

October 08, 2025



Hood River Valley Christian Church Newsletter

541-386-2608 hrcchurch@gmail.com

<https://www.hoodrivervalleychristianchurch.org/> and on Facebook

Sunday Worship Time

10:30am

Church Administrative Assistant

Sable Duback

Minister

Rev. Alicia Speidel 541-601-1949

aliciaspeidel@gmail.com

Office hours 10am-1pm or as needed

Sunday Worship

9:30 Adult Lectionary Preview

10:30 Worship

Link to Worship on October 05, 2025- [Facebook](#)

*Prayer
Requests*



Sharon & Gordon Cook

Carol Sabins

Lee Repp

Vestena Emerson

Vicki White

Ken Hansen

Anse Hopkins

Bev Carpenter

Sheppard family

*We mourn the passing of Bill Sheppard, who was called home to the Lord. Please keep his wife Virginia and their family in your prayers.

Please email any prayer requests to hrcchurch@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



On Sunday, September 28 we gathered around the tables in fellowship hall to begin conversations about our church to work towards developing a mission and vision. Here are a few of the questions that were asked and the answers that were given. As you read through these, notice what jumps out for you and what you hold to be true about this faith community.

What words and phrases do you use to describe our congregation?

Heartwarming	Community	Proactive	Caring	Friendly
Togetherness	Charitable	Accepting	Serving	Loving
Generous	Disciples of Christ	Heartful	Inviting	Hugs
Artistic	Musical	Community & world focused		Family
Rooted	Ecumenical	Forever a member/connected		
Take bible seriously, but not literally				
Willing to consider change – open to new ministries				

What words and phrases do others use to describe our congregation?

Appreciate generosity	Love our Thrift Shop	Parking lot
Acceptability	Use of facilities	Good acoustics
Grateful	Affordable	Coffee hours
Kiddie City daycare	Trunk or treat	Week of Compassion
generosity	Involvement with Laundry Love	
Small but mighty youth group		
Youth church camp – 100% paid by church – supports all youth, inclusive		

What do you notice from the two lists that were shared?

Giving	Shows faith	Reassuring	Know help is there
Partnering with FISH	One big, caring family	Don't want to miss out on activities	
Share with others as don't meet all the needs		When newcomers arrive, feel very welcome	
People drive through knowing we give vouchers to those in need in the community			
Stewardship: a purpose of being stewards with the gifts we have here			

The second list about what others say is more focused on facility use. Others see the facility as opposed to the first list of what the members say.



As we start into fall you can see the season changes; the leaves are starting to fall, the Canadian geese are starting to fly over, and I will soon be leaving the food bank. While I will be starting a new phase in my life, I feel very good about leaving the work I did for FISH in two very capable hands. Last month I introduced Sarah Benson, who will be coordinating the volunteers and this month I would like to introduce Araceli Avila, whose position is Intake and Outreach Assistant. I asked Araceli to write a note to introduce herself.

"My name is Araceli Avila; I am an Intake & Outreach Assistant for the FISH Food Bank. I started this job a month ago as a part-time job, and I am very excited to be part of this extraordinary team.

I have over 15 years of experience in case management. I specialize in public health. I am multicultural, bilingual, and speak Spanish as my first language and English as a second. I thrive on challenges and am ready for this new adventure. I am passionate about working in the community. I am deeply interested in what goals can be achieved when working as a team, especially when it comes to putting food on the table for our families and individuals.

I am the mother of two extraordinary boys who are freshmen and juniors in college, and an 8th-grade girl. We love sports, especially soccer. On the weekends, I spend time on the soccer fields. I love listening to music and reading."

It is a pleasure to watch Araceli work with clients; she has a quick smile and a friendly manner. It is exciting to see how comfortable the Spanish speakers feel when they can speak in their native language. Please help me welcome Araceli to FISH.

Both ladies are outstanding individuals, have a real heart and interest for working with families and individuals who are food insecure. I feel very positive about stepping back and leaving the FISH work in their hands.

When I think about my work with FISH over the last 16 years, I realize that I have seen hundreds of tears, thousands of smiles and uncountable number of hugs. Every day has been special but I will always remember one certain day that may have been the worst day and yet it was also the best day I have experienced.

This event happened at the Cascade Locks distribution, and it was at the start of the COVID epidemic. FISH had switched to giving out bags of food instead of shopping and at this distribution we were distributing some of the food out of the back of the truck. We also were giving out grocery store gift cards to each client. The day went well and as we were closing down the operation, I set the manila envelope full of about \$1,000 worth of gift cards on the back end of the truck when I stopped to do something else. Then I got distracted and before I got back to pick up the envelope, the truck had packed up and was headed back to Hood River. Unfortunately, no one noticed the envelope.

This made it the worst day of my career. Of course I would have to replace the gift cards, after all people had given money to help the FISH clients not to be lost on the roadside. As I drove down the hill from the food bank and turned onto the main road, I was wondering how my bank account would look with \$1000 less dollars. Then as I started on the main road, out of the corner of my eye I saw what looked like an envelope propped up against a road sign. So, I made a quick U-turn right in the middle of main road to see if that is what I really did see.

Sure enough, it was “the envelope” with all the gift cards. All the cards were there, just waiting for me to grab them. I am sure someone had to have laid it up against the sign, it could not have flown off the truck and actually landed there?? But the worst day turned into the best day, as I realized how honest people were. Plus, my bank account didn’t take a hit.

I will miss seeing all the friends I have made over the years, I will miss hearing about everyone’s lives, their good and bad happenings, and I will miss knowing I am helping families and individuals with their daily struggles. This is my last letter, and you will now get to hear what is happening at FISH through Sarah’s eyes.

While I am saying goodbye, I hope I will see you around.

Billie Stevens
FISH Food Bank
541-490-5109

Holiday Schedule

I realize it is not even Halloween yet, but time goes fast so please mark your calendars for the days that the FISH distribution will change over the next couple of months. These are the days that FISH will be closed or date changes.

November Dates:

Hood River FISH-Closed on Friday, November 28

Cascade Locks- Date Changed to 3rd Wednesday, November 19

December Dates:

Hood River FISH-Closed on Wednesday, December 24

Hood River FISH-Closed on Friday, December 26

Hood River FISH-Closed Wednesday, December 31

Cascade Locks-Date Changed to 3rd Wednesday, December 17

Hood River Site Afternoon Volunteer Schedule:

October 6-8-10	Hood River Valley Christian
October 13-15-17	Immanuel Lutheran Church
October 20-21-24	Mid-Columbia Unitarian Fellowship
October 27-29-31	Rotary
November 3-5-7	Riverside Community Church
November 10-12-14	Hood River Alliance
November 17-19-21	St. Mark’s Episcopal Church
November 23-26	Rotary

GORGE HAPPINESS PRESENTS:

JOYSPAN

THE ART
AND SCIENCE
OF THRIVING IN
LIFE'S SECOND HALF

COMMUNITY MEDITATION & BOOK CLUB
HOOD RIVER ADULT CENTER
11 AM-NOON. 1ST AND 3RD FRIDAYS. FREE.
BEGINS FRIDAY, SEPT 19.

QUESTIONS? EMAIL
EMILYGOODWINMARTIN@GMAIL.COM

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

Second Sunday recycling continues this week with two kinds of plastic wrap collected—"film" (pliable) and other (not pliable, like candy wrappers).

Big news! The Gorge Sustainability Project has reopened. The church will become a member, so we will not need to collect money each month. Beginning November 9, we will collect all the types of recycling as before. A list will be published next week. So begin saving your items to recycle. A new twist is that you will not need to separate different types—commingle everything.

Recycling in general is morphing, so curbside recycling will be changing, and as it does, the Sustainability Project will add new items that it has not taken before.

If you have questions, see Mary Anne Parrott.





October is breast cancer awareness month, when there are more posts online about it, when people are encouraged to get their mammograms, when wearing pink occurs more and when stories are shared. It's still hard to believe that I am a breast cancer survivor. A little over one year I received my diagnosis, had a lumpectomy and was waiting for radiation to begin. It's been strange to mark those dates and will continue to be as more of those dates come. It's nothing I knew how to prepare for and still don't. You just try your best to figure it out as you go.

The beauty is I am not alone in this process. I have my family, my friends, all of you and God. I have the ability to get outside and enjoy our beautiful surroundings (as I wrote this sitting at the waterfront). I have emotions that keep me grounded and that need to be let loose too. Remembering all of this is important when anniversaries arrive and when those anniversaries need to be faced. Again, October is breast cancer awareness month. Go pink. Get your mammogram. And tell your family, friends, co-workers, neighbors, everyone to get theirs.



~Pastor Alicia

HAPPINESS MONTH STARTS OCT 1ST

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.



OCTOBER 2025

The Daily 3: Gratitudes
Acts of Kindness
& Moments of Silence

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
www.GorgeHappiness.org Do the 3 habits scientifically shown to make us happier and healthier (they really work!); follow our Instagram @gorgehappiness; Post to the public Gorge Happiness Facebook group; Spread the word to let other people know; Get happier.			1 ☐ Smile at someone new	2 ☐ Tell someone your top 3 moments of the day	3 ☐ Reconnect with an old friend	4 ☐ Go for a short silent walk
5 ☐ Thank a teacher or coach	6 ☐ Look at the sky	7 ☐ Fake laugh for 60 seconds	8 ☐ Tell someone what you like about them	9 ☐ Clean out a drawer	10 ☐ Leave a kind note in an unlikely place	11 ☐ Visit a farmers market
12 ☐ Make plans for something to look forward to	13 ☐ Stop and count the number of things you can hear right now	14 ☐ Pick up 3 pieces of trash	15 ☐ Post a gratitude on social media: #gorgehappiness or tell a random person	16 ☐ Use your other hand	17 ☐ Sing and/or Dance	18 ☐ Take a nap
19 ☐ Sit outside & watch wildlife	20 ☐ Have a conversation where you listen more than you talk	21 ☐ Do art of any kind	22 ☐ Walk or drive a different route	23 ☐ Compliment a stranger	24 ☐ Pick a good moment from the week and draw it	25 ☐ Make someone tea or coffee
26 ☐ Give yourself a hug	27 ☐ Do someone a favor	28 ☐ Pet a cat or dog	29 ☐ Take a bath (with bubbles!)	30 ☐ Tell a new joke	31 ☐ Stop and listen to a song	The 10th Happiness Month #gorgehappiness

Church Calendar

Wednesday October 08

9:00am-12:00pm Thrift shop open
9:00am-12:00pm Quilters meet

Thursday October 09

7:00am Men's study Vista Room
1:30pm Chimes Practice

7:00pm Church Board Meeting

Saturday October 11

9:00am-12:00pm Thrift shop open

Sunday October 12- Second Sun. Recycling

9:30am Lectionary Preview
10:30am Worship
4:00pm Hope and Life Church worship.

Tuesday October 14

10:00am Women's Bible Study
1:30pm Chimes practice

Wednesday October 15

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

Thursday October 16

7:00am Men's study Vista Room
1:30pm Chimes practice

Saturday October 18

9:00am-12:00pm Thriftshop open

Sunday October 19

9:30am Lectionary Preview
10:30am Worship
4:00pm Hope and Life Church worship

Tuesday October 21

10:00am Women's bible study
1:30pm Chimes practice

Wednesday October 22

9:00am-12:00pm Thrift shop open
9:00am-12:00pm Quilters meet

Thursday October 23

7:00am Men's study Vista Room
1:30pm Chimes Practice

Saturday October 25

9:00am-12:00pm Thriftshop open

Sunday October 26

9:30 Adult lectionary study
10:30am Worship
4:00pm Hope And Life Church Worship

Serving Sunday October 12, 2025

Elder this week	Suze Nigl
Communion prep	Barb Ritoch
Coffee hour	Barb and friends
Deacon	Scott and Laurie

Scriptures for Sunday October 12, 2025

Jeremiah 29:1, 4-7
Psalm 66:1-12
2 Timothy 2:8-15
Luke 17:11-19

Serving Sunday October 19, 2025

Elder this week	Rod Parrott
Communion prep	Maggie Strasser
Coffee hour	Judy and friends
Deacon	Betty Osborne

Scriptures for Sunday October 19, 2025

Jeremiah 31:27-34
Psalm 119:97-104
2 Timothy 3:14-4.5
Luke 18:1-8

