



Tualatin United Methodist Church

# Hilltop Highlights

February 2020

## Tualatin United Methodist Church

20200 SW Martinazzi Ave.  
Tualatin, OR 97062-9369  
503-692-1820  
tualatinumc@gmail.com  
www.tualatinumc.org

**Sunday Worship**  
10:00 am.

**Sunday School**  
Sunday School available  
during the worship hour

**Nursery**  
available during worship  
Infants to 5 years old

**Church Office Hours**  
Monday to Thursday  
9:00 am. - 3:00 pm.

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## FROM THE PASTOR

by Rev. Amy Overton-Harris

My daughter bought a book for me. Eight Flavors by Sarah Lohman. It is AMAZING! I love to read books with a culinary twist that are focused on the history of foods, culture, and its uses through time. The History of Salt is one of my all-time favorites. Throw in the chemistry of cooking alongside the history, I am in heaven!!

The subtitle to her book is "The Untold Story of American Cuisine." She weaves together the journey of flavors: past, present and likely future on the American table. She utilizes a variety of archives: economic, scientific, political, religious and culinary dating back to the 18<sup>th</sup> century. She discovers when each of these 8 flavors first appear in American kitchens and then she asks, "Why? And how?"

### These are the 8 flavors:

Black Pepper  
Vanilla  
Curry Powder  
Chili Powder  
Soy Sauce  
Garlic  
MSG  
Sriracha

Does the list seem surprising to you? Ordinary? Do you use these flavors in your cooking?

The story of black pepper is fascinating. It is a small berry which is then dried and cracked. I have taken it for granted. It has an incredible history. It isn't native to the West, but when people got a taste of it, they had to have it. In the 1790's the search for black pepper set into motion sea journeys and imperialistic conquest in Sumatra, millions of dollars made by a few Western businessmen, and the like.



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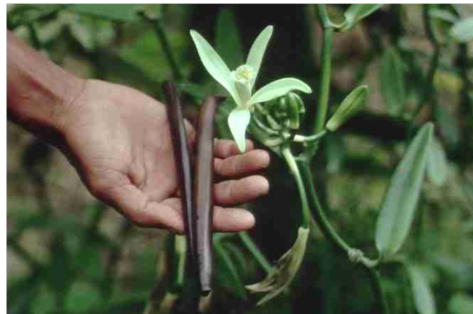
## For Your Prayers

- Prayers for Layla Stansfield and her family upon the death of her mother.
- Prayers for Myron Carpenter as he returns home with some in-home assistance.
- Prayers for immigrants everywhere, as we remember that Jesus was an immigrant too.
- Prayers for Jim and Dianne Serrills' daughter Calli.
- Prayers for Richard Brown as he recovers.
- Prayers for Emilie Kroen as she continues treatment.
- Prayers of joy for our new pianist Kathy Niguidula.
- Prayers for Sam Richardson's mother (on hospice) and family.
- Prayers for Selinda Smith's grandmother entering hospice.
- Sherris and Darby Harrell as they enjoy the winter in Arizona.
- Larry and Ellie McClure as they continue on their trip.

Did we miss a prayer joy or concern for you??? Let us know and we can send out an email on your behalf!



The story of vanilla simply felt tragic to me. The orchid from which vanilla comes is native to the island of Madagascar. How the heck did its production and distribution take off? It was Edmond Abuis, a 12 year old slave, who lived on an island off the coast of Madagascar. During his slavery he worked for a series of botanists who were trying to learn how to mass produce the orchids. Time and time again, they simply couldn't figure out how to pollinate them. Twelve year old Edmond figured it out and that method is still used today. Sadly, Edmond was then out of the picture and later died, destitute and alone.



The last one I am going to mention is MSG.

Oh NO! Not MSG!! MSG is like poison, restaurants put up signs "NO MSG IN OUR FOOD".

Talk about an effective smear campaign against "Asian food" in our culture!! I grew up thinking it was horrible and toxic. MSG is the sodium salt of glutamic acid, one of the most abundant, naturally occurring amino acids. It is found naturally in tomatoes, grapes, cheese, mushrooms and other foods. It is a natural flavor. It has an umami flavor which intensifies the meaty, savory flavor of food: Stock, soups, ramen, gravy, stews, condiments. After an inappropriate joke in 1968, it became negatively known for its use in Chinese restaurants. Historical racial prejudices were replicated and spread rampantly. Asian cuisine came under fire and racist bias has persisted. In 2019, another campaign was launched to combat the myth that MSG is harmful to people's health. It highlights both the underlying xenophobic bias against Asian people and cuisine and the scientific evidence that the myth is false.

I am so struck by how many things seem to relate to race, gender, religion, culture, money and dominance. The same issues Jesus talked about, the same issues we lift up in our faith. We profess:

love, inclusion, respect, peace, community, healing

This continues to be our mission, our longing as followers of Jesus. Love God, Love Neighbor.....

*Rev. Amy*

### **The Hippa of Church Life**

The 'hippa' of church life. I am using that word quite loosely of course, but just a reminder for all of us. When we in relationship with so many wonderful people in our church family, we are privileged to hear about things going on in their lives and we want to support them and keep them in our prayers when there are struggles and challenges. Keep in mind that if you want to share the information in worship or at a church gathering or ask to put something on the email prayer chain you need to make sure that the person or persons involved give their consent. Or the best practice is, if a person or persons wish information to be shared, it needs to come directly from them. Of course, we mean well but private information needs to stay that way.

#### **Come One, Come All**

**Tuesday, February 18, 7pm-9pm**

We will have an All Church Celebration. Our district superintendent Rev. Tim Overton-Harris, (*yes, that guy*) wants us all to gather together so that he can hear from us about our church, our congregation. He would like to hear what we are excited about in the life of our congregation, and in what ways we are transforming lives in the world. He is looking forward to hearing how we are loving God and loving neighbor. For this opportunity, we can design it to be whatever we would like it to be. The celebration time will be the bulk of our 2 hours together.

Tim will also be sharing some basic info on administrative best practices for each church. It is important for our church folks to know that in the life of our Annual Conference, we are caring for important matters. Questions and conversation are welcome of course.

Tim will be happy to field questions about the future of the UMC as a fully inclusive church and where the process stands at the moment. The Greater Northwest area has been putting plans into place so feel free to ask.

Looking forward to seeing you all!!!

*Rev. Amy*

#### **Safe Sanctuary Practices**

We have a Safe Sanctuary Policy (as do all UMC groups) so that everyone in our church life is safe guarded. We have put into place procedures to protect our children, youth and vulnerable adults as part of this process.

I want to give you some updated info this month. Our ushers are tasked with many things that welcome us to church and care for us while we are here. And they play an important role should there be an emergency or situation needing immediate response in our Nursery or Sunday School Classrooms downstairs. In the event you hear a loud bell or an air horn, that signals that the ushers are needed urgently in the nursery or the classrooms downstairs. These signals are important so that we can care for our children's health and safety. An air horn may seem an exaggerated signal, but it is necessary for the signal to be heard upstairs and the response to be immediate. Thank you for your support! Questions???? Ask Amy or Tami Weitman.



## *The Lord's Prayer*

*(Alternate version from the New Zealand  
Anglican Prayer Book)*

*Eternal Spirit, Earth-maker, Pain-bearer, Life-giver,  
Source of all that is and that shall be,  
Father and Mother of us all,  
Loving God, in whom is heaven:*

*The hallowing of your name echo through the universe!  
The way of your justice be followed by the peoples of the world!  
Your heavenly will be done by all created beings!  
Your commonwealth of peace and freedom sustain our hope and  
come on earth.*

*With the bread we need for today, feed us.  
In the hurts we absorb from one another, forgive us.  
In times of temptation and test, strengthen us.  
From trials too great to endure, spare us.  
From the grip of all that is evil, free us.*

*For you reign in the glory of the power that is love, now and  
forever.  
Amen.*

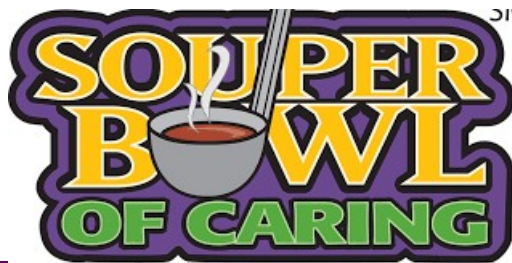


# **Souper Bowl of Caring**

## **Sunday, February 2**

We are collecting cans in our annual Souper Bowl of Caring event.

Our goal is 300 cans of soups, stews and chilis which will be distributed to both our Back Pack Buddy program and the Tualatin School House Pantry. Please bring your cans to the church on Sunday, February 2!



## ***Annual *Chili* & *Chocolate* Potluck!***

***Sunday, February 9***

**Bring your world famous chili or that oh so hard to resist chocolate sweet to share immediately after worship.**

**We will gather downstairs in Koch Hall to enjoy food and fellowship!**

**Please sign up to bring chili, condiments or sweets.**

**And for added fun we are having an ugly sweater contest! Wear you ugly sweater to church and to the potluck!**

# FELLOWSHIP AND GROUP DISCUSSIONS

## United Methodist Women - UMW News

All women are invited to our next Craft Bee, Saturday, February 8, 3:00 - 6:00 p.m. in Koch Fellowship Hall. Bring your own project, join a group project (no sew fleece quilts for Annual Conference), or teach a craft. Refreshments will be provided.

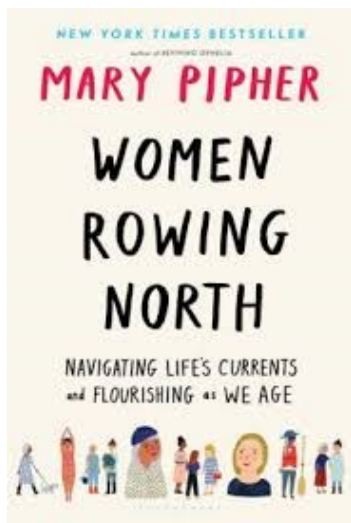


## Women's Fellowship

Come join us mid-week for a time of recharging and regrouping.

We meet on Wednesday mornings at 10 a.m. in the church library.

We are beginning a new book, "Women Rowing North" by Mary Pipher.



## Men's Fellowship

The Men's Group meets each Wednesday, 10 a.m. in the nursery. Come for study, prayer, fellowship and service. Help us pack food bags for those in need.

We are currently reading *The Righteous Mind* by Jonathon Haidt.



### **SATURDAY, February 1**

No Activities

### **SUNDAY, February 2**

8:30 a.m. Music Rehearsals  
10:00 a.m. Worship, Sunday School  
1:15 p.m. Melinda Voice Lessons  
7:00-9:00 pm New Me Al-Anon and Who Me AA

### **MONDAY, February 3**

No Activities

### **TUESDAY, February 4**

6:00 p.m. Trustees Meeting

### **WEDNESDAY, February 5**

10:00 a.m. Men's Fellowship  
10:00 a.m. Women's Fellowship  
4:20 p.m. Weight Watchers (WW)

### **THURSDAY, February 6**

11:00 a.m. Weight Watchers (WW)  
6:00 p.m. Music Rehearsals  
8:15 p.m. Tualatin NA Meeting

### **FRIDAY, February 7**

11:30 am-1:30 pm AA Steppers

### **SATURDAY, February 8**

3:00 p.m. UMW Craft Bee

### **SUNDAY, February 9**

8:30 a.m. Music Rehearsals  
10:00 a.m. Worship, Sunday School  
11:30 a.m. Potluck  
1:30 p.m. Melinda Voice Lesson  
7:00-9:00 pm New Me Al-Anon and Who Me AA

### **MONDAY, February 10**

No Activities

### **TUESDAY, February 11**

No Activities

### **WEDNESDAY, February 12**

10:00 a.m. Men's Fellowship  
10:00 a.m. Women's Fellowship  
11:15 a.m. Emmaus Reunion  
4:20 p.m. Weight Watchers (WW)

### **THURSDAY, February 13**

11:00 a.m. Weight Watchers (WW)  
6:00 p.m. Music Rehearsals  
8:15 p.m. Tualatin NA Meeting

### **FRIDAY, February 14**

11:30 am-1:30 pm AA Steppers

### **SATURDAY, February 15**

No Activities

### **SUNDAY, February 16**

8:30 a.m. Music Rehearsals  
10:00 a.m. Worship  
1:30 p.m. Melinda Voice Lesson  
7:00-9:00 pm New Me Al-Anon and Who Me AA

### **MONDAY, February 17**

Church Office is Closed

### **TUESDAY, February 18**

7:00 p.m. All Church Meeting

### **WEDNESDAY, February 19**

10:00 a.m. Men's Fellowship  
10:00 a.m. Women's Fellowship  
4:20 p.m. Weight Watchers (WW)

### **THURSDAY, February 20**

11:00 a.m. Weight Watchers (WW)  
6:00 p.m. Music Rehearsals  
8:15 p.m. Tualatin NA

### **FRIDAY, February 21**

11:30 am-1:30 pm AA Steppers

### **SATURDAY, February 22**

No Activities

### **SUNDAY, February 23**

8:30 a.m. Music Rehearsals  
10:00 a.m. Worship  
1:30 p.m. Melinda Voice Lesson  
7:00-9:00 pm New Me Al-Anon and Who Me AA

### **MONDAY, February 24**

No Activities

### **TUESDAY, February 25**

No Activities

### **WEDNESDAY, February 26**

10:00 a.m. Men's Fellowship  
10:00 a.m. Women's Fellowship  
11:15 a.m. Emmaus Reunion  
4:20 p.m. Weight Watchers (WW)

### **THURSDAY, February 27**

9:00 a.m. Newsletter Team  
11:00 a.m. Weight Watchers (WW)  
6:00 p.m. Music Rehearsals  
8:15 p.m. Tualatin NA Meeting

### **FRIDAY, February 28**

11:30 am-1:30 pm AA Steppers

### **SATURDAY, February 29**

No Activities