



# OCTOBER 2016

## The Messenger of Tabor Heights

### Volunteer Service Week October 17-22

In past years, members of THMC traveled to Utah to give a week of service to UMCOR (United Methodist Committee On Relief). This year a week of service will be donated to our community.

For 2 or 3 days we will serve at Snowcap, One day we will visit a nursing home, October 22 we will help with the 'Harvest Pie Contest and Block Party.' We are also planning a church cleaning day and a Saturday at 'Oregon Food Bank,' with children involved.

For those able to join us, please plan one volunteer activity during that week. The final schedule will be available at church on October 9. For questions email Joanne Buck [jombuck@hotmail.com](mailto:jombuck@hotmail.com) or call 503 799-6764.

### Our Mission is to Express Christ's Love

17th (Mon) Church Clean Up  Time TBA	18th(Tues)  Snowcap 5-7pm	19th(Wed)  Snowcap 6-8pm
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God's Work  
Our Hands

to ALL God's Children.



20th(Thurs) Social at a selected Nursing Home Time TBA	21st(Fri)  Snowcap 11am-1pm	22nd(Sat) Help with Pie & Party Community Event
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inserted**

# Monthly Highlights

**“Let the children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these.”**

**Matthew 19:14**

Our Sunday School class, with the guidance of their gifted teachers, blessed our worship service on Sunday, September 25<sup>th</sup> during Children’s Moments. They brought



us a musical drama that is unforgettable. It began with Gloria singing “I Have Decided To Follow Jesus,” followed by Samantha singing “I Will Follow Him.” Emily, Grace and Sadie sang “You Are My All in All” and the entire group joined their talents for “My God is so Great.” Several in the congregation said they were very touched by the children, their enthusi-

asm and love. The Holy Spirit was present and among us. We are grateful for our children and for everyone who supports this ministry. We look for many more special offerings of our beloved children that God has called us to serve.

Spiritual Growth is alive and well here at Tabor Heights UMC. The classes meeting at 9:30 on Sunday mornings are well attended and focused on scripture. **The class, facilitated by Dula Baker and held in the Fireside Room** is a new testament study. A video is presented weekly with Professor Bart D. Ehrman who holds a Ph.D. from Princeton Theological Seminary and has written or edited 29 books. This is a historical based study. **The Discipleship Fast Track Study, held at the same time in the conference room** is led by Dorothy Glynn. As we participate in the Bible Challenge this group discusses their thoughts, feelings and ideas related to the book in scripture that we have read throughout the week.

**The Tuesday group**, meeting at 1:30 each week, is in the fifth chapter of “Holy Spirit, Here and Now.” This is an open forum where everyone is free to share their own experiences as they relate to the chapter we have read throughout the week. All groups are open to everyone and you are welcome to begin now.





## GRATITUDE FOR SUPPORT

Sincere gratitude to all those who so willingly have provided meals twice a week for Pastor John, Grace and Gloria while Mia studies at seminary. Each meal was original and very much appreciated by our busy pastor and two hungry school girls.

There are still opportunities for you to contribute to this ministry in the month of October and November. The meal can be dropped off at the church on Tuesday or Friday or by making other arrangements with Pastor John. A simple homemade casserole, soup or stew is graciously accepted. You are free to add anything else you wish but the main dish is especially appreciated. See Marilyn Reihls to sign up or call 503-206-7174 or email mareihls@comcast.net.



## CALLING ALL PHOTOS!

*Please gather the church life photos you'd like to share on the largest bulletin board in our fellowship hall as soon as possible.*

*You may send electronically through the church email, so the office can print from it or you may leave printed photos in the basket on top of the piano to the left of the board.*

*Please note: these photos will be kept for church display and not returned.*  
*Watch for a fun finished display soon!*

## Happy Anniversaries in October

Paul & Dorothy Glynn	<b>5</b>
Gerry & Ann Eichelberg	<b>14</b>
Mike & Barbara Carpenter	<b>27</b>

## BIRTHDAYS October

Cathleen Benedetti White	<b>1</b>
Lacey Bonsanto	<b>5</b>
Peter Khamvongsa	<b>20</b>
Kenneth Finch	<b>22</b>





Worship & Special  
Presentation with Potluck  
October 9 at 11am.

Vision Board Quarterly Meeting  
October 15(Sat), 10am-2pm.

Charge Conference  
@ Montavilla UMC  
October 16 at 4m.

Game Night, Pie & Party  
October 22(Sat), 3-7pm.

Volunteer Week  
October 17-22(Mon-Sat)

UMCOR Training  
October 22(Sat)  
@ Lake Oswego UMC

Transition Projects  
Oct. 25 (Every 4th Tuesday), 7p.m  
@ 435 NW Glisan St.

Sunday Worship with Costumes  
October 30 at 11am.

All Saints Sunday Worship with  
the Holy Community  
November 6 at 11am.

## **SPECIAL PRESENTATION BY MARY OVERBY**

There will be a special presentation on Korea **after the potluck on Sunday, October 9th**. Mary Overby, who lived in Seoul for 10 years, will share some of her photos and memories. It will cover the old, historic sites of Korea; a country that has existed for more than 5,000 years.

In addition, you will have a chance to see photos of the Demilitarized Zone (DMZ), the markets, temples, and some of the rugged mountainous areas.

Mary will be moving permanently to Tampa, Florida in early November to be close to family.

## **THE CHARGE CONFERENCE**

Our Annual Charge Conference is scheduled on Sunday, **October 16 at 4P.M.** We will be gathered with a few other churches at **Montavilla United Methodist Church**.

Following worship and reports will be a potluck up in our Fellowship Hall. Attendees from each church are invited to bring a dish to share and to join us for this meal and time of fellowship.

## **PIE CONTEST & BLOCK PARTY**

**October 22(Sat), 3-7pm.**

The merchants around 60th and Stark are again sponsoring a Harvest Pie Contest and Block Party on Saturday, October 22. We will again have a table with pies in front of the church and crafts in the Fellowship Hall. We need volunteers to make pies and to help with a couple of activities in the Fellowship Hall. Please contact Linda Bridges (lindajbridges@comcast.net) if you can help.

## **WORSHIP WITH COSTUMES**

We would like to celebrate our own All Hallows Eve/ All Saints Day on **October 30th**. It is closer to November 1st than the following Sunday and closer to the traditional days of the All Hallow Eve vigil on October 31 and November 1. We encourage you to join in by wearing a religious costume portraying someone from the Bible or our religious history. People who made it possible for us to worship as we do today.

We will serve some foods from Bible times for the coffee hour. Maybe you would like to share why you chose to wear the costume to honor (or hallow) the person you did. Feeling shy? , then maybe a "nametag "costume will be what you chose.

Sunday, October 30th, wear a costume (even if it is a name of a religious person on your nametag). Be prepared to sample Biblical foods (it will have to be a wine-like juice for us I'm afraid) and share why you chose your costume. Please participate in the spirit of celebration for the Saints who went before us. They are why we can worship as we do.

## **UPCOMING UMCOR TRAINING**

The Oregon-Idaho Conference Global Missions Team wants you to know about a training opportunity coming up on Saturday, October 22, at the Lake Oswego United Methodist Church.

This is an UMCOR (United Methodist Committee on Relief) class to be part of Early Response Teams. Learn to help survivors of natural disasters in the early days following a disaster such as a flood, fire, earthquake or major storm. The UMCOR certification allows you to be part of a team (usually 5 members) to be of practical help to the survivors and a caring Christian presence. Teams may be formed for local disasters or may travel to other communities if invited by the authorities and depending on their availability. See the attached flyer at the end of this message for details and how to register. All adults, UMC or not, are welcome to attend.

### **Help, Help We Need You**

How to keep from being bored!

There are so many fun and necessary things to do here at Tabor Heights.

We need people to sign up for things you may not have experienced before. We need help with coffee hour. It's easy and fun as you get to meet people you may not know. We would be glad to show you how. Or if you have some new ideas, that would be great.

If that's not your thing, how about helping with the Transition Project dinner? You could make a casserole or bake cookies or just come and serve. We go down town to the Bud Clark building. The men that live there are looking for work. They are so grateful for a home cooked meal. They clap when we leave.

Or, if you don't like that, you could sign up to bring flowers for the altar.

The sign up sheets are on the south end of the fellowship hall. As you can see we could keep you busy. I have done all these things, and it's very rewarding. Won't you please help us out and give one of these a try? If you have some new ideas, that would be great.

# praying for your family

*“Learn to be thankful and you will be healthier  
in mind and body and you’ll be a blessing to others”*

## **Take time to look back and be grateful for the many answered prayers our congregation has witnessed.**

The new beginnings:

The children who are settled in their new school routine.

The success of Mia Park after one month of study at Garrett University.

The healing of those who have endured physical or emotional pain.

The opportunity to read the Bible together in its entirety.

The Bible study classes on Sunday, the Sunday School children and teachers.

The many gifts shared by various volunteers in our congregation.

The various sharing and caring ministries offered to all.

The return of our church choir, various musicians and the Praise team.

The many visitors who have joined us at worship.

## **We pray for those who are in need of God’s continued healing presence:**

Those suffering from various incidents of trauma and weather related disasters throughout the world.

Lindsay, granddaughter of Mary Overby who will soon have the first of two brain surgeries.

The Long Family, Jerry, Evelyn, Ruth Haberlein, and Dorris Long.

Rick Hoverkamp and family as he recovers in a rehab unit after major surgery.

Kim Shields, Char Blakely’s friend, awaiting a diagnosis and the family of her friend, Vicki, who passed recently.

Lou Anne Henriques’ friend, Danny and her daughter who has a need for housing.

The family of Pastor Selle, Pastor John’s mentor and friend who recently passed.

Jim Smith’s friend, Michael Martin.

Joanne Mattson, for renewed strength.

Those who are experiencing various health issues known only to our Lord.

## **We ask for prayers for our nation and the world as we anticipate transition.**

With Christ’s Peace and Love,  
Your Church Family

*“For the Son of Man came to see and to save the lost.” Luke 19:10*

## Happy Anniversary to the Eichelbergs

A friend of my mom's set up Gerry and I on our first date. I was living in Salt Lake City and was home for vacation. When we came home from the date my mom said we had stars in our eyes.

So after that, every time I was home Gerry and I would go out. After I moved back to Oregon we dated for two years before we got engaged. It took me a while to agree to marriage. I had my five and ten year plans and marriage didn't figure into it!

We were married at Tabor Heights by Jim Fellers.

It has been a wonderful 27 years, the time has gone by quickly. We spend a lot of our vacation time at family reunions, but this year we took a trip to Germany and Poland. My cousin Lisa lives in Poland and has been a missionary for YWAM since 1988. She had many interesting stories to tell about the changes in Krakow since democracy. She has had mission trips to Ukraine and Russia. One of the areas she has been in is Moldova and Gerry is interested in going with her as that is where his grandparents came from. it was a wonderful trip but we are glad to be home..



In our last group of new members we were pleased to welcome Jim Smith.

Jim is a young man who has lived mostly in Florida and California. He served time in the Coast Guard and then went back to Florida.

He had worked several years in the insurance business, when the opportunity to transfer to Portland came along. He had been thinking about a change so the timing was great. He has now been here about six months.

Jim's grandmother told him when he found a church, he should become an active member. Being a good grandson he has done just that. He has been involved in several things here at church. We are indeed blessed to have him.

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## The Tender Mercies of God

By Marilee Miller

St. Paul tells us to "Rejoice at all times. Pray without ceasing. In everything give thanks, for this is the will of God in Christ Jesus concerning you." (I Thess 5:16-18) Rejoicing, prayer, and giving thanks are, or at least should be, forms of worship to draw us closer to our Creator and King. We are called to more than a "token" prayer and praise life... a mere prayer on the fly, a little moment to remember to say "thanks." Yet, how many of us let our pleasures of life, our busyness, our duties, separate us from the Biblical command to "pray without ceasing" and to "give thanks in all things"?

Jesus gave his all for us. Shall we then keep making light of God's will for our lives? Do we truly want to keep God's will but the cares of life intervene? And, is it even possible to pray and give thanks "without ceasing"? How can we take care of our business, look after our children, go to school, or... ?

The way some of us spend our days doesn't leave much time for praying -- or thinking of God-- or listening to His voice. Yet numerous saints of past years testify to the rewards and the joy of commitment, of praying without ceasing. This doesn't mean we are always speaking words to the Lord to the exclusion of everything else, for God did give most of us appointed duties. It means more a heart-attitude to try to be mindful of God, of Jesus the Messiah, of the Holy Spirit, as many minutes as we can possibly remember him. Once the Lord knows we're really serious about wanting his life to live within us, rather than seeking our own way, he will help us find creative ways to pray and praise. But we must commit to finding time and intent for always praying and praising.

How are we even to remember to pray and praise him in all things, at all times? This seeking must be intentional, or else the time will just get away from us. Brother Lawrence stated that it was the same with him whether he was in the prayer room or in the kitchen. Some have played a "game of minutes," setting aside one minute in every ten to purposely offer prayers and praise -- then returning to their duties for nine minutes. Others have found the presence of God while looking at the beauties of nature. Some might keep prayer diaries, or leave love notes to (and "from") Jesus all around the house or workplace.

It's not how we "do" worship, but that we deliberately take time to worship. It doesn't have to be the same time or number of hours every day, but there does have to be time. God says he loves us unconditionally. He created us to seek fellowship with the Creator. How unfathomable is His love. Are we willing to re-order our lives to really get to know him?

This is a non-denominational church that was meeting at Warner Pacific until the new school year was looming and they were told there would no longer be any room for them. They had not found a place to worship until calling Pastor John on the Saturday before they were to be homeless and John let them use our sanctuary.

They are a church of about 50 members, half below the age of 16, all of them with ties to the Micronesian island of Chuuk. Chuuk is the most populous state of the Federated States of Micronesia with its 50,000 inhabitants on 120 square km. Chuuk Lagoon is where most people live, Weno island in the Lagoon functions as state capital and is FSM's biggest city. Apparently, the four states all worship separately and would not intermingle.

They have existed as a church since 2013 and worship using a Chukese translation of the King James Bible. Pastor Orphy said most of the congregation is relatively new to Christianity and they would be very interested in a summer bible camp that included both adult and youth participants. He felt led by God to our church and suggested that they

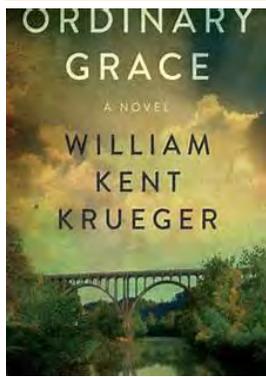


would join us for combined potlucks where we stay late and they come early. They would be willing to join us for mission events and work projects, as well as having combined special worship services, such as at Christmas and Easter. Many in the congregation speak English but the service is conducted in Chukese.

They will use our Sanctuary, Fellowship Hall, one classroom and the upstairs kitchen. They have their own sound system and electric piano but most likely would use our sound system eventually. They currently meet Sundays from 3 to 7pm. The Vision Board voted to accept God's Grace Church as a new tenant for the remainder of this year with a financial and overall tenant agreement to be reviewed at year's end.

May the Lord God lead and guide us to welcome them and to work together for God's kingdom in our midst!

**-Dennis Bridges, Vision Board**



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## BOOK REVIEW: "ORDINARY GRACE"

by William Kent Krueger

"Ordinary Grace" involves a family and their lives during the year of 1961. The father is a pastor of three small Methodist churches in a rural community in Minnesota.

Many there are still experiencing the trauma of WW II. The story is written in the words of the oldest son. He recalls the story as he lived it the year he was thirteen. There are three deaths that affect the family and community in many surprising ways. It's a good mystery and a deeply heartfelt story. I loved this book and feel the

author will become one of my favorites. -Carolyn Douglass

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## MOVIE REVIEW: "Sully"



The movie review for this month is "Sully." It is the story of Capt. Chesley Sullenberg who landed the big passenger jet on the Hudson River. I wasn't too anxious to see it because I felt I knew all about it from the media coverage.

It turns out I knew nothing. The inside story and what pilots are put through after a crash was a real eye opener. However, it really wasn't a crash, it was an unscheduled water landing. One hundred and fifty-four people, including the crew survived. There were no deaths.

"Sully" stars Tom Hanks as Capt. Sullenberg and Aaron Eckhart as co-pilot, Jeff Skiles. The acting is superb, of course, as we expect of Hanks. As he is being lauded by the public as a hero, he must endure quite an internal investigation by US Airways. The is a very good PG rated movie.

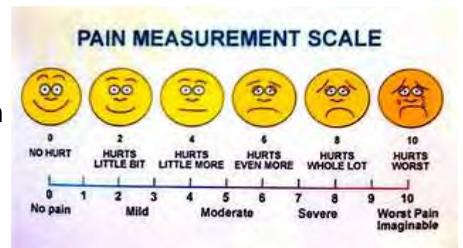
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After your surgery or medical operation, firstly you're asked to answer what scale of pain you are dealing with. Based on your answer, your medical staff will help you the best way of how you can tolerate your pain. Sometimes, they give a pain medicine in order to relieve it or sometimes they may

recommend you a type of therapy in order to get easy on your pain. Pain is not all bad although we often have to painfully deal with it. It is a signal operated by your nerve system to tell you exactly what's going on your body. You may not want to ignore your nerve system, because it would always better for you to take care of it sooner than to wait too long. Plus, answering your pain scale with a certain number helps you articulate how much pain you're dealing with.

Have you thought about your spiritual healthiness or a regular check-up for your soul in order to articulate your spiritual life when you're dealing with any type of pain such as grief, loss, separation, depression, guilt, shame or anger? I have found a simple check-up list called, G.R.O.W., and you may like to rate yourself on a scale from 1 to 5 for those four areas of G.R.O.W. at Tabor Heights.



G is 'Growing in Christ.' Do you allow God's word to guide your life and actions? Are you quick to confess anything in your life and character that does not look like Christ? Do you intentionally seek to grow in a way that reflects the fruit of the Holy Spirit? Do I faithfully attend a Bible study or small group for spiritual growth? What part would be your scale #1 being the least like you or your scale #5 being the most like you?

R is 'Relating to others.' This is about how deep and meaningful you are connected with others in the church. Do you find yourself easy to receive advice, encouragement or correction from others for your spiritual behaviors and practices? How about your fellowship and accountability enhanced by a small group of the church members? Is anything your relationship that is currently unresolved? Are you sensitive to the leading of the Holy Spirit concerning your friends and conversation? Once again, what would be your rate on those questions?

O is 'Outreach to the world' which is now very critical issue of your spiritual healthiness based on whether you are currently serving God with the gifts and strengths God has given you. For instance, you may regularly practice on how your life can have an impact for God's kingdom. Do you enjoying meeting the needs of others, expecting nothing in return? Do you look for opportunities to build relationships with those who don't know Christ? Are you willing to go anywhere God calls you in whatever capacity, to share your faith? Community Foodbank, Homeless shelter, Hospital, Nursing facility, Prison or Mission trip... Are you willing to go? If yes, then how often or regularly do you do so?

Lastly, W is 'Worshiping God. Obviously, it is not only indicating a worship on Sunday morning, but also Worshiping God everyday in your life guided by the Holy Spirit. Worship is surrendering your life to God. In other words, you regularly use your time and resources to serve the Lord in order to praise His name that includes your deep desire to spend your time in God's presence as often as you can. Therefore, your attendance for the church services should be on a weekly basis and also your attendance for the Holy Communion should be on a monthly basis at Tabor Heights.

As you finish scoring on these questions, you may have a quick snapshot of your spiritual life and health. Plus, you may think how a Tabor Heights faith community can provide each member the resources and encouragement to G.R.O.W. spiritually. It's been my joy and humbling experience to see how our individual struggles and suffering often bring an understanding of why we need a community like Tabor Heights. How important it is for us to transform our pain and loss to a process of healing and health on our spiritual journey as we belong to a community of faithful followers of Jesus Christ. In Christ, Pastor John