



# GREAT SPIRIT

[www.greatspiritpdx.com](http://www.greatspiritpdx.com)

Great Spirit Newsletter October-November 2020

Issue 9

## Message to the Community

By Dr. Allen Buck

Osiyo Great Spirit Family,

Are you experiencing fatigue? Do you keep hearing that word everywhere these days? Pandemic fatigue? News fatigue? Compassion fatigue? Zoom fatigue? Facebook fatigue? What types of fatigue would you add? As I write those out, I'm aware that I just might be (blank) fatigued too. What things are draining us?

I recently read that relapses and overdoses are up 30% since March. So too, mental health issues, depression, and suicide are up. Fatigue isn't the only or most pressing issue, but the consequences of our current circumstances and the fatigue of it all are very real for individuals, us, and the whole of Creation. As I talk to you and many others on the phone and Zoom, trying with Spirit's help to be a pastor, I'm sensing these challenges more and more. Friends, we're in a traumatic situation together. It is stressful.

There are no simple answers

or trite fixes for what we're experiencing. But, we must do something. Together, we will get through. What will we do? Where do we start?

We can pray. We can smudge. We can sing. We can listen. We can call people on the phone. We can practice gratitude. We can be involved in outreach. We can support song carriers and ceremonies. We can offer time and resources. We can work to be kind and compassionate to ourselves and others.

What can we do to help that doesn't add to the fatigue and stress?

We could help each other remember what our ancestors teach us about balance. What is happening spiritually, physically, emotionally? Symptoms, like stress and fatigue are often consequences of something(s) being out of harmony with the Creator's way(s). How do we help one another find balance?

Relatives, this article contains many sincere questions. These questions need wrestling with by this family. Great Spirit Church is here to be a Native American Hub and Spiritual Family. Many of the ways we

### WORSHIP WITH US

We are putting weekly video check-ins and devotionals on our website, [www.greatspiritpdx.com](http://www.greatspiritpdx.com), under the "News" section and on Facebook. We are also inviting everyone to pause and pray with us at 11:00AM on Sundays. There is a new prayer request form on the front page of the website.

Phone: 405-431-9912

were living into our shared mission have been interrupted, but not all of them. Others have been born or are blooming right now. We've all agreed to support this spiritual family with our prayers, presences, gifts, service, and witness. You have done this, and that is a lot! And, I'm so very grateful for you. I'm glad we're in it together!

Now, I would like to hear from you to learn what you think and feel about all this. I would like to hear your thoughts about the questions posed here. It will surely take all of us, our relatives, ancestors, the young ones, and the Spirit working together. So, how will we continue becoming a Native American Hub and Spiritual family during THIS stressful, traumatic, out of balance, draining, time?

Call me at (405) 431-9912. I can't always answer, but leave a message, and I will call you back. You can text too. Email [allen.greatspiritpdx@gmail.com](mailto:allen.greatspiritpdx@gmail.com). Visit [www.greatspiritpdx.com](http://www.greatspiritpdx.com) (you can add prayer requests and offerings there). We're on Facebook. We can Zoom. Join us to pause and pray on



## Opportunities for Connection

- **Halloween Hospitality.** Saturday, October 31<sup>st</sup> at 6PM to 8PM Great Spirit Front Porch. Helen Iles, Monika Trujillo and others will pass out "Trick or Treat" bags to all costumed children. Social distance and masks required.
- Pastor Allen has posted sermons on the website and Facebook. Take a few minutes to view the website [www.greatspiritpdx.org](http://www.greatspiritpdx.org)

## Happy Birthday!

- October 4 Josh Marple
- October 5 August Chadborn
- October 5 Jim Nelson
- October 6 David Marple
- October 9 Bobbie Edwards
- October 10 Jess Jones
- October 13 Amber Gould
- October 16 Seahdom Edmo Baker
- October 16 Barbara Nelson
- October 22 Loretta Milton
- October 30 April Gudino-Wermy
- November 23 Caroline Underwood
- November 26 Jay Bateman

Sundays. We're usually live on FB around 11:00AM or you can watch the recorded videos when you're able on FB or the website. We can also make safe, socially distant, in person visits. We are also having this conversation in our newly coordinated Outreach Team. We invite you to connect there with Monika Trujillo. The Great Spirit Outreach has a FB group or [monikagreatspirit@gmail.com](mailto:monikagreatspirit@gmail.com) is your way to reach Monika directly.

Connect with us to share the journey. Thanks for all you have done, are doing, and will do.

Blessings, Allen

## FINANCE NEWS

Great Spirit has been very fortunate during the pandemic to receive several grants to assist members and constituents with groceries and gas tank fill-ups. The reality though is because we have not had services on Sunday donations to the church have decreased sharply. We want to continue to pay our Pastor and need to pay our utilities. As you can, please remember to give to Great Spirit UMC.

Pledges and tithes can be mailed to Great Spirit UMC at 3917 NE Shaver St. Portland, OR 97212.

Submitted by Helen Stewart, Financial Secretary

## WILSHIRE SEWING CIRCLE

The Sewing Circle provided over thirty blankets to the UMW "Blankets for Kids" initiative. The blankets, mostly flannel and fleece, will keep kids warm this winter.

Masks will be a "fashion accessory" for several months to come. Fabric is readily available. Call Helen Stewart (503-282-6431) if you would like to get started and need a pattern or fabric.

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### *Lafayette F. Keaton* 10/27/1929 - 5/19/2020

We are mourning the loss of our beloved friend and elder, Lafayette F. Keaton, who would have been 91 this month, October 27. We as a church community have been enriched by our knowing Laf, who graciously gave his friendship, support and wisdom to all he encountered. We know he is with Creator now but will remember him being our "go to guy" for administering the sacred smudging ceremony. We will remember his stories and honor his military service and service to the Portland community. We will remember his admonition when life is hard: "Every day is Christmas." Our hearts go out to his family that they may be comforted.

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## FROM THE SINGLE BOARD

In August, the former Methodist Episcopal Church of Chiloquin was deeded to Great Spirit UMC by the Oregon-Idaho Conference. The property will be used to develop a community outreach program by The Stronghold: A Culturally Responsive Peer Support Program with funding from the Klamath Tribal Health and Family Services.

Great Spirit received a grant from the General Board of Global Ministries Columbia District Church Extension Society, for \$10,000 to support a Director of Hospitality, Nurture, and Outreach at Great Spirit. Monika Trujillo will fill the position.

Charge Conference will be on October 11<sup>th</sup> at 3:00 PM via Zoom. Tim Overton-Harris will lead

devotions. Discussion on the Bishop's Challenge for Dismantling Racism will follow the presentation of reports and voting.

## UNITED METHODIST WOMEN

The OR/ID Conference UMW held its annual meeting by Zoom on Oct. 17, 2020. Participants from Idaho to Oregon were treated to a very inspiring time of connecting.

Among the highlights:

1. Awarding the Boyd Crane Scholarship to a deserving student, pursuing a degree in a church-related field.
2. Presenting the Racial Justice Award to JoAnne Stewart for her work with the Oregon Black Pioneers.
3. Hearing from Carol Barton of the National UMW who gave a summary of the work being done to advocate for those suffering from the pandemic, systemic racism, food insecurity, or climate events.
4. Listening to the Rev. Christina Thompson offer up ways to keep a peaceful spirit in this time of discomfort....using strategies from "Finding Peace in an Anxious World" by Erin James-Brown.
5. Receiving an update on where our donated funds are helping people - from Kentucky to Nome, Alaska.

Praying together and singing hymns such as "Be Thou My Vision" and "We Are Called" made it almost feel like being in church. A big thank you to all who made this event possible.

From our own Great Spirit UMW, A BIG SHOUT OUT to the sewing circle for creating so many quilts and blankets for the Blankets For Kids project. At least 36 of these are ready to be donated/gifted to kids/youth in our community. We need ideas for where and how this can happen. Also, to our UMW community, since we cannot meet in person for our usual Thank Offering, you are encouraged to mail any UMW donations to the church in honor of blessings we have encountered despite a difficult year.

Respectfully Submitted, Loretta Milton

# OUR CORE VALUES

LOVE – Love is the way.

CONNECTION – All of creation is connected by Spirit. That spark of the Divine connects with all humanity and the rest of creation.

SPIRITUALITY – Without cultivation of the spiritual life, we become unbalanced. Active participation in the development of one’s spirituality is critical for a whole life. We believe this happens best in community.

TRADITION – Those who have gone on before us leave legacies of the old ways and wisdom with those who become elders. We encourage, value, and listen to them, so our tradition(s) may continue to help shape and guide us, informing who we are and what we will become.

We seek to become and embody these values every single day.

## MISSION AND OUTREACH

Monika Trujillo is leading the Outreach program at Great Spirit. She has met with a group of people interested in developing the program. They will determine the avenues to take to increase socialization, determine the best way to check-in with people, provide Eldercare, and ascertain the best way to meet individual needs. Contact Monika if you would like to be a part of Outreach at Great Spirit. ([monikagreatspirit@gmail.com](mailto:monikagreatspirit@gmail.com))

## HISTORIAN NEWS

Helen welcomes submission of pictures or other documentation of events either at Great Spirit or associated with Great Spirit. She would like to include them in the archived scrapbooks. Events centered on Outreach, like the Elder care packages, drive-by distribution of groceries gift cards and masks, social distanced gatherings and other occasions would be documented for when we reflect on the past “unprecedented” months.



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