



Hood River Valley Christian Church Newsletter

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and on Face book

MARCH 6, 2024

Sunday Worship Time

10:30am Worship

Minister

Rev. Alicia Speidel 541 601-1949

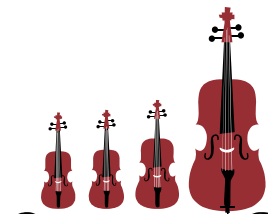
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Church Administrative Assistant

Kathy Holmson office hours 10am-1pm or as needed

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QUARTET | CONCERT

Special Music for March 10th

String Quartet featuring: Chari Harrington, Melissa Arndt, Michelle Edwards and Nick Eby.

"The String Quartet songs are all taken from a work by Haydn called "The Seven Last Words of Christ," Op 51, which we thought might be appropriate for the season. The work was originally written for orchestra in 1786 and in 1787 was adapted for string quartet. (In 1796 he wrote a choral version.) We are not doing all of it as it is a long work! We have prepared parts of some of the pieces." Chari Harrington

Prelude: Introduction to the Seven Last Words of Christ; Maestoso and Adagio

Special Music: "Father, forgive them, for they do not know what they do." Largo

Communion: "Woman, behold, your son..." Grave

Postlude: "I thirst." Adagio

Lenten Project Supports Summer Needs of the Houseless *collecting small items at the church*

During the Sundays of Lent—February 18 through March 24—we will be collecting small items helpful to houseless residents in in our area this summer. **Four specific things are requested: refillable water bottles, small containers of sunscreen, lip balm, and non-perishable, individually wrapped snacks.** You will find a large decorative sack in the narthex in which these items may be placed. Thanks for helping neighbors out in a small, but meaningful way.

Sunday Worship

9:30am Adult Sunday School

10:30am Worship, with Children Worship & Wonder

LINKS:

Sunday Worship March 3 <https://www.facebook.com/100064940580441/videos/1658746638227404>

Sharing Our Paths for Lent



Lent is the solemn 40-day period from Ash Wednesday (Feb. 14 this year) to Easter when we prepare spiritually for the resurrection of Jesus Christ. It can be a time of fasting or self-discipline, such as giving up something of importance. Let's take a different approach! Besides what we may opt to give up, let's also think about what we savor about Lent or what we may choose to add during Lent.

You'll find a flipchart and markers in the narthex (no names necessary) to share your thoughts.

Thanks, everyone!

MARCH 12 PRAYER VIGIL DAY

The Lenten Prayer Vigil is a regional event where churches are invited to pick a day during Lent to engage in prayer as a church body. We will be praying on March 12 10am-5pm.

These times are still available on the signup sheet for prayer participants:

2:30-3:00pm

3:00-3:30pm

4:30-5:00pm

PLEASE PRAY FOR:

Layla, JJ & Rider Gaffney
Katy White
Suze Nigl's niece Trisha
David Nash

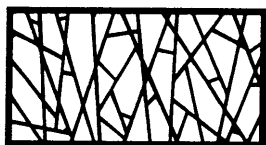
Sharon & Gordon Cook
Stacey Jubitz
Barbara Frazier's friend

Lauree Winfield
Bonnie McCollister
Julie The Wirt Family

Vicki White
David Nash
Skip Swyers

The service for Glenna McCargar will be Saturday, March 16, at 1:00pm at Hood River Valley Christian Church, Please keep the McCargar family—Glenna's husband Ed, their sons Kelly and Morgan, and Glenna's many friends in your prayers.

Many, many thanks to all who have made David's passing so much easier with cards, calls, food and presence at his service. You are a true, wonderful family. I'm so gifted. Thelma Warnock



The Pastor's COLUMN

The sun is shining and there is blue sky. What a glorious feeling. It may not be warm (yet), however being able to see the sun and feel its light shine down upon us is so needed. We have had our fair share of gloomy, cloudy, gray days. Weather like this brings a smile to your face. It lifts the weight off of your shoulders. It has an impact on all living beings.

So bring on the sun and the blue sky. Bask in its brightness. Revel in its glory. Notice the flowers beginning to grow and pop up from the ground. I noticed this morning our daffodils growing in bunches getting ready to soon show their color. I noticed the hyacinths starting to do their thing. Spring is just around the corner. There really is new life emerging if we stop and look.

New life is sometimes hard to see because the gloomy, cloudy and gray take over. We get lost in that dreariness. We fail to notice the growth and blooms taking hold. This Lenten season, as the season around us begins to change, let's notice where there is new life, where blossoms are emerging and where growth is occurring. Because it is all present if we simply open our eyes and look all around us. *Alicia*

HRVCC Higher Education Scholarships Church Scholarship applications are now available in the church office. Deadline for the application is March 30th. Pick up an application in the church office or contact Kathy Holmson at hrcchurch@gmail.com to have one sent to you by email.

Women, Wine & the Word will be Wednesday, March 20 @ 4pm @ Stave and Stone. Ladies, mark your calendars!

Notes from Women's Ministries

HRVCC Women's Ministries wrapped up 2023 and organized 2024 at its (snow-delayed) February 18 and 25 meetings. Celebrated were the variety of activities of 2023: first and foremost, \$9,000 distributed to church and community entities. Also, a trip to the Trout Lake Abbey; Mardi Gras and Christmas parties; a dessert and hobby show; gifts to shut-ins; Secret Sister pairings; a coffee klatch; an ongoing pinochle foursome; weekly Bible study; and the very important thrift shop services and income.

The new organization adopted in 2023 will be carried forward with a coordinator, treasurer, and program activities led by those who volunteer. Treasurer Leslie Hidle presented a 2023 financial report, including nearly \$4,000 income from the thrift shop over budget, and a slightly higher 2024 budget was adopted. These reports on posted on the narthex bulletin board.

Women's Ministries practice is to distribute surplus income, so the following choices were made: \$1,200 for HRVCC volunteers to use in providing the Shelter's laundry services for the homeless; \$1,000 to Week of Compassion's Circle of Compassion (endowment) and \$1,000 designated for Ukraine; \$1,000 to the regional church for theological education for new church pastors; \$1,000 to Hood River County Education Foundation's K-12 Impact Teaching Program; and the remaining funds as needed for new blinds/drapes in the south thrift shop room.

Coordinator Needed: a volunteer to be coordinator for the coming year (or a co-leader with the current coordinator) and volunteers for organizing activities similar to those listed above. See coordinator Mary Anne Parrott.

Articles on Earth Care Needed A resource is needed for Earth Sunday, April 21, and your help is solicited to prepare. Pastor Alicia is collecting short clippings from newspapers and magazines on the topic of Earth care—problems needing to be solved, ideas and resources for doing the solving, etc. These clippings need to be short—approximately 2-4 (newspaper-sized column) inches and likely will be just a key part of a larger article; photocopies are acceptable. Place them in the basket by Alicia's office door no later than April 7.



SECOND SUNDAY RECYCLING ~ March 10 **Bring the following items for March**

#2, #6

Plastic caps and lids with a # and those without a # (keep separate)

Plastic straws and liquid pumps

Foam: trays, containers, blocks and coolers

Miscellaneous: small electronics, laptop computers, cell phones, wires, Christmas lights

Notes:

~ These items for recycling must be clean and dry.

~ Please make a cash contribution to cover the cost of recycling.

~ If you can't identify the number in the triangle, bring it anyway; we'll have a miscellaneous container for these hard-to-read marks on most plastic items these days.

~ There is no need to bring items accepted by community recycling such as bottles and jugs with a neck smaller than its base.

~ If you have questions, check with Mary Anne Parrott.



FISH Food Bank March 2024 Coordinators Newsletter

What does “Little Green Peas”, a sewing machine, COVID test and food have in common? They are all things that have been given away to the clients of FISH Food Bank. FISH Food Bank believes, “Food is a human right, and everyone deserves to have nutritious, culturally desirable food. We affirm the worth and dignity of all people and serve our communities with respect and strive to move closer towards food security.” While food is our focus, FISH does much more!

Of course, food is our main mission, and we do an excellent job of helping the families in our area. FISH is very proud that we can provide fresh fruits and vegetables, milk, eggs, and meat. However, this does come at a price and FISH is having to spend around one-third to twice as much more on food each month than we did a year ago. There are several reasons for this, one is the food simply costs more than it did a year ago. Have you purchased eggs recently? Now eggs must be cage free and the price has almost doubled. Another factor is a sharp increase in the number of clients served. Since the first of January, FISH has provided food for 860 different families. Some of the families have returned each month, but not all of them. One day last week we had 39 clients. Of those 39 families that came to FISH, 20 had not been to the food bank in 2024 and 7 of the 20 were new to our system. Our client base continues to grow. Since FISH receives no federal or state funding, we rely totally on the donations from our wonderful community and some grants.

An example of one of the new clients was a lady who was embarrassed to be here and talked very quietly so no one could hear our conversation. She shared that after 20 years at her last job she was let go. Prior to that time the family had purchased a travel trailer. She said that was a good thing because at least they still have roof over their head. Like many clients she was interested in whether we have pet food. There were lots of tears. She was actively searching for a job and knew that times would get better, so her parting comment was, “when I get back on my feet, I will donate back to FISH so you can continue to purchase pet food.”

Not all clients have sad stories. One evening, the volunteer giving out numbers said a client only needed to get food like chicken noodle soup for his daughter, since she is on a special diet. We were confused about this until the client came in and I recognized him immediately. I wrote about him a year or so back. He had just recently become a single father and was caring for his severely handicapped daughter. Since she was in a wheelchair and on a feeding tube, he was not able to work as he had to take care of his daughter. This time he was very proud that his daughter was walking by herself, and she was finally off the feeding tube. While he once again needs a little food assistance, he has not needed our help in over a year.

Getting back to “Little Green Peas”, it is one of the books available for children to select when they visit FISH with their parents. Hood River County Library Foundation and the Hood River Library donate books to FISH regularly. This is a very popular spot for young children to stop, so they can pick a favorite book to take home. One of the volunteers said he wished he could have taken a picture of a young child walking through the FISH store hugging their new book. A special thank you to the Library Foundation and Bette Lou Yenne who makes sure there is a supply of books for our young clients.

Why is the sewing machine on the list? One of our volunteers asked me, “if I knew of anyone who could use a sewing machine.” It just happened by chance that I knew one of our clients was just learning how to quilt and sew. She made a nice quilt and was working on her second quilt, when her sewing machine broke. It would cost more to fix the machine than it was worth, and she has no money for a new machine. We were able to connect her with the machine and received many thanks and a big smile.

It is important to keep our clients healthy so there is always a supply of COVID tests and masks available for the clients to pick up. You would be surprised at how many clients take the mask and the test.

Yes, FISH’s main mission is providing families with healthy nutritious food, but we also like to help the whole person and family. Thanks to all the volunteers who help the families of Hood River County and surrounding communities. Without you and all the FISH volunteers we would not be able to help all the families who need a little extra assistance.

Billie Stevens
FISH Food Bank

Naloxone Training

FISH Food Bank is hosting a Naloxone training and inviting all FISH volunteers to attend. This training is in collaboration with Hood River County Prevention Department. It is the aim of HRCHD to reduce opioid overdoses in our community through targeted education on the risks of opioid use and how to prevent an overdose. These efforts also include making naloxone (opioid overdose reversal medication) widely available in our community.

Because FISH often deals with many at risk individuals, we feel it is important to be aware of what to do if there ever is a problem occurs. There is still room in the training for any FISH volunteer who is interested in attending. Please register by contacting me at FISH and I will put your name on the list. Below is the information about the date and time:

FISH IS HOSTING A NALOXONE TRAINING WITH THE COUNTY HEALTH DEPARTMENT.

WHEN: MONDAY, MARCH 18TH @ 10AM

WHERE: FISH COMMUNITY MEETING ROOM

HOW LONG: ABOUT 45 MINUTES

WHO: ANYONE INTERESTED IN EDUCATING THEMSELVES ON NALOXONE

If you are interested in attending, please contact me at 541-490-5109 or just email me.

CDC change COVID Guidelines

The CDC announce that they have changed the COVID Guidelines for returning to work.

Instead of the 5-day requirement, the new isolation guidance is based on symptoms which match long-standing isolation guidance for other respiratory viruses, including influenza.

The new guidelines from the CDC recommend staying home until you have gone for a day with no fever and symptoms have started to improve.

Currently, the CDC recommends that people wear a mask for 10 days after testing positive unless they have two negative tests 48 hours apart.

The CDC recommends using "commonsense solutions we know work to protect ourselves and others from serious illness from respiratory viruses," such as by getting vaccinated, being treated, or simply by staying home when symptoms being to show.

Civil Rights/ Confidentiality Training Required for Volunteers

I know it may seem like we just completed this form, but it is required for us to conduct a Civil Rights/Confidentiality Training each year. And it is that time of year again. It is a requirement of the Oregon Food Bank that each year **all volunteers** read the Civil Right brochure. Then sign a form that you have reviewed the information. All individual, group or Church volunteers will need to review the Civil Rights brochure. Try to do this the next time you are volunteering at FISH.

OR if a volunteer would rather look at a Civil Rights video instead, go to the Hood River FISH website at <https://www.fish-food-bank.com>, once at the website, go to **Current Volunteers**, then click on **Civil Rights Training**. This is a good video which takes about 20 minutes to watch. Once you have watched the video you can sign the form at FISH.

Help At FISH

Would you like to find a new way to help at FISH? There are a few volunteer spots open, and we are looking to fill these positions. We would like to have someone who would be willing to help once a week. However, we know and understand that people have things happening in their lives, so there is never a problem if you need to be gone. The evening volunteers all work as a team, and it is a group effort to ensure the food gets to our clients. It is a great way to be involved with FISH and work with other great people.

Car Greeter: When: Wednesday from 2:45 to 5:30 PM or Friday from 2:45 to 5:00 PM

Duties: Work outside and greet the cars as they come in and give each car and client a car number. Then working with the registration desk, bring the clients into the food bank to shop.

Back Room Coordinator: When: Either Monday, Wednesday, or Friday from 2:45 to 5:00ish.

Duties: Working with other volunteers, help keep the shelves stocked during distribution, including frozen food and refrigerator food shelves, fresh fruit and vegetables, stocked. Ensure the carts are ready for the shoppers.

If you are interested in these positions, or know someone who might be, please contact Billie Stevens.

Church Calendar

Wednesday March 6

9:00am-Noon Quilters meet
9:00am-12:00pm Thriftshop open
5:00-9:00pm Master Gardeners

Thursday March 7

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

Saturday March 9

9:00am-12:00pm Thriftshop open

Sunday March 10 Begin Daylight Saving Time **Second Sunday Recycling**

9:30am Adult Sunday School
10:30am Worship
3:30pm Hope and Life church worship

Tuesday March 12 Prayer Vigil Day

10:00am Women's bible study
4:00pm TOPS group

Wednesday March 13

9:00am-Noon Quilters meet
9:00am-12:00pm Thriftshop open
5:00-9:00pm Master Gardeners

Thursday March 14

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

Saturday March 16

9:00am-12:00pm Master Gardeners
1:00pm Memorial service for
Glenna McCargar

Sunday March 17

9:30am Adult Sunday School
10:30am Worship
11:30am Elders meet, Vista Room
3:30pm Hope and Life church worship

Tuesday March 19

10:00am Women's Bible Study
4:00pm TOPS group

Wednesday March 20

9:00am-Noon Quilters meet
9:00am-12:00pm Thriftshop open
4:00pm Women, Wine, & the Word at Stave & Stone
5:00-9:00pm Master Gardeners

Scriptures for Sunday March 10, 2024

Numbers 21:4-9
Psalm 107:1-3, 17-22
Ephesians 2:1-10
John 3:14-21

SERVING Sunday March 10, 2024

Elder this Week Rod Parrott
Communion prep Kailey Speidel
Coffee Hour Barbara and friends
Deacons **Servers**

Thank you to our deacons for serving communion as needed each week

Scriptures for Sunday March 17, 2024

Jeremiah 31:31-34
Psalm 51:1-12 or Psalm 110:9-16
Hebrews 5:5-10
John 12:20-33

SERVING Sunday March 17, 2024

Elder this Week Jennifer Stager
Communion prep Leslie Hidle
Coffee Hour Judy & friends
Deacons **Servers**

Thank you to our deacons for serving communion as needed each week