

# May 2024 Newsletter

**Gresham United  
Methodist  
Church**



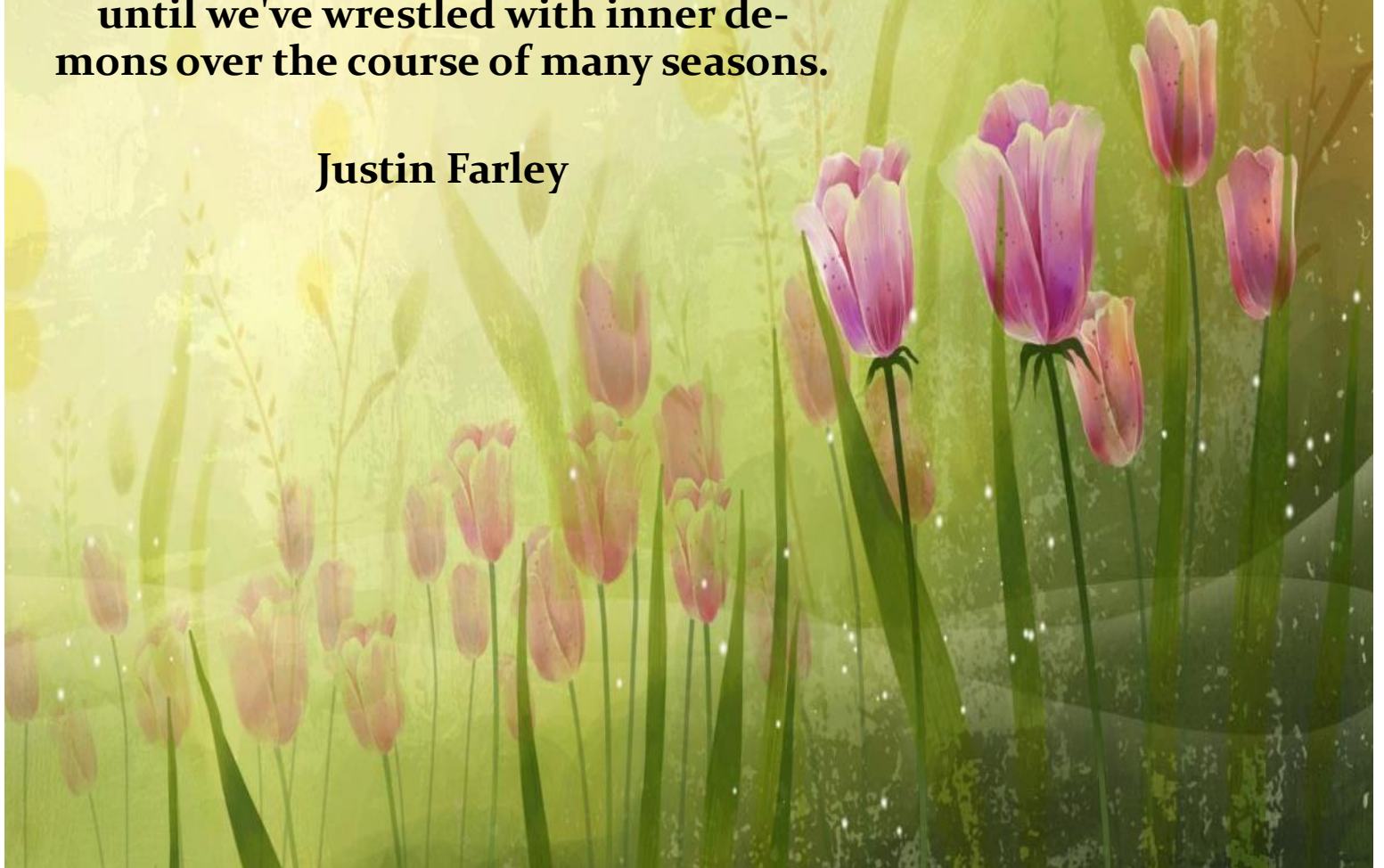
# From the Pastor's Desk...



## Seasons of Change

Changes of the heart take time.  
Casked, slow to perfection  
like aged wine.  
Wouldn't it be easier if the Divine  
would just remake us overnight,  
beamed up into heavenly experience  
like a sublime, shining light?  
Yet, true growth comes from the fight.  
For God always has his reasons,  
just unknown to us  
until we've wrestled with inner de-  
mons over the course of many seasons.

Justin Farley





# BE<sub>ING</sub> WELL

2024

 OREGON-IDAHO  
ANNUAL CONFERENCE

## Annual Conference Update No. 1

Welcome to our first AC Update for 2024. As your Annual Conference Lay Delegate, I plan to keep you updated with all information as it is released and provide important links as well. The dates for our AC are June 20 – 23, 2024, at Tigard UMC in Oregon, and will be in-person and online. The link for the AC is [www.umi.org/ac](http://www.umi.org/ac)

**Registration:** Registration will open in early May for AC members and guests after the General Conference ends. If you have questions regarding AC, please let me know; I will be most happy to research your questions and provide answers.

LaVerne Lewis

Gresham UMC 2024 AC Lay Delegate



If you would like someone to pray with you, or pray about a situation, but don't want to put it on the prayer chain, please contact Tina Heal or Terrie Ham. They meet together every week to pray for the needs of the church and for many other concerns.

Please contact the church office to be connected with Terrie Ham, Tina Heal or Sandy Brooks.

Church Office: 503-665-1192 or [office@greshamumc.com](mailto:office@greshamumc.com)

## Food, Fun & Fellowship

Join us for Fellowship and hospitality after each Sunday service. Light snacks and refreshments are available to enjoy. We are in need of volunteers to provide snacks and help with Sunday hospitality. Please contact Kathy Kari directly to sign up.

**Communion is available  
for our homebound  
audience the first  
Sunday of the month**

Please contact the  
office to schedule.  
[office@greshamumc.com](mailto:office@greshamumc.com)  
503-665-1192



# THOUGHTS FROM YOUR LAY LEADER

*Terrie Ham*

“As the May newsletter reaches you the United Methodist Church General Conference is meeting in Charlotte, North Carolina. General Conference meets every four years, although this is the first gathering since 2016 because the 2020 conference was postponed due to the Covid shutdown. The General Conference is the only entity that can speak for the entire denomination. It is a business meeting where delegates set policy, pass budgets, and address other church-wide matters. It is the only body that can amend the UMC Book of Discipline which includes church law and Social Principles. There is worship and fellowship too.

This year the gathering runs from April 23 to May 3. Among those assembling (including Pastor Troy) are hundreds of voting delegates from across the globe who were elected to represent their regional church body. The delegates, half clergy and half lay people are the decision-makers at General Conference.

Although thousands of Methodists will be attending the conference, there are only 862 official voting delegates. The largest group (55.9%) are from the U.S. Africa, with 32% has the second largest representation, with others coming from Asia and Europe. Some of the languages spoken are French, German, Kiswahili, Korean, Norwegian, Portuguese, and Spanish.

One of the difficult topics under discussion is how the UMC will go forward considering the number of churches that have disaffiliated. There is also a proposal for updating the language and streamlining the Book of Discipline.

A very positive emphasis at this conference has been encouraging and empowering women delegates, especially from outside the U.S., to find and use their voices as they make important decisions regarding the future of the UMC.

In local Columbia District News, our current District Superintendent Tim Overton-Harris will be taking a position as a special assistant to Bishop Bridgeforth. Beginning July 1, our new District Superintendent will be Karen Hernandez. She is currently the DS of the Sage District and will add the Columbia District to her duties.

Have a wonderful spring.

- Terrie

# Birthdays & Anniversaries in May

## Anniversaries

Glenn & Kristin White  
Rick & Laurel Grimsted

Rick & Tina Heal  
David & Aimee Horton

## Birthdays

|                  |               |                |                |
|------------------|---------------|----------------|----------------|
| Claudell Metzger | Joey White    | Rick Grimsted  | Kyle Moore     |
| Vinnie Hammond   | Luke Williams | Don Weber      | Dan Symons     |
| Matthew Harrison | Glenn Waltman | Cynthia Flynn  | Gisela Weber   |
| Sandy Brooks     | Aimee Horton  | Terrie Ham     | Larry Crawford |
| Ty Symons        | Lianne Bailey | Becky Trautman |                |

## **Women's Shelter Potluck** **Tuesday May 28th**

*Requesting side salads,  
hamburger buns, dessert  
and beverages to go  
along with Pulled Pork.*

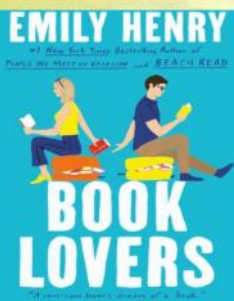


Please contact Kathy Kari for info  
at [tklady@aol.com](mailto:tklady@aol.com) or 630-632-2879



**SUNDAY  
FRUIT  
DONATION  
IS MAY 12TH**

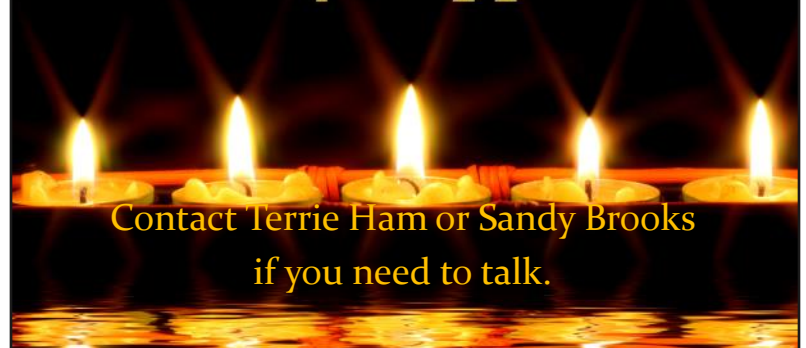
## **Retell Book Club** **Monday, May 20th at 10:00 am**



*In person in Room 107  
and on Zoom*

*We will be discussing  
"Book Lovers"  
by Emily Henry*

## **Grief Support**



Contact Terrie Ham or Sandy Brooks  
if you need to talk.

## **Knit One, Crochet Too**

First Monday Each Month  
at 10:30 in the Fireside Room



## **Kids Connection**

**The Second Sunday  
of Every Month**

Please contact  
Sue DeFranco or Terrie  
Ham via the Office,  
503-665-1192 or  
[office@greshamumc.com](mailto:office@greshamumc.com)



# Gardens As Ministry

Jesus went with the disciples to a garden called Gethsemane.

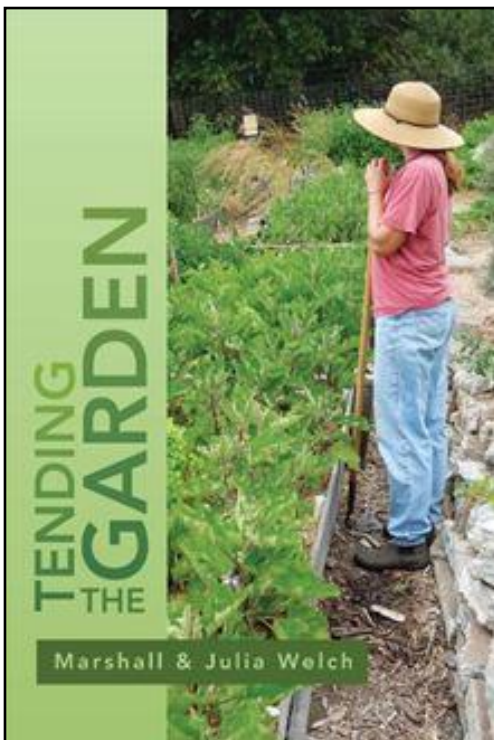
He said to them, "Stay here while I go over there and pray." ~ Matthew 26:36

To cultivate a garden is to walk with God. ~ Christian Nestell Bovee

A garden holds significance in our faith tradition. After all, it was in the garden where our life story began. We know, too, that Jesus went to the garden to pray. In Matthew 13, Jesus used the garden as a metaphor for cultivating our spiritual lives when the farmer...

*"went out to sow his seed. And as he was scattering the seed some fell along the path and the birds came and ate it up. Some fell on rocky places that did not have much soil. It sprang up quickly because the soil was shallow. But when the sun came up, the plants were scorched, and they withered because they had no roots. Other seeds fell among the thorns, which grew up and choked the plants. Still, other seeds fell on good soil where it produced a crop - a hundred, sixty or thirty times what was sown."*

Therefore, gardens not only provide nutritional sustenance. They can nurture our spirituality as well. Writer, Gordon MacDonald proposed that a *"Garden is an inner spiritual center - a place of potential peace and tranquility. The garden is a place where the Spirit of God comes to make a self-disclosure to share wisdom, to give affirmation or rebuke, to provide encouragement, and to give direction and guidance."* Gardens can also promote a sense of community and fellowship while fulfilling the outreach mission of the church to feed the hungry and provide nutritious produce.



The unused expanse of our church property with clear south-facing land provides a unique resource and opportunity to explore possibilities for garden ministry. This would complement, rather than replace or supplant, the current Doula Latinas gardening program by creating a parallel church community garden as a form of ministry. This can extend the reach of our church into the neighborhood and community at large in a variety of ways.

We would like to extend an invitation to interested members of the congregation to engage in a conversation

to envision what a garden ministry at Gresham United Methodist Church might entail. While not intended to be prescriptive in any way, we would be happy to bring to the discussion our history and experience of establishing a community garden at our previous church as a form of ministry. As a sneak preview and a way to learn more about the garden ministry we helped start and what that could look like, watch this short two-minute video broadcast by a local TV station by clicking on this link: [Soul Garden](#) and/or visit [this website](#).

If you are interested in participating in this exploratory conversation, please contact us via e-mail at [marshallwelch1976@gmail.com](mailto:marshallwelch1976@gmail.com) or [juliewelch1976@gmail.com](mailto:juliewelch1976@gmail.com). Once we identify a group of interested participants, we will then work with the church office to secure and announce a time and location for a conversation. Stay tuned for details.

- Marshall and Julie Welch



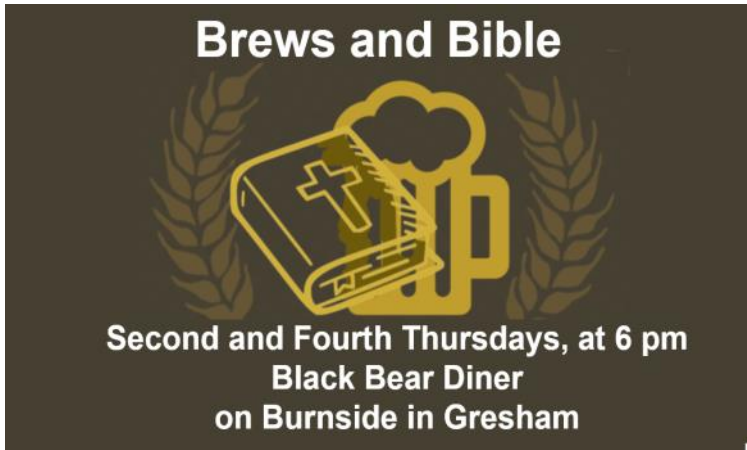
Marshall and Julie Welch coordinated a community garden at their church in Salt Lake City. Julie is an Oregon Master Gardener and was a garden educator in public schools and Saint Mary's College of California. Marshall is a retired professor and author. They are the authors of a book on the spirituality of gardening.



**Volunteer at the SnowCap Clothing Closet**  
**1<sup>st</sup> and 3<sup>rd</sup> Thursdays at 2 pm**  
**We will be sorting clothing and re-stocking the clothing racks.**

Contact Linda Bridges at [lindajbridges@comcast.net](mailto:lindajbridges@comcast.net) for more info.

The Clothing Closet is located in Gresham Station at:  
1271 NW Civic Dr, Gresham, OR 97030.  
On the Southwest Corner of Civic Drive and NW 13<sup>th</sup> Street



**Brews and Bible**

Second and Fourth Thursdays, at 6 pm  
Black Bear Diner  
on Burnside in Gresham



**SOLVE-IT-SATURDAY**  
**MEN'S MONTHLY BREAKFAST**  
**FIRST SATURDAY EVERY MONTH**



United  
Women  
in Faith

**WOMEN'S NEWS**

**May 2024**

## UNITED WOMEN IN FAITH - NEWS FOR MAY 2024

Look at the book to the right! Look at the plain black dress!  
Look at the title! What do you think this book is about?

COME TO THE MEETING OF UNITED WOMEN IN FAITH ON  
MONDAY, MAY 13<sup>TH</sup> TO HEAR ABOUT THE POWER OF ONE  
YOUNG WOMAN!

But we need your help for this program! Please bring at least one  
(or more) accessory from your closet to dress up this plain black  
dress...something like a scarf, a necklace or pin, a jacket, sweater,  
shirt or blouse, hat, belt, purse, (don't worry about the size!).  
We will use these items in the program, and then you can take  
them back home! (No shoes, please.).



This will be a “fun” program and a book review!

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### SOMETHING NEW TO DO

Do you get unsolicited greeting cards in the mail?  
Do you have a drawer full of unused envelopes?

### WE CAN USE THEM!

United Women in Faith are collecting the items mentioned above to use or  
recycle into greeting cards for all occasions to be used by women in prison to stay  
connected to their family and friends! There will be a decorated box in the  
narthex the beginning of May to deposit your donated cards and envelopes.

We hope that during the month of May we have a big variety of new or used cards to  
work with. Making cards will begin in June. Participation in this project is open to  
everyone! Watch for further announcements!





A REMINDER

Find strength in  
knowing that you can  
make a difference in  
the world!

- AJ Wolf (Trista Wynn)

A CHALLENGE FOR ALL OF US!

I am only One.

But still, I am One.

I cannot do everything,

But still I can do something.

And because I cannot do everything,

I will not refuse to do the something I can do.

- Helen T.

SPECIAL DAYS IN MAY

MAY 1 - INTERNATIONAL WORKERS DAY

MAY 1 - ASIAN AMERICAN PACIFIC ISLANDER HERITAGE MONTH

MAY 12 - MOTHER'S DAY

MAY 22 - EARTH DAY

MAY 26 - PEACE WITH JUSTICE DAY

MAY 27 - MEMORIAL DAY

ACTIVITIES AND MEETINGS FOR MAY

MAY 6 - MONDAY- KNIT ONE, CROCHET TOO will meet at 10:30 in Room 101

MAY 12 - SUNDAY- MOTHER'S DAY- Come to worship!

MAY 13 - MONDAY- UNITED WOMEN IN FAITH GENERAL MEETING - 1:30  
(See details above)

MAY 18 - SATURDAY- MARY KISSINGER'S - Memorial Service - 2:00

MAY 20 - MONDAY- RETELL READING GROUP - meets at 10:00

Room 107. The book to be discussed is "Book Lovers" by Emily Henry

MAY 22 - WEDNESDAY- EARTH DAY



### MAY REMINDERS

1. Hygiene items for the women's shelter are collected in the marked tub in the Resource Room (first door down the south hall)
2. Gift in Memory cards will be available at the May 13 meeting- Honor a loved one with a Gift in Memory.
3. With the changing of season, it's a good time to bring clothes for SnowCap barrel by the elevator
4. It's never too late to make a Pledge to Mission. See Roz Collins for a pledge card or payment on your pledge.
5. Look at the Women's bulletin board in the Fellowship area. The saying was by Laurel Grimsted!

### GRESHAM WOMEN ARE THANKFUL WOMEN!

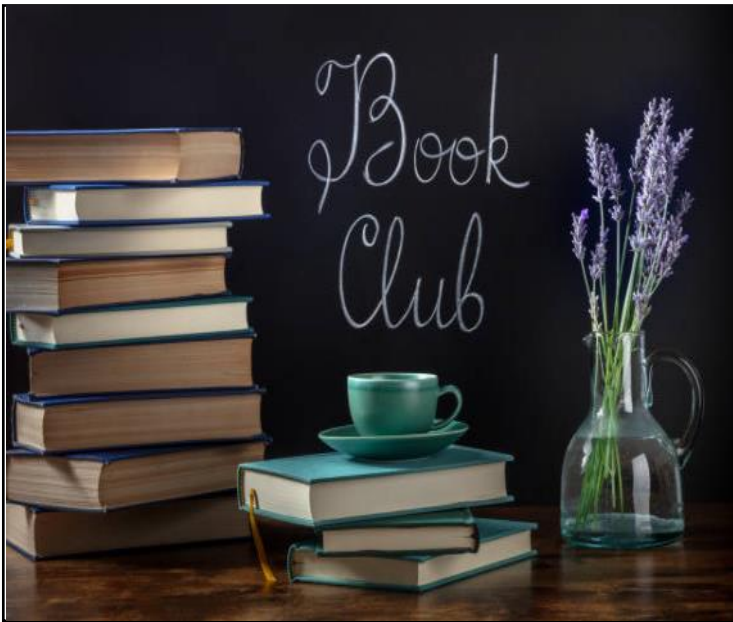
One of my favorite hymns is "Standing on the Promises". But what are the promises that Jesus gave us?

Here is a partial list of my favorites:

- Blessed are those who mourn, for they shall be comforted
- Blessed are those who hunger and thirst for righteousness, for they shall be satisfied
- Blessed are the peacemakers, for they shall be called sons (and daughters) of God
- Ask, and it will be given you; seek, and you will find; knock, and it will be opened to you
- I am the Way, the Truth, and the Life
- You shall receive power when the Holy Spirit has comes upon you
- For where two or three are gathered together in my name, there I am in the midst of them
- I am with you always, to the close of the age!

I Give Thanks for these Promises ...the foundation of my Faith in Jesus Christ!  
What are your favorite promises? YES, GOD LOVES YOU!


Tell your THANK OFFERING JAR "THANK YOU" with your loose change!"



**May:** *Book Lovers* by Emily Henry. This is a lighter novel about a literary agent and editor.

**June:** *The Secret Wisdom of the Earth* by Christopher Scotton. This is a coming of age novel about a boy and his mother who are grieving his brother's death. They spend the summer in a small Kentucky town where coal mining is destroying the surrounding hills.


- Sue Anderson



Join us for Fun and Fellowship  
**Faith Based Fitness Class**  
 Monday and Thursday  
 9:30 to 10:15 am  
 Gresham United Methodist Church

A complete workout for body, mind and spirit  
 All fitness levels are welcome!

Questions? phone 503-665-1192  
 Or email office@greshamumc.com



Wellness Education Ministry



**Caregiver Support Group**  
**4th Mondays**  
**@ 1 pm Room 107**  
*This group is for past, present & future caregivers.*  
**Contact Amy Paynter or Terrie Ham with questions**



**Widow's Lunch**

The Widows Group will meet for lunch on Thursday, May 9th at 11:30 AM. Our plan is to meet on the second Thursday of every month so mark your calendars. Please bring a salad to share and RSVP to Jeanie Kleen 971-219-9428. Do join us for some social time.