

SPECIAL POINTS OF INTEREST:

- **Sunday Worship** will be via Zoom during the cold weather months, with a few possible special events to be determined. We will have communion during each zoom service. 10 AM
- **August 1** - Outdoor @ Sherwood
- **August 8** - Zoom
- **August 15** - Outdoor @ Mt. Home
- **August 22** - Outdoor @ Mt. Home
- **August 29** - Outdoor @ Sherwood

INSIDE THIS ISSUE:

John Nilson	2
Willowbrook FP	3
Birthdays	3
Calendar	4
Contact Information	5



Mountain Home United Methodist Church



VOLUME VII, ISSUE VIII

AUGUST 2021

Vibrating Together

This summer we have been able to worship together outdoors, and crucially, to sing together. This has been possible due to the combination of widespread vaccination making the risk of contracting or transmitting Covid-19 much lower, and increasing evidence that transmission outdoors is unlikely, particularly when other mitigation measures, such as masking and distancing, are employed as we have been doing.

Making music together is incredibly important in the Methodist tradition, and goes back to the earliest gatherings of Christians. Some of the very first texts we have from Christian communities are sacred songs. Paul's letters are full of quotations and references to hymns. Christians, like the Jewish communities which they emerged among, used music abundantly in their worship and communal life.

There is undeniably something special about singing together. When we sing, we sustain the sound so the physical air vibrates in concert with the efforts of our neighbors. We consciously

and intentionally strive to match our rhythms, our pitch, and our volume. We get in tune with one another, literally AND metaphorically, and the evidence of our unity is audible around us. It is a unique way of making the spiritual tangible. Our joined voices manifest, both in our words, and in our harmonies, our spiritual intentions. It's miraculous.

The collective manipulation of sound waves vibrating through the air mirrors another subtler resonance that happens when we are together in a group. As with many animals, when we are in physical proximity to each other, our limbic systems, the parts of our brains that regulate emotions and memory begin to communicate. This communication is subtle and mostly invisible, but you can recognize it in people's behavior. The longer we're together the more we mirror each other. When you tilt your head, so do I. When you open your posture, I do also. As my breathing becomes slower and more relaxed, so too does yours. A million hidden signals, some pheromonal, others

(Continued on page 2)

Vibrating Together (continues)

(Continued from page 1)

electrical, still others visual or auditory, regulate the processes in our bodies that make us feel calm and safe. We begin to move on the same frequency.

This time of pandemic has taught us many lessons. One of them is this: there is simply no replacement for time spent in one another's presence vibrating together.

Submission by Reverend Aric Clark

John Nilsen to Perform Music for August 22nd Worship Service

Please mark your calendars for a special musical performance by John Nilsen at the Mountain Home Church outdoor worship service on August 22nd at 10:00 am.

Many of us were present last year when John honored us with his beautiful solo piano music as well as providing all of the music for our service. He is one of the Pacific Northwest's most successful performance and recording artists. Over the past 35 years (with the exception of the pandemic), he has averaged 225 shows a year as a solo pianist, as a member of The John Nilsen Trio, and on guitar, piano and vocals with his folk/rock band, SWIMFISH. He has toured multiple times in every state as well as internationally, and he is a talented songwriter.

And did you know that his father was a former pastor of Mountain Home United Methodist Church?

There will be a free will offering jar for John, so you may wish to bring some cash for a donation. John will also have his CDs available for purchase.

- Submitted by Alice Hendricks



Willowbrook Food Pantry

July 29, 2021

Willowbrook Food Pantry

Bad News: Last month the Willowbrook staff were getting ready to welcome the clients back into the pantry. We had the new refrigerator; the pantry had been cleaned and more volunteers were lined up to work. July came and went and it looks like August/September will be the same. Covid, with the variant Delta will restrict the re-opening of Willowbrook. The pantry volunteers

will continue to serve our clients with boxes of food for the protection of the client and volunteers.

Good News: Historic Drop-in Poverty Rate due to Child Tax Credit.

Praise God...

June: We served 103 families with 406 people.

Submission by Cherry Trotter

August Birthdays & Anniversaries



*Unclouded may your birthday be, and round you day by day.
May God enfold His wings of love and bless you on your way.*



Date	Name
7	MacKenna Sampson
7	Bob Youngman
13	Donna McKechnie
16**	Ron & Linda Knox
22	Colin Woodbury, Jr
22	Georga Dorsey
24**	Carol & Brian McKennett
24**	Ray & Lynelle Eck
26	Maggie Johnson
28**	Mark & Valery Sampson

August 2021

SUN	MON	TUE	WED	THU	FRI	SAT
1 Worship Service Outdoor at Sherwood UMC 10am Trustees Meeting via Zoom	2	3	4	5	6	7
8 Worship via Zoom w/ Communion 10am	9	10	11	12	13	14
15 Worship Service Outdoor at Mountain Home UMC at 10:00am	16	17	18	19	20	21
22 Worship Service Outdoor at Mountain Home UMC 10am Church Council Meeting after service	23	24	25	26	27	28
29 Worship Service Outdoor at Sherwood UMC 10am	30	31				



Contact Info

Church's location and mailing address:
23905 SW Wunderli Canyon Drive
Sherwood, OR 97140
Church phone number: (503)628-2064
Email address: mthomeumc@gmail.com
<http://mthomeumc.org>
<https://www.facebook.com/Mtn.Home.Church>



Reverend Aric Clark contact information
Phone: (503)810-2395
E-mail: aricclark22@gmail.com
Office hours by appointment
Check out the updated website:



Substitute pianist: Cindy Souza
Lay Leader: Marcia Loney
Administrative Council Chair: Lynelle Eck
Pastor Parish Relations Committer Chair:
Georga Dorsey / Alice Hendricks
Activities Chair: Diane Peters
Finance Chair – Brian McKennett
Trustees Chair: Thomas Ettelson

Do you know someone who is unable to come to church or a shut-in?

Contact our congregational care team:

Newsletter Editor: Tom Ettelson t.ettelson@comcast.net

Event Calendar

Sunday Worship will be via Zoom during the cold weather months, with a few possible special events to be determined. We will have communion during each zoom service at 10:00 AM

Sunday, Worship Service at 10:00 AM

Sunday, August 7 Trustees Meeting via Zoom at 11:15 AM

Sunday, August 22 Church Council following service at the church

August 1 - Outdoor @ Sherwood

August 8 - Zoom

August 15 - Outdoor @ Mt. Home

August 22 - Outdoor @ Mt. Home

August 29 - Outdoor @ Sherwood

Choir Practice , UMW Elizabeth Circle, UMW Lydia Circle, and UM Men's Breakfast suspended until further notice

Send prayer requests to Cheryl for inclusion in our weekly dispatch:

officesherwoodumc@gmail.com

Downloaded free clipart in this newsletter from

<http://clipart-library.com/mailbox-cliparts.html>

