



February 24, 2023

WORSHIP

with us

**Join Us In-Person or
Livestream**

**OCUM Church starting at
10:00a.m.**

FAMILY & FRIENDS ALL WELCOME



Rev. Tom Orquiza-Renardo

Pastor

Cell: 503-888-5224

ocumcpastor@gmail.com

Christa Palmer

Secretary

Office: 503-656-3433

Office@oregoncityumc.com

Rick Wilson

Music Director



MISSION POSSIBLE TEAM PRESENTS

Sloppy Joe Dinner



FUNDRAISER

All proceeds will benefit the Father's Heart

Dinner

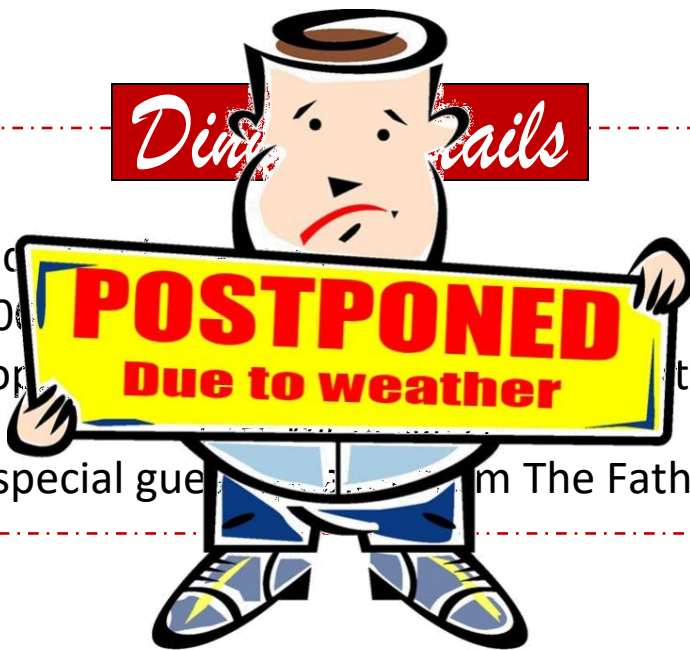
When: Friday

Time: 6:00 PM

Menu: Sloppy Joe

Plus:

A special guest from The Father's Heart!



The Father's Heart
STREET MINISTRY

Helping those in need in Clackamas County. We share the love of Christ, as demonstrated in the Word of God, to transform the lives of hurting, lonely, addicted and hopeless people. We see The Father's Heart as a safe refuge, where those struggling with homelessness can rest, shower, sleep, eat a warm meal and find rest.

PASTOR'S SCHEDULE

Afternoons will be in and out.
Appointments are always
welcome to be scheduled.

Sunday, February 26

8:30am – Searchers Class
10:00am – Worship

Monday, February 27

9:00am – 2:00pm

Tuesday, February 28

9:00am – 2:00pm

Wednesday, March 1

9:00am – 6:00pm
5:00pm – Worship Design Team
6:30pm – Choir Rehearsal

Thursday, March 2

9:00am – 2:00pm

Friday, March 3

No Office Hours
Sermon Prep Day

Saturday, March 4

Enjoy your weekend!!!

To the Faithful of Oregon City UMC,

Lent has officially begun. It is the season for reconnecting or connecting more closely with the Divine. A forty-day period of fasting, prayer, and preparation, before we come to the celebration of Jesus' resurrection.

Another way to think about it? It's the season of, "What did you give up for Lent?" For those of us who seek to include a spiritual practice in our journey, giving something up is the go-to sacrifice. Though it's a practice that runs the risk of becoming stale far too easily. If we participate in giving something up, or fasting (we can fast from more than food), it's meant to be a true sacrifice so we might spend more time focusing of God. For example, giving up chocolate and peanut butter is a great sacrifice... if you're addicted to Reese's candies (guilty), and giving these up will improve your health and focus (probably). Though I imagine for most this would be a mere inconvenience; a token sacrifice to appease a spiritual discipline at bare minimum.

Think about these questions. What would be a true sacrifice for you in the season of Lent? What's something that would be a real challenge and discipline-builder to do without during these 40 days? What's a distraction that you can set aside to better focus on God?

I'll ask you another question as well. Can a sacrifice also be something you take up rather than give up? Can adding a spiritual practice or discipline be a sacrifice of time? The point of Lent is to grow closer to God and gain a refreshed understanding of God's love for us through Jesus Christ. What if simply refraining from doing something or eating something for 40 days isn't enough, or has no real meaning for us? Does it really bring us closer to God?

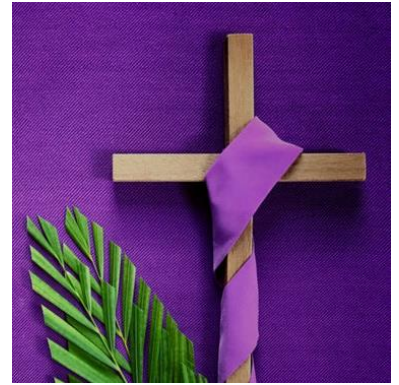
Now, what if we intentionally spend time with God during Lent and listen for the still small whisper of the Divine? There's any number of ways we can seek to grow closer with God during this season. I offer these suggestions for you to consideration:

- Pick a *spiritual or religious book to read* or *join a study group* during Lent and be open to the insights it presents.
- Practice *Lectio Divina*, a five-step meditation method for reading the scriptures. More info here: <https://www.pbrenewalcenter.org/blog/contemplative-prayer-the-five-steps-of-lectio-divina/>
- *Pray the Psalms*. Some say this is what led to Paul's vision of Jesus on the road to Damascus. Check out this how to guide: <https://praypsalms.org/how-to-pray-the-psalms-60484747091a>
- Go for *Prayer Walks*. Take intentional walks and use them to pray and meditate, focusing on how you feel God's presence around you. If you're one who counts your steps you can even set a goal for how many steps you pray each day.
- *Yoga*. It's not just for fitness. It's a spiritual centering practice as well. With each movement, focus on how the energies of Spirit move through you.

These are just a few options. You can explore different spiritual practices, new and old, and see if there's one that grabs at your attention and curiosity.

Blessings on your Lenten journey,

Pastor Tom





FLOREY, SHEILA	03/02
FORNCROOK, CAROL	03/05
SALTENBERGER, ROSE	03/07
SYTSMA, JACOB	03/07
OLSEN, ADDISON	03/14
RENARDO, COLE	03/14
ENZ, DORINE	03/23
OLSEN, KYLA	03/24
RONFELD, JOHN	03/25
ENGEL, MARTY	03/27
MYERS, CHLOE	03/27
DIFRANCO, TONY	03/28
MYERS, CHELSEA	03/29

Upcoming Events

The Last Supper

Friday, February 27 @ 5:00pm
Mission Core Fundraiser dinner



Change for Change

For the month of March our change offering will go towards Vacation Bible School.

Lenten Book Study

Wednesday, March 1 @ 10:00am
(In person only)
Thursday, March 2 @ 6:30pm
(Hybrid)

Women's History Month

Wednesday, March 1

SPRT Meeting

Monday, March 6 @ 3:00pm

American Red Cross Blood Drive

Tuesday, March 7 @ 12:45pm – 5:00pm
Register on-line at redcross.org

Daylight Saving Time starts

Sunday, March 12

St. Patrick's Day

Friday, March 17

Last Suppers

Friday, March 31 @ 6:00pm

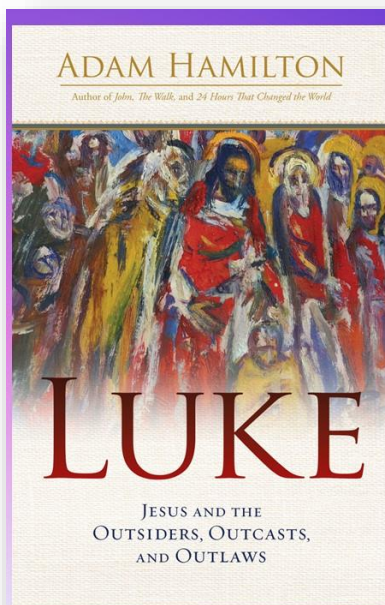
HOPE Food Pantry

OCUMC HOPE Food Pantry will be receiving 3 pallets of Food the morning of March 8th and we need volunteers to help unload the truck. If you can help please contact Sharon Thonstad at 503-557-2361.

THE UPPER ROOM

DAILY DEVOTIONAL GUIDE

March/April issue of the Upper Room Devotional is now available. If you are not able to pick up a copy at the church, you may request to have a copy mailed to you.



Join us for a **Lenten book study**, Starting Wednesday, March 1st.

LUKE:

Jesus and the Outsiders, Outcasts, and Outlaws

by Adam Hamilton

Wednesdays at 10:00am
In person only

Thursdays at 6:30pm
Hybrid (In person & Zoom)

Limited book copies available for \$8.00

For more info, or the Zoom link, email Pastor Tom at ocumcpastor@gmail.com.

HOPE FOOD PANTRY

WE NEED YOUR HELP!!!

Our Food Pantry supply is critically low. The most needed items are canned Fruits/Vegetables. We also need pasta products and boxed food items.

We are in critical need of:

- Canned vegetables
- Canned fruit
- Canned Soups
- Canned meats
- Pasta products
- Raman noodles
- Scalloped/Au gratin potatoes
- Misc. Boxed items



Donations can be dropped off at the HOPE Food Box located in the church lobby.

Our Weekly Giving Moment

God created us with unique qualities and skills. Still, we are all called to reflect God's love, mercy and grace in the world.

One of the best ways the church can do this is through Scouting ministries. Thousands of children and youth flow through the doors of United Methodist churches across the United States to play, learn and grow together. For many, this will be the only church connection they will experience in their lives.

What an opportunity for us! We can learn from others like Johns Creek United Methodist Church in Georgia that hosts eight Scout troops, including 400 Scouts. We may not be at that capacity, but we can reflect the same love and support.

God meets us wherever we are, regardless of our circumstances. It's time that we do the same for our communities, letting our light shine before others as Jesus asked us to do.

Scouting ministries make a difference in young lives. Let's support that and make the difference that much more important. Support the United Methodist Commission on United Methodist Men through the World Service Fund. Ensure that children, youth and their families are invited to join in the love that Christ offers us.

With Sincere Appreciation



A Big Thank You for all the help and use of the church for the celebration of life for Joy Russell.

*Sincerely,
Russells & Fredericks*

The 2023 Church Directories are now available!

You can pick up a copy in the Church Narthex

