a bright girl who loved to read. When she went to high school she was not too happy until she figured it out. She had grown a little chubby (hard to imagine) so she got busy and lost twenty pounds. At that point things changed. She began to date and be more involved in activities. Her last two years of school were great. About this time her sister had a baby and Marilyn helped to raise her. She and her niece have remained close to this day.

After high school she got a job as a receptionist with an optical company. She later



went to work for a dentist who trained her to be a dental assistant. She enjoyed this enough that it inspired her to go to nursing school. That was her true calling. It was during her nurse's training that she met her soulmate, Ken. Several months later they were married. Ken brought with him a son from a previous marriage. Marilyn and Ken raised Mike as well as their two boys David and Matt. For forty years Marilyn was very involved in the Methodist church where she held several positions.

Finally in 2010, as Ken's health was beginning to slow him down, they decided to move west to be closer to family. It was not hard for them to leave those cold, snowy winters. In 2015 Ken passed away. It has been quite an adjustment. Marilyn has remained in her home at Cherrywood Village but will soon be moving to North Portland to be nearer her son. We are all so glad that they joined us here in Portland.



## Happy Birthday

Ruth Clement was born on Dec. 26 in Philadelphia, Penn. She had one older sister. She grew up in Philadelphia. She met her husband there and in 1954 they were married. They had a son and two daughters. They traveled around a lot as her husband worked for NASA.

Ruth and Bill lived in Brevard, N.C., her aging parents moved in with them as they needed help. A few years later her mother-in-law also moved in. She cared for all of them until they died.

Four years ago she moved here to be closer to her daughter as her health became a problem. She has a cute apartment at Courtyard at Mt. Tabor, and fills her time crafting. At this time she is making Christmas cards. She always includes a scripture on her cards. Her favorite one is Hebrews 13:5, "I will never leave you; I will never abandon you."

She hasn't been in church lately as she is suffering with sciatica. She hopes to be better soon and she said to give her love to all her friends at Tabor Heights and tell them, "I will be back."



## Happy Birthday, Ruth!



## Introducing a New Face in Our Community

Joseph-Fils Inelus is from Haiti located in Central America. He is in his 30's and moved to the U.S. a few years ago as a translator working for many different NGOs and hospitals. Joseph's favorite food is rice and beans with meat sauce or with seafood. His favorite activity is to go to the beach, and he'd like to achieve his goal here in the U.S. which is to work in a medical field someday.

**Let us welcome Joseph-Fils in Christ's love!**



The Vision board is going now in a transition from the old faithful leaders to new faces in leadership of the church. Here are those who are nominated by the Lay leadership (nominating) committee at Tabor Heights. Plus, we'd like to say "Thank You" for those who have served in initiating the Vision board here today.

Newly nominated for confirmation by 'All Church Meeting' are Christine Khamvogsa, Marilyn Reihs, Lou Anne Henriques and Leah Tinio. They will serve the Board with Tom Lohkamp (Chair), Pastor John, Dula Baker, Gerry Eichelberg, and Pete Morrell.

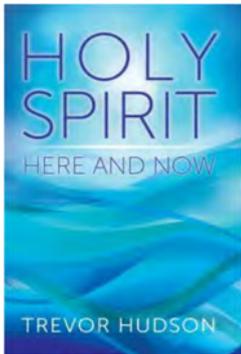
We are very grateful to Dorothy Glynn, Dennis Bridges and Joanne Dobrinski for their long years in leadership of Tabor Heights with many accomplishments and examples through their dedication and devotion.

Joanne Dobrinski is nominated and expected to serve as a Lay leader of Tabor Heights not in the board, but in the Lay leadership committee from 2017. Linda Bridges is also nominated to serve as a Lay delegate for the Annual Conference in the next quadrennium, 2017-2020. Plus, the Lay leadership committee recommend the following individuals as its new incoming committee members: Evie Brim, Jim Buchanan, and Varli Darling.

Please join in the ALL Church Meeting which is scheduled on December 11th right after worship. We're celebrating and appreciating our leadership for many wonderful things throughout the year 2016 with our District superintendent Rev. Erin Martin.

Pastor John Go, the Chair of Lay Leadership Committee

**"Those of us who are strong and able in the faith need to step in and lend a hand to those who falter, and not just do what is most convenient for us. Strength is for service, not status." Romans 15: 1, The Message**



## BOOK REVIEW: "Holy Spirit Here and Now"

by Trevor Howard

Our Tuesday study class just recently finished this book. Some of us had to admit that the Holy Spirit seemed to be out there somewhere but never a real thing that we could grasp or find comforting. It was when we realized God makes himself present in all of his creation that we could understand more deeply the meaning of the Holy Spirit. We began to recognize what it means to us and to the world around us.

I think you could find in this book a new insight into God's love and his work that continues through us and then flows out into those around us and to all of his creation. We and the world are constantly being created by God's love and it will continue to be so.

You can order this book in many ways. If you want it in book form it can be ordered through Upper Room or you may call Powell's Books and they will send it to you. Also our class has many copies and would be happy to share.

- Carolyn Douglass

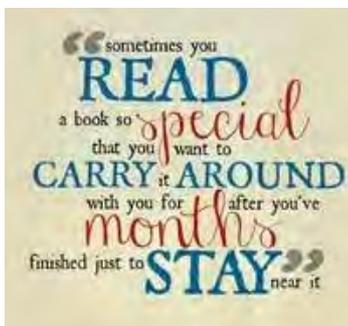


## MOVIE REVIEW: "Mr. Church"

It tells the story of a unique friendship that develops when a little girl and her dying mother retain the services of a talented cook - Henry Joseph Church. What begins as a six month arrangement instead spans into fifteen years and creates a family bond that lasts forever.

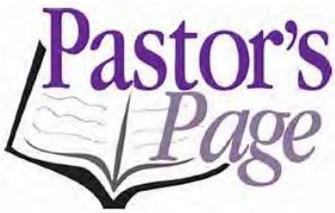
The movie has moments of surprise, joy, sorrow and expresses the genuine love of family. It inspires one to respect differences of age, sex, values, or gender orientation. The subtle script is well done. This is one you don't want to miss. It can be rented at REDBOX.

- Char Blakely



Add to 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 Reihls and Charlene Blakely know before the end of every month!

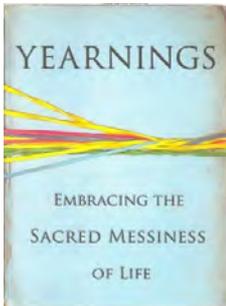




"That's exactly what Jesus did. He didn't make it easy for himself by avoiding people's troubles, but waded right in and helped out. 'I took on the troubles of the troubled.'"

<Romans 15: 3-4, The Message Bible>

Our life, even our spiritual journey, is sometimes that way. Messiness is not far from us even though we are meant to be holy and we are created with the image of God, perfectly ordered and secure. Messiness! In fact, no one can perfectly avoid it which often comes our way unexpectedly. Therefore, we need spiritual practice and maturity.



Life can be messy and imperfect. We're all looking for answers. And yet, as renowned rabbi Irwin Kula points out, "the yearning for answers is no different now than it was in the times that gave rise to Moses, Buddha, and Jesus. Far from being a burden, however, these yearnings can themselves become a path to blessing, prompting questions and insights, resulting in new ways of being and believing."

IRWIN KULA

Why are we celebrating this season of Advent and Christmas? It gives us a very simple message: "our Emmanuel God is with us either when we're in troubled, when we're in unsecured, when we're in loneliness, when we're in brokenness, or even when we're in messiness.

The Scripture says, "We'll be choir-not our voices only, but our very lives singing in harmony in anthem to the God and Father of our Messiah Jesus. Reach out and welcome one another to God's glory. Rejoice together! People of all nations, celebrate God! All colors and races, give hearty praise!"

That's exactly what Jesus did throughout the season of Celebration, Festivity and Holiday in our messiness, "Glory to God in the highest, and on earth peace to ALL whom his favor rests" This is our prayer for God's peace on ALL His children today. Hallelujah! Amen.



-In John's sermon on the second Sunday of Advent