October 29, 2025

Hood River Valley Christian Church Newsletter

541-386-2608 hrvcchurch@Gmail.com
https://www.hoodrivervalleychristianchurch.org/ and on Facebook

Sunday Worship Time
10:30am

Minister
Rev. Alicia Speidel 541-601-1949
aliciaspeidel@gmail.com

Church Administrative Assistant
Sable Duback

Office hours 10am-1pm or as needed

Sunday Worship

9:30 Adult Lectionary Preview
10:30 Worship
Link to Worship on October 26, 2025- Facebook

Prayer Requests

Sharon & Gordon Cook	Carol Sabins	Lee Repp	Vestena Emerson
Vicki White	Ken Hansen	Anse Hopkins	Bev Carpenter
Sheppard family	Don Springer	Sharon Smiley	

***Please hold Don Springer and his wife Chris in your thoughts and prayers as Don nears the end of his life. Don is Katie Smiley's dad, Karl Smiley's father-in-law and Brandon and Kyle's grandpa. Prayers of peace and comfort for all of the family during this difficult time.**

***prayers for Sharon Smiley for healing and then for the future kidney stone removal at the end of November.**

Please email any prayer requests to hrvcchurch@gmail.com or call our office at 541-386-2608.

Mimi Williford-02	Vicki White-05	Ron Wilkins-07
Noel Lien-07	Thelma Warnock-10	Austin Crosswhite-12
Judy Hiatt-15	Hailey Olson-18	Tatum Wyatt-24
Jodi Wyatt-26	Jami Waits-26	Velma Budworth-30

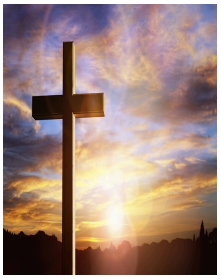
What does it mean to thrive?
Seriously think about that right now, what does it mean to thrive?
What does it mean to thrive in your personal life, in your relationships, in your everyday life?
What does it mean to thrive in a community?
What does it mean to thrive in the life of the church?
What are the signs of thriving?

To thrive or thriving means different things to different people. That is why it is important to truly answer these questions. Then it is easier to look at our lives, our communities, our church and determine how thriving is happening. Because thriving is about the positive impact that is being made. It is about the connections that are occurring and the relationships that are being formed.

It is, as the Thriving Congregations Project explains, about "a commitment to mission, healthy clergy, empowered laity and a means of measuring success." It is not about numbers. This is hard to separate and yet, we need to. Let's remember what thriving means as we continue to journey together through the Thriving Congregations Cohort.

<u>Mark your calendar for Sunday, November 16.</u> On that Sunday we will gather to delve further into our Thriving Congregations journey. We will enjoy a delicious soup supper and other goodies as we do more sharing and exploration.
Please plan to attend as all are needed.

The service for Bill Sheppard will be *Saturday, November 1 at 1pm* at the Hood River Valley Christian Church.
There will be a reception following the service.



<u>On Sunday, November 2</u> we will recognize All Saint's Day in worship. We will be celebrating and remembering the saints in the life of this church from the past year. Come remember these individuals and the commitment they made to our lives and our world as we light candles in their memory.

Please Join us for a Retirement Party

<u>In Honor of:</u>

Billie Stevens

16 years of service

Friday, October 31
11:30am-1:30pm

FISH Food Bank Meeting room
1130 Tucker rd, Hood River

RSVP: Jacqueline: Director@fishfoodbank.org

Please join us for a potluck honoring Billie's 16 years of service at FISH. Soups, salads, breads (please let Jacqueline know if you are interested in making a soup or salad).We are trying to gather as many personal, handwritten cards for Billie as possible; as w will present them to her at the luncheon. Please drop these off to Jacqueline at any time before the end of the month. Please be discreet if Billie is around.

"More than 40 million low-income food stamp beneficiaries are expected to receive less help with grocery bills — or no help at all — in the coming days". (The Hill.com)

HRVCC Friends,
You've probably heard that food stamp benefits —now known as SNAP (supplemental nutrition assistance program)—will be suspended beginning November 1. That means one in eight American households will no longer receive food assistance, in Oregon more than 75,500 will be affected (one in six households). (KATU news Oct 24, 2025) and it will affect many families in our Hood River community.

How can we Help our Neighbors?
Hood River has an outstanding, mostly volunteer staffed food bank offering food assistance to people who are hungry. FISH food bank is on the frontline fighting hunger in our community. FISH accepts non perishable food, garden and orchard produce, and cash and checks which is used to purchase needed food—especially fresh foods such as eggs and dairy.

Our continued support of FISH is important in these troubling times. We will be donating funds from our church's Help a Neighbor fund to help FISH purchase needed food. On Sunday, November 2, we will also be collecting food and monetary donations as a congregation for FISH—as we have done for decades. Please give as you are able to support the food bank's work of keeping families fed in Hood River County.

Thank you.

More information:
—checks may be mailed. FISH mailing address is 1767 12th Street, #147, Hood River, OR 97031
—food items can be dropped off at FISH 1130 Tucker Road HR

FISH also accepts toiletries, baby items such as diapers, and pet food.

WHO Uses SNAP in Oregon:
Out of the approximately 757,000 Oregonians who receive SNAP benefits, 54% are in families with children, 37% are in families with members who are older adults or are disabled, and more than 41% percent are in working families. (KATU news October 26, 2025)

How do we stay positive when there is so much doom and gloom or frustration or negativity around us?
How do we find the light when there appears to be only darkness?
How do we shift our mindset when it's easy to focus on what creates anxiety and depression?
How do we turn to the Good News?

Very carefully, with diligence and faithfulness.

Seriously, we have to lift up the positive that is around us because that is what we are called to do as faithful and faith filled people. This does not mean ignoring the negativity or saying it doesn't matter. No, it means holding both.

Pointing out where things need to change and then moving towards making that change. It's about building community, standing up for those who are pushed aside and treated as less than. It is being the voice that God desires for us to be, speaking out as Jesus did and living the Good News.
It is hard work and there is lots to do, so let's keep at it.
Let's keep being the light of God.

~Pastor Alicia

Hello Autumn! Get Ready to "Fall Back"

As the days grow shorter and the leaves turn golden, it's almost time for the annual shift back to Standard Time! Get ready to enjoy that extra hour of sleep.

Daylight Saving Time will officially end at 2:00 a.m. on Sunday, November 2, 2025.
Before you go to bed on Saturday, November 1st, remember to set your clocks back one hour.

Pro-Tip: Most digital devices like phones and computers will update automatically, but don't forget those manual clocks, ovens, and car clocks!

Why do we do this twice a year? The modern concept of DST was first widely adopted during World War I to conserve energy (like coal) for the war effort by extending daylight into the evening.

The familiar "Spring Forward, Fall Back" helps us remember the seasonal change. When we "fall back" now, we return to Standard Time, which aligns more closely with solar time. This change brings more daylight to the mornings, though we'll experience earlier sunsets in the evening.

Trunk-or-Treat: We Need YOU!

Get ready for a spooktacular and safe Halloween! We're inviting all families to join our annual Trunk-or-Treat event. This is a fun and safe way for kids to show off their costumes and collect candy.

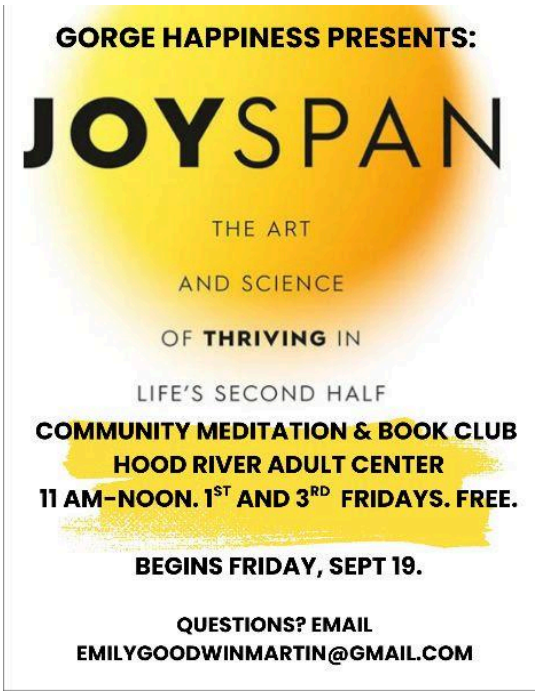
How You Can Help Make It Amazing:

1. **Decorate a Trunk: We need creatively decorated vehicles to create our candy alley! Park your vehicle, decorate your trunk with a spooky or fun theme, and be ready to hand out treats.**
2. **Bring the Kids: Dress up the little ghosts and goblins and bring them to walk the trunks and collect candy.**

🍬 **Candy Donations Needed! To make sure every kid gets a fantastic haul, we are asking our generous community to donate bags of individually wrapped candy. *Please drop off donations in the box under the table in the Narthex, in the church office, or with Pastor Alicia by October 30, 2025.***

When: 4pm-6pm

Where: Hood River Valley Christian Church



Ongoing JoySpan book club meets the 1st and 3rd Fridays at the Hood River Adult Center from 11 am-noon through the fall and winter. The circle is free. No need to RSVP.

Next date is October 17th

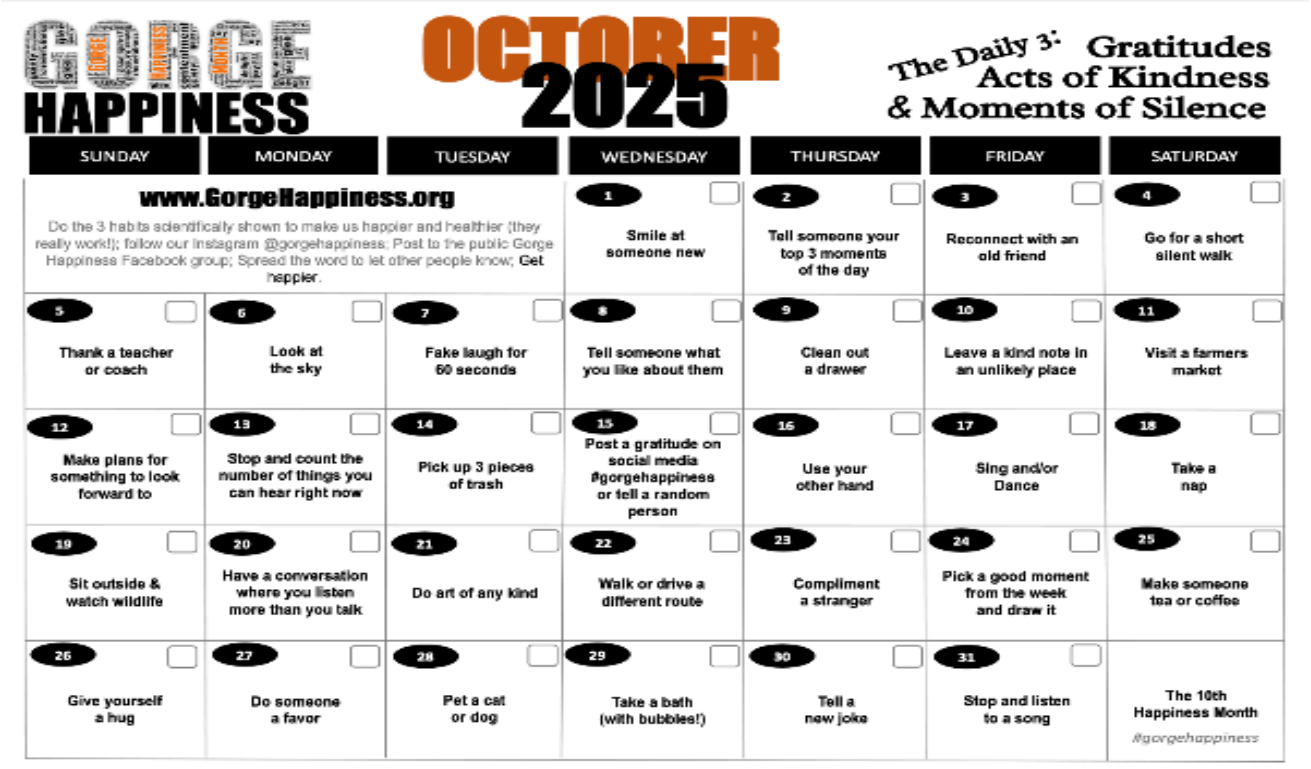
Questions? Contact Emily Martin 503-358-1949
Dates are:

- **October 3rd and 17th**
- **November 7th and 21st**
- **December 5th and 19th**
- **January 16th**
- **February 6th and 20th**
- **March 6th and 20th**
- **Gorge Insights Meditation is participating in Happiness Month with themes this month for practices that have scientific evidence to increase happiness and joy.**

Thursdays from 6:16 - 7:45pm at 1225 Wasco Street, Hood River
Participation is free, donations welcome

A wide and growing body of research has shown that happier people are healthier, have lower stress levels and live longer lives. And while genetics and environment are responsible for 60% of our happiness level, 40% is in our direct control.

So the goal of Gorge Happiness Month is to inspire as many people as possible to take up the 3 daily habits scientifically shown to make us happier & healthier: gratitudes, acts of kindness & moments of silence. These habits truly work.



Church Calendar

Wednesday October 29
9:00am-12:00pm Thrift shop open
9:00am-12:00pm Quilters meet
Thursday October 30
7:00am Men's study Vista Room
1:30pm Chimes Practice
Friday October 31
4:00-6:00pm Trunk-or-Treat
Saturday November 01
9:00am-12:00pm Thrift shop open
1:00pm Memorial for Bill Sheppard
Sunday November 02-Collecting for FISH
All Saints' Day
9:30am Lectionary Preview
10:30am Worship
4:00pm Hope and Life Church worship.
Tuesday November 04
10:00am Women's Bible Study
1:30pm Chimes practice
Wednesday November 05
9:00am-12:00pm Thriftshop open
9:00am-12:00pm Quilters meet
Thursday November 06
7:00am Men's study Vista Room
1:30pm Chimes practice
Saturday November 08
9:00am-3pm Christmas Sale in Fellowship Hall
Sunday November 09- Recycling
9:30am Lectionary Preview
10:30am Worship
4:00pm Hope and Life Church worship
Tuesday November 11
10:00am Women's bible study
1:30pm Chimes practice
Wednesday November 12
9:00am-12:00pm Thrift shop open
9:00am-12:00pm Quilters meet
Thursday November 13
7:00am Men's study Vista Room
1:30pm Chimes Practice
Saturday November 15
9:00am-12:00pm Thrift shop open
Sunday November 16- Thriving Congregations soup supper
9:30 Adult lectionary study
10:30am Worship
4:00pm Hope And Life Church Worship

Scriptures for Sunday November 02, 2025

Habakkuk 1:1-4, 2:1-4
Psalm 119:137-144
2 Thessalonians 1:1-4, 11-12
Luke 19:1-10

Serving Sunday November 02, 2025

Elder this week	Suze Nigl
Communion prep	Leslie Hidle
Coffee hour	Jennifer and friends
Deacon	Woody and Sue

Scriptures for Sunday November 09, 2025

Haggai 1:15b-2:9
Psalm 145:1-5, 17-21 or
Psalm 98
2 Thessalonians 2:1-5, 13-17
Luke 20:27-38

Serving Sunday November 09, 2025

Elder this week	Jerry Sawyer
Communion prep	Barb Ritoch
Coffee hour	Barb and friends
Deacon	Scott and Laurie