



The Bell Ringer

Vancouver Heights United Methodist Church

Pastor's Corner Reflection

“Sea to Shining Sea”

Greetings to my Vancouver Heights UMC family! I pray that each of you are safe and discovering ways to commune with the Divine as you also enjoy your summer.

Over the past week I have been traveling this country with my family to fulfill my new appointment with the Pacific Northwest United Methodist Church. Leaving from Virginia Beach, VA and of course my destination being Vancouver, WA I am literally traveling from, “sea to shining sea.” What a beautiful journey this has been for me and on August 1 our beautiful journey begins together. The song that continues to reverberate in my mind is *America the Beautiful*. “Oh, Beautiful for spacious skies for amber waves of grain, for purple mountains majesty above the fruited plains...”



Traveling this great nation, I am in awe of the many ways that God has shed God’s grace on humanity. One of the many ways God’s love is shown is through nature and our country has plenty of beautiful nature (i.e., plains, snowcapped mountains, lakes, rivers, and streams etc.). Truly we are blessed to live in such a picturesque country. Unfortunately, our nation’s history, actions, and current state of handling issues that affect marginalized people have not matched its natural beauty.

However, I am not in a state of despair with the current climate that we face here in “Our” America. I am hopeful and budding with excitement of how God is going to blow our minds at Vancouver Heights United Methodist Church. Pastor and people building on our legacy to be agents of change, hospitality, and justice.



Volume 56 Issue 8
August 2021

All meetings Zoom unless noted otherwise

Some meetings are being changed to in person at the last minute, so please contact group leader for the most up to date meeting plans and locations

Aug 4

Missions Mtg. 6:30pm

Aug 5

Finance Mtg 6:30 pm

Aug 7/14/21/28

Circle of Hope 1:00 pm

Aug 12

Ad Board Mtg 7:00 pm

Aug 15

SPR Mtg 11:30 am

Aug 19

Trustee Mtg 6:30 pm

Aug 19

Labyrinth Mtg (church lawn) 6:30 pm

Aug 23

Reading Radicals 7:30 pm

Aug 28

UMW Exec. Mtg 1:30 pm

Aug 31

Education Mtg 11:30 am

Sept 1

Missions Mtg 6:30 pm

Sept 2

Finance Mtg 6:30 pm



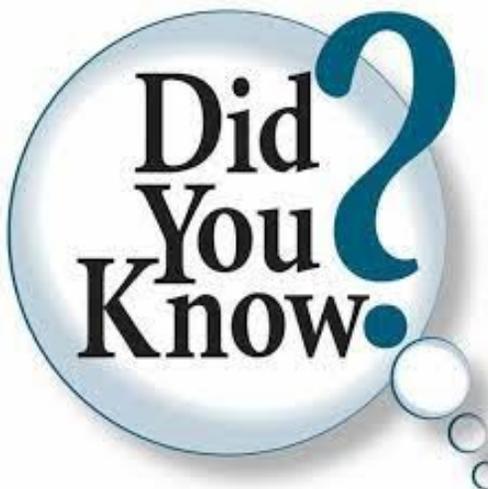


Being a reconciling church, teaching a radically inclusive gospel, and by intentionally affirming and valuing the gifts of every member of the body of Christ and being intentional. Intentionally creating ministry space for women, men, seniors, the LGBTQIA+ community, and our young people are all effective ways that we shed the love of God on others. I believe that we at Vancouver Heights UMC are reflections of the love that God shed on us, by being God's hands and feet. God Bless each one of you! I am looking forward to being your pastor and meeting each of you in the next days, weeks, and months to come.

Grace and Peace,
Pastor Byron



Did you know that Vancouver Heights has an email for prayer requests?



The email is: vhumcprayers@gmail.com

You can also send an email to the church office or call the office.

If you send text messages to emails, possible prayer requests in reply to all emails, or texts to someone's phone without identifying yourself then we really cannot put your request on our prayer chain.

We do need to know who it is coming from to ensure that we do have permission to put the request on our prayer chain. If you send a request in a reply to all email then we are not sure that it is a request that should go out on our prayer chain.

Not everyone wants their concerns sent out on our prayer chain, so please make sure that you do have the okay .

Thank you for your understanding.



As we continue to evaluate our ability to safely advance toward the complete reopening of our church, the Administrative Board has provided the following updates and restrictions for building use:

Sunday Worship Services:

⇒ **Congregational singing is now permitted.**

- Masks are required in the building (2 years of age and up).
- 6 ft. social distancing between families is required.
- No indoor social reception/food gatherings permitted at this time.

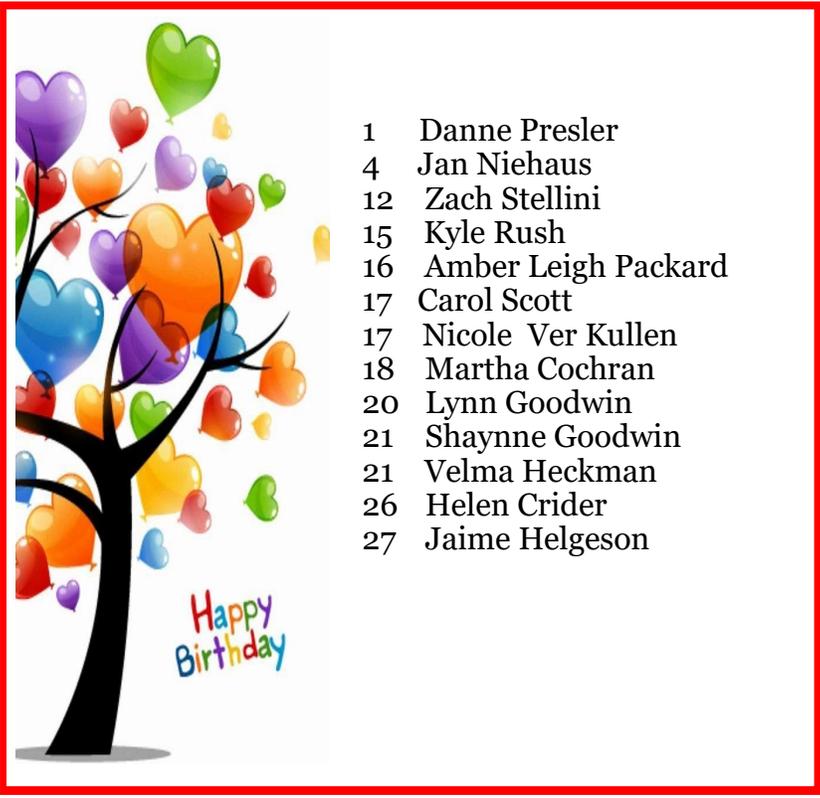
Outside (contracted) Group Meetings:

- Permitted to use the Fellowship Hall and must be scheduled with church office.
- Masks are required when entering and leaving the building and in hallways.
- Group must provide and use their own sanitizing supplies.
- Group must sanitize room before and after meeting.
- Masks and/or social distancing are optional within meeting room.

Church Group Meetings:

- Various rooms may be used depending on group size.
- Rooms must be scheduled through the office and noted on the calendar.
- Group is responsible for unlocking and locking space used.
- Masks are required at this time (similar to worship guidance).
- Group must sanitize before and after meeting.
- Group leaders are responsible to assure that all members present are aware of the guidelines.

These guidelines will be reviewed/ addressed again in early August.



- 1 Danne Presler
- 4 Jan Niehaus
- 12 Zach Stellini
- 15 Kyle Rush
- 16 Amber Leigh Packard
- 17 Carol Scott
- 17 Nicole Ver Kullen
- 18 Martha Cochran
- 20 Lynn Goodwin
- 21 Shayne Goodwin
- 21 Velma Heckman
- 26 Helen Crider
- 27 Jaime Helgeson

HAPPY anniversary

- 8/1/2017 Pat Bennett & Kerry Strickland
- 8/8/2018 Sabrina & John Beers
- 8/10/1963 Gary & Bonnie Bachle
- 8/10/1991 Lisa Lowe & Ernie Nicholson
- 8/12/1989 Gary & Penny Wharton
- 8/14/1988 Lyn & Chris Milner
- 8/14/2009 Charles & Meli Nicholson
- 8/16/1997 Shari & Rob Perea
- 8/19/1967 Sharon & Walt Royle
- 8/28/2011 Josh & Kari Harold

Please join us

United Methodist Women are inviting all women to an outside, in person and informal gathering on church grounds on Saturday August 21 beginning at noon. Bring you own lunch and beverage and lawn/folding chair if you are able.

September newsletter articles and submissions are due NO LATER than August 19th by 1:00 pm

NOTICE
THIS DOOR
MUST BE
KEPT LOCKED

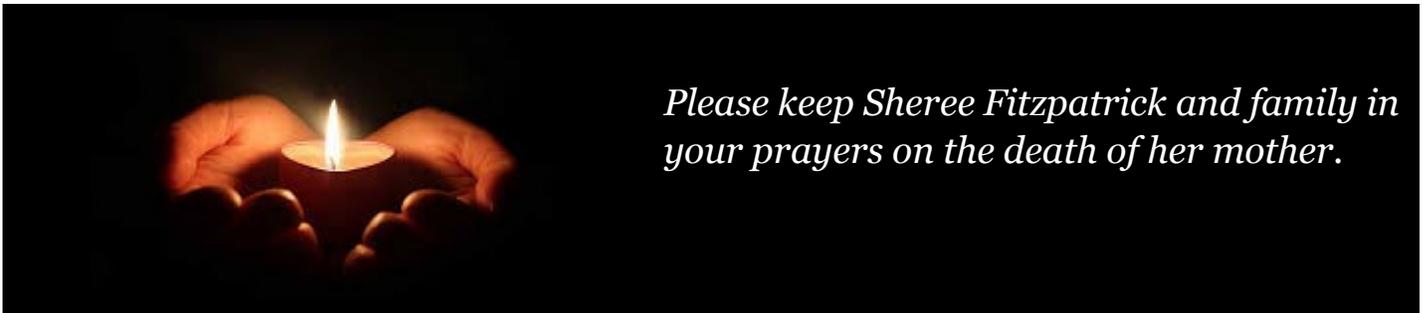
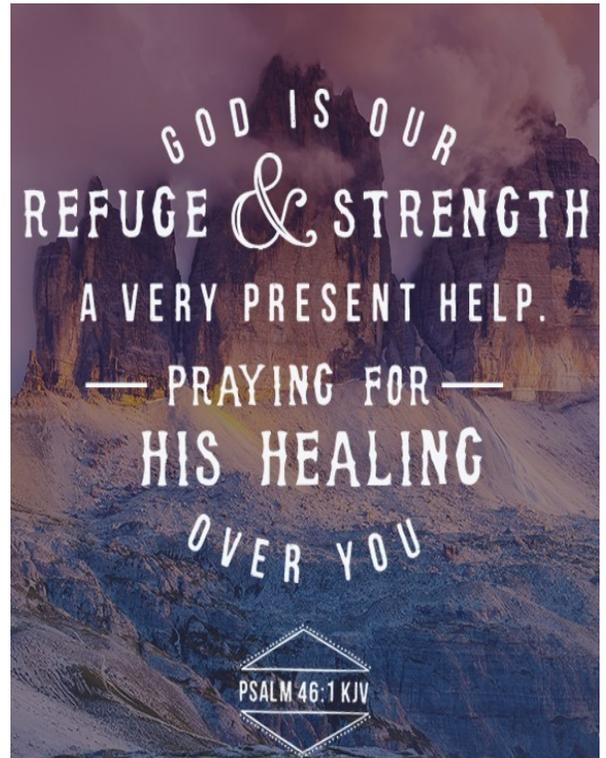
BUILDING SECURITY UPDATE

Now that our church is in the beginning stages of reopening, we want to remind key holders and users of the building that they are responsible to verify that the building is locked up and secure before leaving. If you are the last one to leave, please make sure all inside/ outside doors and windows are closed and locked. Lights and heat/AC also need to be checked to make sure they are off as you exit the building. Thank You.

Remember in Prayer, Word and Deed

- David Womelsdorff
- Kylee Goodwin
- Kay Sorenson
- Nina Lamb
- Verna Ryan
- Gary Wharton
- Sara Patterson
- Pastor JoAnn Schaadt
- Gary Antijunti
- Marilyn Jenkins-Suzanne Haidri's Mom

~ For the many unspoken prayer requests in our church community



Please keep Sheree Fitzpatrick and family in your prayers on the death of her mother.

UMW Reading Cart Relocation

The reading cart has been moved to classroom 10 for easier access and is available for use again. You will find it just inside the door against the wall.



Labyrinth Meeting

The Labyrinth team will meet on the church grounds where our Labyrinth will be build in the future. The meeting will begin at 6:30 pm on Thursday August 19, 2021



Vancouver Heights Labyrinth Update...

To date about \$24,000 has been generously donated toward our dream of creating an outdoor worship space on the grounds near the bell tower.

Did you know that the proposed location for our labyrinth is ground that was on the blueprints for phase 2 of our current building which opened for worship in 1961 and to be the location of the permanent sanctuary and our current sanctuary was planned to eventually become gym space.

What better way to honor those dreams of our original builders than to create a place of peaceful reflection and personal meditation than to create a labyrinth and prayer garden in that space? Our "Outdoor Sanctuary".

Your labyrinth team consists of chairperson, Delaine Harold and members Darla Borella, Stephanie Harold, Pat Hodney-Gould, Rick Avery, Kelli Waldo, Deb Avery, Dana Smothers and Wanda Wilson.

We are meeting monthly, in person now, and our current work includes getting bids for poured concrete and finishing for our 40 foot diameter Labyrinth, generating ideas for the most inspirational use of our "memorial/in honor" engraved bricks and energizing our church family and surrounding community to help us realize this dream in 2022.

You will be excited to know that our engraved bricks project will re-open in September and we will be incorporating online methods to order however, paper forms continue to be available in the church office.

We are also planning ways to help educate our community on the centuries old practice of walking a labyrinth as way to draw us closer to God's Call in our lives.

No donation is too large or too small and may be given through church channels and noted as Labyrinth Fund.

Watch for more exciting news in September ad thank you all for spreading the word.

Your Labyrinth Team 2021-22



Sabbath is essential to well-being

From *Abundant Health* feature from the Oregon-Idaho Conference dated 7/21/21 (www.umoi.org/newsdetail/sabbath-is-essential-to-well-being)

Remember the Sabbath day and treat it as holy. Six days you may work and do all your tasks, but the seventh day is a Sabbath to the Lord your God. Do not do any work on it—not you, your sons or daughters, your male or female servants, your animals, or the immigrant who is living with you. Because the Lord made the heavens and the earth, the sea, and everything that is in them in six days, but rested on the seventh day. That is why the Lord blessed the Sabbath day and made it holy.

– Exodus 20:8-11

We all need time for rest and renewal in our lives and summer is often the time of year we are most able to find it. Authors Joseph Telushkin and Denis Prager write about the four kinds of Sabbath Peace in their book, *The Nine Questions People Ask About Judaism*. We can learn much about how to incorporate Sabbath practices and times for our clergy and ourselves on a regular basis.

* The first is **peace within ourselves**. Eugene Peterson summed this all up in this quote: Sabbath is that uncluttered time and space in which we can distance ourselves from our own activities enough to see what God is doing. The Jewish Sabbath laws are designed to bring peace on earth, a foretaste of heaven, one day each week. This peace must begin with the person we see reflected in our mirror each morning. To promote inner peace, religious Jews renew in the quiet that descends on Shabbat eve. In times like this we can re-learn how to be still and rest in God.

* The second source of shalom is **peace between people**. When we turn off external, mechanized sources of noise during our rest and renewal times we suddenly have ample time to invest in relationships. One of the nearly universal consequences of Sabbath observance is the strengthening of ties among family and friends. It is a time when sharing a meal can allow time for uninterrupted conversation, It is a time we can reconnect with spouses and children in a relaxed atmosphere, and for friends to have leisurely conversations and share their hearts. In the words of Thomas Babington Macaulay: *I have not the smallest doubt that, if we and our ancestors had, during the last three centuries, worked just as hard on the Sunday as on the week days, we should have been at this moment a poorer people and a less civilized people than we are.*

* Third, Sabbath also promotes **peace between people and nature**. Biblically, the injunctions to take a break on the Sabbath, gives not only people but animal and the land a rest and renewal for all creation. Here's an interesting fact: If every Jew and Christian in the world worshipped on the Sabbath and then came home and didn't buy anything or drive anywhere the remainder of the day, we could save about 14 percent of our carbon footprint. But even more significantly, by filling the emptiness inside with God rather than nonstop consumption, Sabbath peace flows into our habits every day. Thomas Merton captured this concept well: When your tongue is silent, you can rest in the silence of the forest. When your imagination is silent, the forest speaks to you. It tells you of its unreality and of the Reality of God. But when your mind is silent, then the forest suddenly becomes magnificently real and blazes transparently with the Reality of God.

* Last is **peace between people and God**. Oswald Chambers wrote: The busyness of things obscures our concentration on God ... *Never let a hurried lifestyle disturb the relationship of abiding in Him. This is an easy thing to allow, but we must guard against it.* Sabbath time can

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incorporate a time for God. A time when we look beyond the tyranny of the urgent and reflect upon the eternal consequences of our actions. We can better focus on God's generosity and goodness and our relationship with Him.

Sabbath entails doing things that bring healing, joy, and rest to a person. In Sabbath we experience freedom of mind and spirit. We are creative and express true selves. God's work habits are strategic enough to allow time for rest and joy in the midst of God's creative process. As Christians, we are called to a life that emulates and honors God. Without balance, we are unable to be who God created us to be, caretakers of God's creation in community with God and each other. Sabbath keeps us healthy and sane as we go about our work with God in the world.

Honoring Sabbath times is a biblical mandate. It is one of the ten commandments God gave Moses for God's people. It is also an important element in living abundantly. To help evaluate how well we are doing for ourselves you may find these resources helpful:

* Self-Care Assessment: <https://www.livingcompass.org/assessment-introduction>

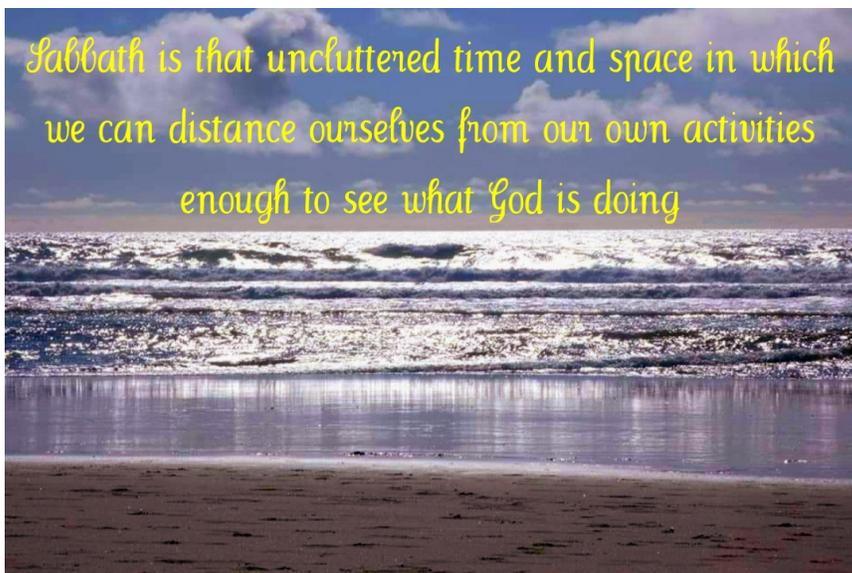
* Sabbath Starters: <http://sabbathliving.org/sabbath-starters/>

* Writing your Sabbath Plan: <http://sabbathliving.org/sabbath-plan-worksheets/>

* Embracing Wholeness: [An Earth Perspective for Covenantal Living by Jessica Stoneyer](#) (the book for MissionU's 2018 Spiritual Life Study)

At least one day in every seven, pull off the road and park the car in the garage. Close the door to the toolshed and turn off the computer. Stay home, not because you are sick but because you are well. Talk someone you love into being well with you. Take a nap, a walk, and hour for lunch. Test the premise that you are worth more than you can produce – that even if you spent one whole day of being good for nothing you would still be precious in God's sight. And when you get anxious because you are convinced that this is not so – remember that your own conviction is not required. This is a commandment. Your worth has already been established, even when you are not working. The purpose of the commandment is to woo you to the same truth.

—Barbara Brown Taylor



Here are the Sabbath Starters from the link on the previous page. So many wonderful things that you can choose to do to just stop and take time for yourself and/or your family together and just be present.



SABBATH STARTERS

We are often asked, “How do I take steps to begin observing a Sabbath?” If you are ready to commit to keeping a Sabbath, here are some ideas to get you started.

1. Encourage your family to take guiltless naps.
2. Say grace before every meal on the Sabbath.
3. Take a Sabbath walk.
4. Take a media fast.
5. Spend at least half an hour in silence.
6. Find a church home, if I don't have one already.
7. Write a letter of appreciation.
8. Engage in service outreach.
9. Talk with your family and decide how you want to celebrate the Sabbath.
10. Clean the house and do all errands the day before the Sabbath.
11. Light Sabbath candles.
12. Avoid eating out, buying things, and driving (except to church).
13. Select a devotional to share with your family.
14. Take off your watch and remove all reminders of work during the Sabbath day.
15. Prepare a special Sabbath meal and invite someone to share it with you. Try baking *Challah bread*.
16. Turn off the computer and your cell phone. Use your answering machine to screen calls.
17. Fill a special play box for children with quiet activities reserved for the Sabbath.
18. Read Psalm 92 (the Sabbath Day Psalm) or Psalm 23, 24, 29, 93, 126, or 148.
19. Talk together. Share praises and concerns with family or friends. Ask forgiveness from anyone you may have hurt or offended this week. Bless your spouse and children. Read a book aloud together.
20. Spend at least ten minutes completely surrounded by nature.
21. Prepare most Sabbath meals with local or organic foods.
22. Pick a cue throughout the week to bring in a moment of Sabbath peace to your weekday routine.





Vancouver Heights United Methodist Church

Website: <http://vancouverheightsumc.org>
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360-693-4761

Email: vancouverheightsumc@gmail.com
Prayer Request mail: vhumcprayers@gmail.com



*We are part of the
Reconciling Ministries Network.
We are a church that is spiritually alive,
radically inclusive and justice oriented.*

STAFF

Ministers:

The Whole Congregation

Pastor:

Rev. Byron Harris

Administrative Assistant:

Lugene Paprocki

Choir Director & Song Leader:

Nancy Huerena

Pianist:

Lori Ritchey

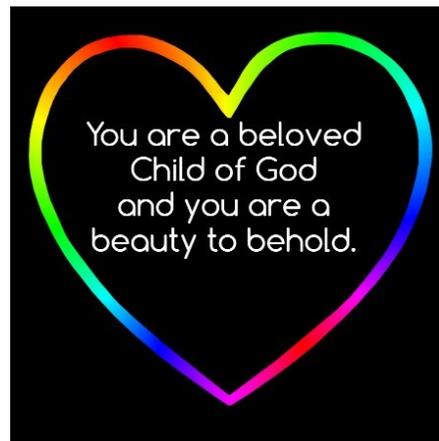
Nursery Attendant:

Abigail Niehaus

Worship Producer:

Stephanie Harold

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**Shalom to you now, shalom, my friends.
May God's full mercies bless you, my
friends.
In all your living and through your loving,
Christ be your shalom,
Christ be your shalom.**

