



# Hood River Valley Christian Church Newsletter

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and on Face book

**June 7, 2023**

## Sunday Worship Time

10:30am Worship

## Minister

Rev. Alicia Speidel 541 601-1949  
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## Church Administrative Assistant

Kathy Holmson office hours as needed  
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## Celebrating 2023 High School and College Graduates on Sunday June 11, 2023

A special day to recognize academic achievements  
for our extended church family.

**Ayden Phelps** is graduating from HRVHS. Ayden plans to attend Western Oregon University.

**Briana Cantrell** is graduating from HRVHS. She will be attending CGCC to study business.

**Stefanie Olson** is receiving her Master's Degree from Western Oregon University.

Thelma Warnock's granddaughter **Tia Semmes** is receiving her Master's Degree in Child & Family Counseling from California State University, Chico.



**RECYCLING NEWS** This Sunday, June 11, is Second Sunday recycling. Please bring bottles labeled #1 or #2, liquid pumps and nursery plant containers with a recycling triangle on the bottom.

## SUNDAY WORSHIP SERVICE

9:30am Adult Sunday school classes, nursery available  
10:30am Sunday Worship with Children Worship & Wonder

## EVENING PRAYER ON FACEBOOK

5:00pm Monday – Thursday (schedule permitting)

## Special Music

June 11

### “Low Brass Fusion”

Hugh Amick - Trumpet

Maggie Goter - Trumpet

Carol Goter - Horn

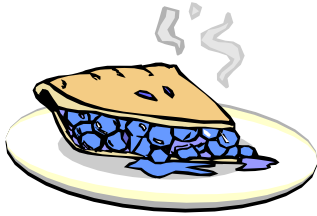
Bob Smith - Trombone

Jerry Keith - Tuba

## Links:

Sunday June 4 <https://www.facebook.com/100064940580441/videos/505783478344075>

# FATHER'S DAY



## PIES FOR POPS JUNE 18

In honor of all the men in our congregation. Sign up in the lobby to bring a pie, cobbler, or cookies to share.

## Special Event June 18, Father's Day

An invitation...The Nifty Nineties are sponsoring another armchair travel by newest member Jerry Sawyer. Gladys and Jerry enjoyed a two-week cruise last March. This will be a "South Seas Adventure" (China) following the coffee hour (**Pies for Pops for Father's Day**)

Everyone is invited to bring a special/favorite pie and share this fun experience together. Please come! Thelma Warnock

## PLEASE PRAY FOR:

Layla & Ryder Gaffney  
Bev Thomas  
Bonnie McCollister

Sharon & Gordon Cook  
David Nash  
The Pate family

Lauree Winfield  
Katy White

Vicki White  
Stacey Jubitz

Please pray for the family of **Mary Smith** who died June 3. Graveside service for Mary will be Thursday, June 8, at 4:00pm, at Idlewilde cemetery in Hood River.

**Bruce Holmson's** surgery on June 1 went well and his recovery is going well. Thank you for all the prayers, cards and some delicious dinners! Bruce also thanks Gary Hidle and Bob Kummer—and others--for taking on some of the church's property and grounds projects while he's laid up.

**Help Wanted!** Bev Thomas needs help with yard work (paid). Please contact Bev Thomas if you know someone who needs a job.



## The Pastor's COLUMN

**This week** we were blessed to have a visit from Vy Nguyen, Executive Director of Week of Compassion, and Monica Myers Greenberg, Vice President of the Mountain West Zone of Christian Church Foundation. They came to visit because of our church's recent decision to be a Circle of Compassion church, establishing a fund of \$10,000 with Christian Church Foundation to benefit Week of Compassion. During their time on Tuesday morning they shared about the amazing work Week of Compassion does around the United States and the world. They are involved in so many different life giving ways it is truly unbelievable. And we are able to say we help to make that possible.

As we continue to have the opportunity to grow our fund with individual donations, I encourage you to determine what is possible for you. I encourage you to look up Week of Compassion to discover the impact they have. I encourage you to share their story with others. And I encourage you to make giving to Week of Compassion a reality for your family and friends.

It really does take all of us to make a difference. That is more than possible with the work they do, the ministry they are and the reach they have. I am proud of this church's decision to be a Circle of Compassion church and to support the ministry of Week of Compassion. It is a very big deal with an incredible reach. Thank you for your commitment to living out what it means to be disciples of Christ.

**Alicia**

## Book Group News

After an interesting and informative discussion of *The Lost Pianos of Siberia* by Sophy Roberts, the reading group chose Abraham Verghese's new novel, *The Covenant of Water* for summer reading and a discussion on Wednesday, September 20, at the home of Rod and Mary Anne Parrott.

Verghese is the author of the bestselling *Cutting for Stone*, and his new novel promises an immersion in the culture of 20th century India. A 2023 Oprah's Book Club pick, it is described as "a hymn to progress in medicine and to human understanding, and a humbling testament to the difficulties undergone by past generations for the sake of those alive today."

New participants in the book group are always welcome. See Rod Parrott if you'd like for him to order you a copy of the book.

## Pastor Alicia's sermon from June 11, 2023 Scripture Matthew 28:16-20

When I moved to Medford to serve in my first pastoral role I joined one of the local clergy groups. Now there were two clergy groups I was aware of. The one I participated in and then the other one which sent letters and invitations for various clergy gatherings addressed to me at the church as Reverend Alicia Speidel and his wife. Did they not proofread and think that Alicia might be a woman's name? Or that women could be in ministry? Or maybe that their circle should be broadened a little bit? Needless to say I never attended that clergy gathering. We wouldn't have been on the same page for many different reasons.

The one I did go to was clergy from the mainline denominations, Presbyterian, American Baptist, UCC. It was a time to share stories, ask for guidance and simply be present for one another. When I first started attending it was composed of all older white males. Now nothing against those individuals. It just shows the dynamics that I was walking into as a young female right out of seminary. And to show the difference between there and here. When I arrived here and joined the local mainline clergy group, it was mostly women.

Back in Medford a few years into my ministry a retired Presbyterian clergy woman moved to town and joined the group. It was a breath of fresh air and she was great. Barb and I immediately connected. She was a spitfire, a leader, a mover and a shaker. And she got involved right away in the community, in the Presbyterian church, serving dinners at our weekly community dinner, helping fundraise for a local theater restoration project and numerous other ways. She was always busy and always active, making a difference everywhere she went. From coloring with Kailey when she was a toddler to speaking her mind at those clergy gatherings. Barb was a special woman.

Barb died of brain cancer this past January. I have thought of her a lot since then. Especially when I see lupines, which are on the hillside of the church parking lot and which I recently planted in our yard in memory of her.

In talking with her husband Bob yesterday he shared with me a favorite saying of hers, which relates to a butterfly, which she was always connected with. "You can fly but the cocoon has to go." The thought being that once you let go and are willing, you can fly and you will fly. And you have to move on from that warm, safe place where you have resided. You can no longer remain there because then flying will not happen. Change will not occur. Movement will not be possible.

"You can fly but the cocoon has to go." I love the imagery of this phrase. It makes perfect sense. It speaks to the life cycle of a butterfly. How a butterfly is not going to fly if it keeps its cocoon with it. Even if it keeps a piece of its cocoon with it. It has to be free. It has to venture out. It has to be brave and make an impact wherever it goes.

That was Barb. And that's an important lesson for us all. To fly. To let go of the cocoon. To get out there and shake things up, to make some movement, to embrace this way of being, to fly.

It's easy to forget that. It's easy to get scared, be apprehensive, lose focus and resort to the safety of our own comfort zones. To not see what is possible. To not go for it, on a wing and a prayer as another saying goes.

To prevent ourselves from taking that first step, that first moment of leaping into the air to see where the wind takes us.

It's easy to fall into that trap. It's not ideal and it's pretty common. In fact, we see this often throughout scripture when it comes to the disciples. To Jesus' own disciples there was fear of flying, fear of letting go, fear of being without that cocoon. They were constantly doubting, expressing uncertainty, separating themselves from others behind locked doors, hesitating and overall not exhibiting assurance of their roles and responsibilities. The roles and responsibilities instilled in them by Jesus himself. The roles and responsibilities of what it meant to follow and continue on the ministry Jesus had begun.

Because Jesus was always making this clear. He desired for the way he was in the world, for the way of God, to keep going so that the circle would continue to be widened, the margins would be no more and equity and justice would be the name of the game. Jesus voiced this to the disciples every time he engaged in ministry with the disciples. He told them as individuals, as one body and when gathered with the masses.

Jesus' message was quite clear. We see that with our passage today. It is the very end of the Gospel of Matthew. Jesus had been crucified, died and rose from the dead. Mary Magdalene and the other Mary discovered the empty tomb. They were told by an angel to not be afraid and to tell the disciples Jesus had risen from the dead and had gone before them to Galilee. Then the women were greeted by the risen Christ, telling them exactly the same thing. Following this a little lie got spread throughout the town about the disciples stealing Jesus' body so that the authorities would not get in trouble since Jesus was gone. With all of this we come to our passage. The eleven disciples finding Jesus on the mountain in Galilee. The eleven disciples hearing firsthand from the risen Christ about what was next. The eleven disciples receiving their instructions to fly.

"All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything that I have commanded you. And remember, I am with you always, to the end of the age."

It was time for the disciples to get to work. To realize they could do it without Jesus, at least without him physically. To know they had it within them. They were more than capable of living in these ways, of spreading the word, making a difference, changing lives and being the examples they were called to be. They just needed a forceful and encouraging speech from Jesus. The message that it was up to them. There was no time to waste, no second guessing and definitely no holding onto that cocoon. Get out there. Go on. Go.

I believe this message pertains to all of us. Go and make disciples, baptize them, teach them, all with knowing Jesus is right there. Jesus, God and the Holy Spirit. As disciples of Jesus, which we are and which we claim to be, these are our marching orders too. These are just as much for us as they were for them.

And I say marching orders because they aren't meandering orders or let's think about it orders or oh, look at what's over here I got distracted orders. No, these are here is what needs to happen, here is how to make it so, here is the journey ahead. Go, seriously, go. Do this. Like right now. Throughout your life.

In the various circles you are in. With the people you are around. With the decisions you make, the actions you take, the words you speak, the everything about you. Go.

It's really easy to be forceful and demanding with this. To shake your hand and say, "You better go do this." To give lectures and pointers on how to do it. Maybe even guilt trips on making it so. That's easy to do. The living it, that's a little more challenging. That requires courage, determination, a willing spirit and movement, lots and lots of movement.

It also begs us to ask the question, how are we doing this? How are we living with the go mentality? As individuals? As a faith community? To those on the margins? To those pushed aside or judged by society? In the circles with our friends and social groups? When we are out in public? With how we use our money? With what we say about others?

These questions put it a little bit more in our face. They make us sit up and notice what's really happening in our lives to epitomize these instructions from Jesus or to shy away from them. To fly or hold onto the cocoon.

And they can only be answered by each one of us. Yes, we can answer them together as one body and we need to when it comes to how this faith community lives and it's about each one of us being honest about how we are doing this or not doing this.

It's kind of like doing a "Come to Jesus" talk with ourselves, if you've ever heard that phrase. Come to Jesus. Own up to what's happening or not happening. Get real with yourself. And then when you do, determine what needs to be changed and what needs to be enhanced. Maybe even make a list. Then start checking off that list. Really make the changes and enhancements that you have identified.

Does my money need to go to more non profits? Do I need to correct what I say about certain groups of people? Do I need to interact with my family and friends differently? Do I need to visibly show my faith and beliefs? Do I need to be confident about being a disciple of Christ? Do I need to invite people to church or church activities? How do I need to go and make disciples, baptize and teach what Jesus commanded? And how do I need to rely on the fact that Jesus is with me through it all?

Again more questions to answer or more questions to encourage other questions to rise to the surface and take hold, deepening who we are as believers and making a difference in our world. It's a vicious circle or it's a circle to embrace and let fly because it really is about flying. "You can fly but the cocoon has to go." Go. Fly. Make it happen. Amen to that. Amen.



## **FISH Food Bank June 2023 Coordinators Newsletter**

Once again FISH ended the month with a bang. The need for food seems to be never ending; at the last four distributions in Hood River site, they served 50, 42, 55 and 49 different families. In Cascade Locks they served a total of 64 families at their two distributions.

With these numbers, you would think that almost all families in Hood River County would know about FISH but that is not the case. Last month the Cascade Locks Site Manager's husband was talking with a coworker, when she shared that her and her partner went without food about 4 days a week even though both had jobs. They just could not get ahead financially. I have to wonder if the cost of rent had something to do with this? Of course, this gentleman jumped right in about how FISH is available to help them. Samantha, was then able to connect them with food to help them with their immediate needs. Then she shared the information about times and places food was distributed. They could not believe the amount of food they were able to get. This is an example of how we need to keep telling our story to everyone who needs a little help.

I am not sure everyone knows that the Hood River FISH site is open each Wednesday morning from 9:00 am to 10:00 am, to give families an additional option to shop for food. While we have been distributing on Wednesday mornings for a year now; sometimes no one would come or a big day would be 4 clients. However, for the last two weeks we have had over 10 clients each day. We will have to see if this just an anomaly or if clients have finally realized there is an additional distribution time.

When our family numbers are high, one positive that helps keep the system flowing is many of our clients have registered for Link2Feed. For example, the one night we had 42 clients, only 4 didn't have a card and we were almost able to complete distribution in designated time. When clients are in the Link2Feed system it makes the registration process go fast. A big thanks to all the volunteer shoppers for being patient when it takes a little time to get the families registered in Link2Feed. Another positive to the Link2Feed cards it helps families coming to the Food Bank to have dignity. It feels less like a handout and it is OK for them to come to the food bank. I see this over and over again with our Spanish speaking farm workers. This group all want to have a card, especially if some of the coworkers from their place of employment have them. It is hard for many clients to come in and we often see tears when it is their first time. Having a Link2Feed card seems to make the process less daunting.

After some distributions, I walk away a little sad because of the clients' situations. For example, when I was registering a client this month, she said something like, "that is my mailing address." I quietly said; no permanent address and she said yes. I then said, "I hope you have a warm place to sleep". She replied, "yes they had a good tent." This lady was 60 years old and having to live in a tent. Yesterday, we registered another family who just moved here. This family came from Arizona, there were two parents and two kids and they are now living in a tent in Hood River. My heart goes out to these families.

I would like to end on a high note. Rotary has helped at FISH for over three years and so they are not new to helping clients. However, one of the volunteers was a little taken back the other night when one of the ladies he was helping asked if he was married. I guess she decided that Dale was her type and she would like to get to know him better. I asked Dale how he responded; he assured her he has been happily married for many, many years. You just never know.

Thanks to all those who are helping at FISH. It takes a big crew to get the sites ready to go and then for distribution. We are anticipating, it may be a busy summer at FISH. So once again if you are helping, be sure to wear your running shoes because some nights it never stops.

Hope you are enjoying our wonderful summer weather.  
Billie Stevens  
FISH Food Bank



### **Changes in Cascade Locks Distribution**

In Cascade Locks the FISH volunteers are always looking for the best way to serve our clients in that town. Several years back they added a Saturday distribution day, to give additional options to families. In looking at their clients today, they felt it was important to expand the time of distribution for families that work 'til 5:00 PM.

Starting in June, the Wednesday hours have expanded and will changed to 2:00 PM to 6:00PM. Cascade Locks distributes on the 4<sup>th</sup> Wednesday of the month and the Saturday that follows the 4<sup>th</sup> Wednesday. The distribution site is at the Cascade Locks City Hall. Kudos to the Cascade Locks volunteers for looking at the needs of their community and stepping up to help where needed.

### **FISH/Spirit of Grace Garden—Need Help and on the Tour**

The coordination of the FISH/Spirit of Grace Garden has been taken over by the OSU Master Gardeners. They stepped up, when we were no longer able to hire a JVC, who had in the past coordinated the garden.

**Garden Volunteers Needed** The FISH garden is able to provide hundreds of pounds of fresh vegetables and herbs to our FISH clients. However, it takes a lot of work to keep the garden going and they are looking for additional volunteers to help in the garden. If you have a desire to get your hands dirty, but lack a place to garden (or like me lack the farming genes) they would love to have your help. Or if you would like to just help harvest, they also need help with this aspect too. Just contact Tracy Willett at 541-806-3958 or her email is [willettracy@gmail.com](mailto:willettracy@gmail.com) if you are interested in helping.

**On MG Tour** This year the FISH/Spirit of Grace is one of the features stops on the **Central Gorge Master Gardener Association annual tour**. The tour called "The Garden Gathering" is on Saturday, June 17 from 9:00 AM to 1:00PM. Volunteers will offer garden tours and can discuss gardening topics with you.

Tour stops on the 2023 Master Gardener tour are:

- \*FISH Food Bank Garden
- \*Parkdale Memorial Garden
- \*Water Wise Garden at the Hood River County Library
- \*Learning Garden at the OSU/Hood River Extension Office

Be sure to stop by and see all the hard work the Master Gardeners are doing at the FISH Garden. And give Tracy a call if you would like to get involved.

### **Volunteers Come in All Sizes and Ages**

One of the pleasures of working with FISH volunteers is the number of youth volunteers that help at FISH. Some of the young adults come a couple of times and others are long term. One young volunteer we are all very proud of is Hector Hernandez, who started working at FISH as a freshman in High School. He continued helping all through high school and then he went to college. He moved from being a volunteer to a summer employee while he was in college. Now we are proud to say Hector just graduated from Linfield College with a BS in Nursing, so he will no longer be able to help at FISH. We are all very proud of him.

Also graduating this month is Areli Lica from High School. She has been a regular volunteer providing excellent help with our Spanish speakers. She will be attending Stanford University in the fall.

But we still have other regular youth who will continue to help which include two brother/sister teams; Erandy and Emmanuel Galindo and Hailey and Tanner Hilton. Another regular is Adrianna Perez who helps keep the carts flowing at the evening distribution. They are all a delight to work with, and an example of their mindset is a conversation I had with Tanner. He is a middle school student so his work is helping keep the carts ready for the shoppers. He thanked Ann for giving him a hand in getting the carts ready and apologized for not being able to keep up. This happened when it was really busy and he was also helping stock the shelves. These young students are a valuable party of our FISH team.

# Church Calendar

## Wednesday June 7

9:00am-Noon Quilters meet  
9:00am-12:00pm Thriftshop

## Thursday June 8

7:00am Men's Study  
1:30pm Chime Choir  
4:00pm Graveside service for Mary Smith

## Saturday June 10

9:00am-12:00pm Thriftshop

## Sunday June 11, GRADUATION SUNDAY

9:30am Gospel of Matthew Study, vista  
9:45am Worship  
3:30pm Hope and Life church worship

## Tuesday June 13

10:00am Women's Bible Study  
3:00pm TOPS Group

## Wednesday June 14

9:00am-Noon Quilters meet  
9:00am-12:00pm Thriftshop

## Thursday June 15

7:00am Men's Study  
1:30pm Chime Choir

## Saturday June 17

9:00am-12:00pm Thriftshop

## Sunday June 18, FATHER'S DAY

9:30am Gospel of Matthew Study, vista room  
9:45am Worship  
**11:30am PIES for POPS!**  
3:30pm Hope and Life church worship

## Monday, Wednesday, Friday June 19, 21, 23

2:45-5:00pm HRVCC volunteers at FISH Food Bank

## Tuesday June 20

10:00am Women's Bible Study  
3:00pm TOPS Group

## Wednesday June 21

9:00am-Noon Quilters meet  
9:00am-12:00pm Thriftshop

## Scriptures for Sunday June 11, 2023

Genesis 12:1-9  
Psalm 33:1-12  
Romans 4:13-25  
Matthew 9:9-13, 18-26

## SERVING Sunday June 11, 2023

Elder this Week	Chrystal Akin
Communion Preparer	Kailey Speidel
Coffee Hour	Barbara & Friends
Deacons	<u>Serving Team 1</u>
	Woody & Sue Eskildsen
	Owen Waits, Ayden Phelps

## Coming Up! Mark your calendar

June 11	Graduation Sunday Music "Low Brass Fusion"
June 18	Father's Day *Pies for Pops *Travel talk by Jerry Sawyer
June 25-30	Pastor Alicia on vacation