

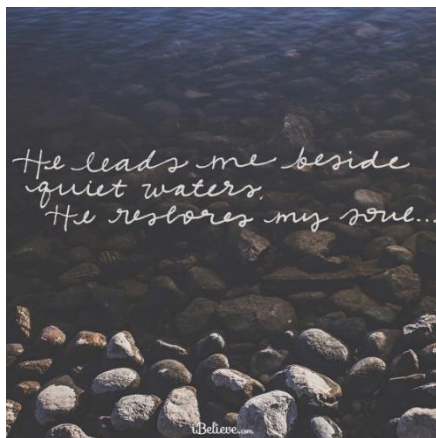
TUMC Worshipping Together on Sunday May 3, 2020

Rev. Amy Overton-Harris

Good morning dear ones,

May the love of God bless you in all that you do and wherever you are today. We remain in a holding pattern at this time concerning precautions and social distance measures and that brings an ongoing strain in many ways. Even when we can get out and go for a walk, we might be leery of passers-by. Is it just me or does everyone cringe when someone sneezes? Our senses are on edge as we walk through this time together. And yet, in the midst of everything that is happening, we find hope in credible scientists and scholars. We reach out to family members and long-time friends for much needed sharing. We sort through what is most important to us. Interestingly though, even when we have some free time, it can be difficult to feel motivated to engage in tasks needing our attention. Sometimes we might find ourselves unable to focus on commonplace elements in life. Maybe I am alone in this, but the other day I thought why aren't the usual things feeling compelling?? Does it come from a malaise the longer we all remain apart? For these days and the ones yet to come, this psalm reminds me that no matter what... "The Lord is my shepherd, and surely goodness and mercy shall follow me." May it be so, now and always.

Rev. Amy



The Lord
IS MY Shepherd
Psalm 23

Opening Prayer

O Lord, our Rock and our Redeemer. We come together to worship today wherever we may be. May we find a place to breathe and rest for a moment. Your abundance gives us new hope each day. May this time bring praise, thanksgiving, grace and abundance. We are your people and the sheep in your pasture.

["Without Seeing You" David Haas](#)



As always, please keep one another in your thoughts and prayers.

THIS WEEK:

- Mildred Wells as she continues to have debilitating back pain and she continues on Hospice.
- Ofilia Boyd as she makes progress in her recovery.
- All who are suffering with the Covid 19 virus.
- Health Care and essential workers.
- Those who have lost their jobs and businesses.
- Those who have inadequate housing and resources.
- Parents who are homeschooling.
- Sherris' friend Bud Stone in the hospital.
- Netha's family: Ellen, Bill and Jenison.
- Teachers who are distance teaching.
- Selinda Smith's Grandmother who died this week.
We celebrate her 107 $\frac{3}{4}$ years !!

And we give thanks for her and her amazing life.->



(please send Amy additional prayer requests)
amytumc@gmail.com

Prayer

Most compassionate God, hear the thoughts of our hearts and the prayers of our souls. Even before we utter a word or thought, you O Lord know our need. We pray for all those who have been lifted up. We pray for a world in need. May we not lose sight of one another in this global tragedy. Your love spans all time, all places and all situations. Help us to reach out to those in greatest need. Help us to lift up others with perseverance and hope. All these things we lift up to you as we pray together, The Lord's Prayer:

Our Father, who art in Heaven, hallowed be thy name.

*Thy kingdom come,
as it is in heaven.
bread. And forgive us
those who trespass
into temptation, but
thine is the kingdom
forever. Amen*



*thy will be done on earth
Give us this day our daily
our trespasses, as we forgive
against us. And lead us not
deliver us from evil. For
and the power and the glory*

["Savior, Like a Shepherd Lead Us" \(performed by 4Him\)](#)

Scripture: Psalm 23

The Lord is my shepherd, I shall not want; he makes me lie down in green pastures. He leads me beside still waters; he restores my soul. He leads me in paths of righteousness for his name's sake. Even though I walk through the valley of the shadow of death, I fear no evil; for thou art with me; thy rod and thy staff, they comfort me. Thou preparest a table before me in the presence of my enemies; thou anointest my head with oil, my cup overflows. Surely goodness and mercy shall follow me all the days of my life; and I shall dwell in the house of the Lord forever.

Reflections from Rev. Amy

So, as hard as it is to imagine. Today marks the 8th Sunday that we have not been able to meet in our church building. As much as I am looking forward to us getting back together face to face, this can continue to be a time for us to look at our neighbors, our global community, and ourselves in new ways.

It may seem silly but, let's take the topic of toilet paper. (I can almost hear you saying, Oh No!) Almost every day on my "nextdoor app", there is someone making the announcement of where they found toilet paper..... at what store, how many rolls are left, and almost every time, an emphatic call to HURRY HURRY HURRY! if you want to get some. I have already seen so many memes about toilet paper, I have given up counting. Oh, and I should mention that on Etsy, you can now order handmade earrings that boast a little teeny tiny roll of toilet paper to dangle from your ears. Hmmmmm. Such a strange phenomenon, right? AND, there are apparently many folks who have stashed so many rolls of toilet paper in their garages, they have started a blackmarket operation. To some 'select people' the owner is willing to sell you a roll of toilet paper for \$10..... or if you are a close friend or beloved relative, your price might be \$5. Years into the future, it will be interesting to hear the tale told about 2020 toilet paper.

I don't know what to make of the TP thing, but I can guess that overall people are scared and worried and wanting a sense of security. That is certainly a common desire amongst people, especially right now. We want to feel safe. We want our families and friends to be well. So, if I were to ask you "What makes you feel safe?" What might you say? Take time to ponder now or later as you wish. What makes you feel safe?

The 23rd Psalm is probably the most well-known, most memorized and most beloved psalm. I have been asking myself "why"? Why this psalm? I think it makes us feel safe. I gotta say, if I am a sheep, I totally want this 23rd Psalm shepherd to be in charge of my flock. No matter what, this shepherd is going to keep me safe. Green pastures, still waters, soul resoration.... Count me in.

And now, as I am well known for, I am going to digress here. Since we have been staying home during this pandemic, I have been watching some things on Netflix. And one show that I am absolutely drawn to, is a show called "Secrets of the Zoo". Unbelievably it is 90 plus miles from one side of the zoo to the other!! I am enthralled by all the animals and the information about them, where they come from and why they are at the zoo. For example, there are animals, currently extinct in the wild, safely living at the zoo to repopulate with the hope of releasing them back into their native habitat in the future. Of course, I have some

favorites. (have you ever seen a newborn rhinoceros??? (adorable!) And I do have one “non-favorite” and that would be the Tasmanian Devil. Yikes! (it is not adorable!)

The most significant realization for me in this show is that these animals are surrounded by the most amazing shepherds that will love and protect these animals with everything they have. The Zoo Keepers, Vets, Specialists, give their entire life to ‘the flock’. These people sacrifice themselves to heal, feed, love, teach, midwife, protect and lead these animals to a full life and for some species a new future in the world.

It is Psalm 23 in action, right? God, the good shepherd. Jesus, the tender of the flock. They come to us in daily life when we feel vulnerable, lost, hungry, tired, wounded. They walk with us when we thrive, find our path, start our journey and pause to rest. For all that we might face, sickness, worry, fear, being alone, God the good shepherd, Jesus, the tender of the flock, come to heal, feed, love, teach, midwife, protect and lead us. We will find green pastures and still waters. There will be restoration, a new path, anointing, a full cup, and surely goodness and mercy will follow us all the days of our lives and we will dwell in the house of the Lord forever.

But there is more!! In this restoration, this loving care, we are saved from our fear and for abundant life. It isn’t simply survival safety we seek. It is meaning, thriving, and joy. What would be the point, if we were simply saved from sickness, from fear, from hunger?? We want to be saved for abundant life. We want to thrive in the creation of new life and endless possibility.

Our abundant life brings us not simply from the edge of worry and despair, it also calls us to bring abundant life to others. We jump in and do things that are life giving for others. The purpose of life isn’t our next meal or the purchase of toilet paper! It isn’t about punching our ticket to heaven. It is about discovering abundant life, right here, right now, abundant life for us AND each and every person and creature.

Believe it or not, when we follow Jesus’ example and focus on others, we discover joy, abundant life, our own salvation in the gifts of life we give to others. And those gifts of life, abundant life, aren’t only for people, but also for creatures and creation.

I have keenly discovered that even if I have enough food, even if I have shelter, even if I have a stove and a computer, and 4 dogs..... it isn’t enough. It isn’t enough! Not only do I want to make sure that others have enough, I want to be part of the lives of others. Friendship, love, outreach, teaching, sharing, learning, growing, meeting... SO THAT everyone can find abundant life and surely goodness and mercy will follow us all. Amen.

["Surely Goodness, Surely Mercy" Shane and Shane](#)

Offering time

We invite you to continue your gracious offerings to our congregation. You can use Automatic Bill Pay, set it up with your bank and they will send it to the church. You can always send a check by USPS. If you would like to donate electronically,

GO TO OUR WEB SITE (www.tualatinumc.org)

Find this button [**DONATE CLICK HERE**](#) TO DONATE ON LINE.

THANK YOU SO MUCH for your generosity for the life of our church family, staff, and our ongoing ministry together. Mere words cannot express our deepest appreciation. With your help we will be able to pay our on-going bills and make employee payroll for the month of May.



Good for Your Soul!

Another **example of local goodwill is nine-year-old Bear Yeung**, of West Vancouver, who has raised \$6,400 to buy healthy snacks and drinks for workers at Lions Gate Hospital.

He decided in early April to spend his life savings of \$70 on electrolyte drinks and healthy granola bars for the medical staff and, after his parents pitched in some more money, he delivered a large shipment of snacks to the Lions Gate Hospital in North Vancouver.

He is now in regular contact with the hospital foundation to find out what snacks are most wanted by the staff, and makes regular weekly deliveries. As word of his generosity spread, financial donations mounted on Bear's [GoFundMe page](#) and many corporations have offered to donate food.



Fourth, fifth, and sixth graders at **St. Anthony's Home and School in Columbus, Nebraska**, made get well soon cards for people affected by the coronavirus, according to the [Columbus Telegram](#). Their teacher, Charlotte Beran, then mailed the cards to the University of Nebraska Medical Center to be distributed to those in quarantine.

The hospital [posted a photo of the cards](#) on its Facebook page, sharing how they brought joy to patients.

"We just heard from the folks in isolation here what a huge impact these made!" the hospital wrote. "It was a real bright spot in my day. They were just so darling and heartfelt."

Press Release April 30, 2020: from **the Muslim Educational Trust, Tigard Oregon.**

We have been blessed and honored to be there for our Portland area community, both Muslim and non-Muslim. During this urgent and dire time of need we have created a MET Food Box Team to alleviate hardship and revive hope.

Many low-income families community wide, including refugee and immigrant communities have taken a direct hit as a result of the Covid-19 crisis due to massive lay offs in the service sector.

We have launched an emergency food box drive. To date, praise be to God, MET has distributed over \$67,000 worth of emergency food boxes to Portland area families. To all faiths, various races and ethnic backgrounds. Each box contains a 30 day supply of food for a family of 5 for at least 30 days.



Benediction

May the Lord bless and keep you. May the light of God shine upon you and give you peace. And I will follow all the days of my life. Amen

“Cry of My Heart” Terry Butler

Special thanks to our Music Director/ Pianist, Kathy Niguidula for our worship music selections for today.

I invite any of you to offer any items for our worship together. Prayers, pictures, joys, concerns etc.
Email me; amytumc@gmail.com

Announcement: The garden is doing great! You can come and volunteer to weed on your own schedule. Pick your area, lots of weeds to go around. Social distancing is easy in the big space, just be mindful. At least 10 feet apart would be great. If it feels too crowded, come back another time. You are encouraged to wear a mask. Bring your own tools and bag for weeds. Bring your own water bottle.

(email Larry McClure with questions: larry.mcclure@gmail.com)



Remember the painted rocks that I mentioned last week?? I explained that people are painting rocks and putting them along walkways for anyone to take.
It is a way of connecting with each other during this time.

Cynthia Asai and Family painted dozens of rocks to share!!! What a blessing of love for others.

