



# The Shield

FEBRUARY 2012

[troutdalefaithumc.org](http://troutdalefaithumc.org)

ISSUE TWO

## Walking with God Step by Step

I recently came across a term new to me. The term is “monkey mind.” I came across it in a book that I was reading for the 7<sup>th</sup> session of the Two-Year Academy for Spiritual Formation. The book is called *Encountering God: A Spiritual Journey From Bozeman to Banaras* by Diana L. Eck. At first, I was a bit daunted by the small print and the length of the book, but I am so glad that I took the time to read it. Eck writes of her journey growing up in Bozeman, MT. being immersed in the United Methodist Church there, her travels during college that took her to India for an extended time, and her work as a religion scholar. She writes about the realities of living in a world of religious diversity, and the importance of dialogue with people of other faiths. She describes how her own encounters with other religions have shaped and enlarged her Christian faith. She also writes about silence and monkey minds.

“Most of the time the mind is quite unstable, its attention moving from one thing to another on the free wind of association. Hindus compare it to a pack of monkeys, tumbling through our consciousness, yanking in one thought after another. “ (p. 147) I have this vivid picture in my mind of what my monkey mind looks like. I know what it sounds like – when a conversation starts in one place and ends up in another without any of the middle being spoken aloud. I act out my monkey mind when I start one activity, notice something else that needs doing, and end up working on a third project. I think many of you have probably had some of those experiences.

Contrast that monkey mind to silence. I always come back from a session of the Two-Year Academy feeling very grateful for silence. Now I am beginning to wonder about the ways I will include those times of silence in my life when the Academy ends. (I only have one more session in April.) It is difficult to make time for significant periods of silence in a day or a week. Even when those times can be carved out, it is difficult to stop the monkey mind from taking over the silence. It takes practice – and more practice – and still more practice. I think it is a learned skill, like so many of the things we do in life. We get better at it with practice.

Lent is a wonderful opportunity to be in silence, to practice silence. Ok, probably not all 40 days of Lent. Lent provides us with a season of the church year that has always been about introspection, prayer, fasting, spiritual practices that help us to focus more deeply on our relationship with God. Lent is

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**a time of allowing ourselves to be guided towards new insight and transformation. My prayer for each of you is that you will take advantage of the opportunities before you this Lenten season to be in silence, to be present with God, to allow yourselves to be open to God's transforming work in your life, and in the life of our congregation. One of the first opportunities will be our Ash Wednesday service at 7:00 p.m. on Wednesday, February 22. Come, and let your 'monkey mind' find rest in God. Come into the silence, into the singing, into a new season of the church year.**

**Shalom,  
Pastor Karen**



**WHAT: Church Women United**

**WHEN: Friday Feb 3, 2012**

**WHERE: Zion United Church of Christ  
2025 NE 23<sup>rd</sup> Street in Gresham**

**TIME: 10:00 a.m. Lunch is served at noon**


**See page 7 for a list of items to be donated to  
Clackamas Women's Services**

Tonni Barber of Faith United Methodist will be assuming duties as the secretary of the CWU group. Tonni will do very well in her new position, her volunteerism is greatly appreciated.

## PRAYER REQUESTS

Your prayer requests are emailed or mailed to you each week so that they are up-to-date. Thank you for faithfully sending them to me at: [myfaithis@frontier.com](mailto:myfaithis@frontier.com)

Those of you who receive this by email, the prayer requests are listed on our website at: [troutdalefaithumc.org](http://troutdalefaithumc.org)



A little faith  
can work big miracles!

### - Birthdays -

February 16 - Ben Dobrinski

February 22 - Roxanne Cummings

February 24 - Leslye Heironimus

March 4 - Tammie Lawson

### - Anniversaries -

February 20 - Bj & Abby Ellsworth

UNITED METHODIST  
**MEN**

Saturday, February 4, 2012

8:30 a.m. 'Yummy' Breakfast

BRING YOUR NEIGHBOR, a friend,  
someone you'd like to know better!

Check out our website [troutdalefaithumc.org](http://troutdalefaithumc.org) for **up to date** information on:

- ★ Aschiana
- ★ Camping Opportunities
- ★ Oregon-Idaho Conference News and **MORE**



You are invited to begin the season of Lent at an Ash Wednesday service at 7:00 p.m. on Wednesday, February 22<sup>nd</sup>. This service will be held at Faith UMC and will be a joint service with Rockwood UMC. Come for a time of quiet, a time of music, a time of reflection, and the imposition of ashes.

**New Adult Study to Begin February 19. Save the dates – don't miss out on this opportunity. Sundays, after worship, from February 19 to April 1, all are encouraged to be a part of this Lenten study. Put the dates on your calendar now and watch for further details in the Sunday worship bulletin and on the church**

*THANK YOU FOR SHARING, FOR CARING!  
IF YOU ARE BEHIND IN YOUR GIVING, PLEASE HELP OUT:  
THANKS AGAIN FOR CARING!*

**- Income for JANUARY 2012 -**

1 - 01	\$ 966.00	Needed/month: \$6,052.00
1 - 08	2,172.24	Total Income: <u>5,801.24</u>
1 - 15	1,217.00	- 250.76
1 - 22	703.00	
1 - 29	<u>743.00</u>	
	\$ 5,801.24	

PLEDGES/PLATE -	4,553.01
RENT -	550.00
HUMAN RELATIONS	20.00
BACKPACK BUDDIES	207.00
UMM (WOOD)	120.00
MEMORIALS:	
BJ	25.00
PRISCILLA	50.00
REIMBURSEMENT COLOR COPIES	70.15
WEIGHT WATCHERS	160.00
NOISY OFFERING (DEC)	46.08

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Bring any of the following items to donate to Clackamas Women's Services

### CWS Wish List Items

CWS is currently in need of these nonperishable food items.

- Coffee and coffee filters
- Canned meat or fish
- Canned fruits and vegetables
- Meatless alternative foods (vegan and vegetarian items)
- Top ramen noodles, pasta and rice dishes
- Popcorn
- Culturally specific food items
- Flour, sugar
- Vegetable oil
- Spices (red pepper flakes, cumin, oregano, garlic salt, garlic powder)
- Powdered creamer
- Condiments (mustard, mayonnaise, pickles, ketchup, salad dressing)

### Everyday Needs

- TriMet bus tickets and passes (all zone, 2-zone; adult & youth)
- Phone Calling Cards (US and international)
- Size 4, 5, 6 diapers
- New toys for all ages (infant, toddler and teen) (no war weapons, or violent toys please; learning games greatly appreciated)
- Batteries: AA, AAA, and D
- Umbrellas
- Journals
- New hairbrushes
- Cleaning & paper supplies
- Comforters and blankets
- Queen, Full & Twin Sheet Sets
- Baby bottles, sippy cups, and baby wipes

**FEBRUARY 2012**

**Faith United Methodist Church  
2740 SE STARK  
TROUTDALE, OREGON 97060**

**Check Calendar on  
Website:  
[Troutdalefaithumc.org](http://Troutdalefaithumc.org)  
(Calendar is updated FREQUENTLY)**