

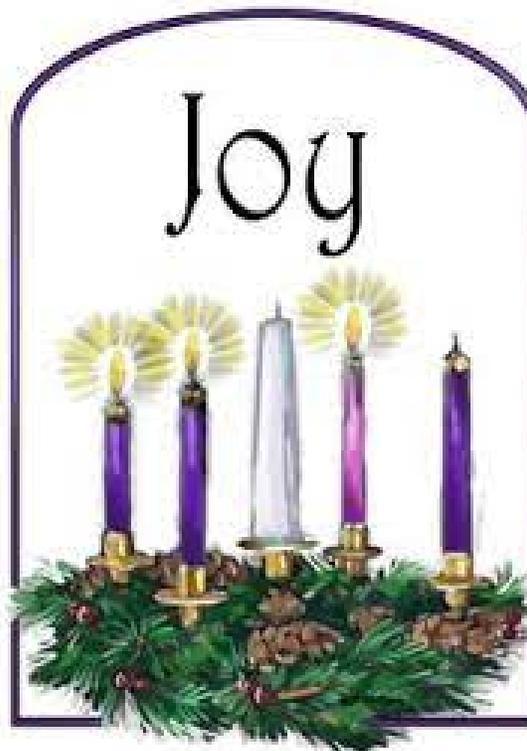
Weekly news & updates for St. Paul's

Week of December 13, 2021 | Volume 50

Upcoming Events for the week

- December 15- Noon Eucharist
The Chapel on Union Street.
- December 18 - Cascade Singers
perform at 7:00 p.m. at St. Peter's
Landmark
- December 19 - 8 a.m. Sunday
Eucharist Service at St. Paul's
- December 19- 9:00 a.m.
[Sunday Forum](#) in-person and
Zoom offered
- December 19 - 10:00 a.m.
Sunday Eucharist, in-person
and Zoom offered. It's been
fun having coffee hour again.
- December 19 - Gorge Winds
Concert - 3 p.m. - Zion Lutheran
Church - 10th & Union Streets.
Mike Nagle will be playing in the
concert
- December 24 - Christmas Eve
Service - 5:00 p.m. St. Paul's
Episcopal Church - 1805 Minnesota
St.
- December 25 - Christmas Day
Service - 10 a.m. The Chapel 601
Union St.

Watch "A Choral Arts
Christmas 2006 - O Nata
Lux



Pierced

On clear, cold nights
The stars pierce you
Clean through to the other side of your
soul.

And you stand there
with a gaping hole
And the wind blows through and through
~
an empty, hollow sound.

It is your Advent Wound.
In it you are reminded
That children wail and fathers weep.

You are reminded that blessing comes at



Christmas.

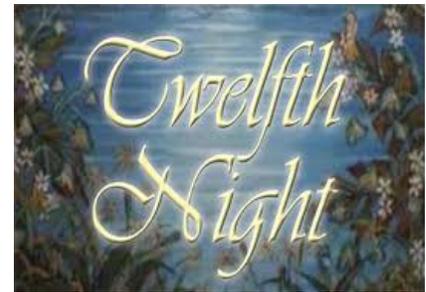
Dig deep you wound
for deeper still the Spirit comes
To fill you up and up
to overflowing.

The Wound and Love – they mingle
On cold, clear nights.
And the Star Child blesses.

~ author unknown

An Invitation to a Twelfth Night Celebration Jan. 5 - Noon-3 p.m.

January 5 or Twelfth Night has long been a Christian tradition in England and around the world. As the last day of Christmas, it ushers in the Feast of the Epiphany on Jan. 6. January 5 falls on a Wednesday this year and is a perfect time to celebrate these wonderful traditions. Beginning with the Eucharist at noon in the Episcopal Chapel on Union St., and followed by a party in the parish hall (Remington Hall), wassail and King's/Queen's cake will be served. Please come....invite your neighbors and friends....and enjoy this festive occasion!



Love, Gretchen Kimsey

Christmas Caroling - Monday, December 19th



The Neighborhood Team is inviting all to meet at the church next Monday, December 19th for an hour of caroling in the neighborhood surrounding the church. We will meet at the 5:30 p.m. Rain or snow could dampen our efforts, but let's give a try.

Advent Wednesday 6:00 p.m. Services

Wednesday, December 15: Zion Lutheran

- 101 W. 10th St.

**TUESDAY, December 21: United Church of Christ
(Longest Night service)**

- 111 E. 5th St.



Advent 2021: Do you hear what I hear? Do you see what I see?

One of my favorite holiday memories as a little girl involves driving through local neighborhoods at night, looking at Christmas lights, and belting out carols with my Dad – mostly off-key! Do you hear what I hear? was one of his favorites and remains one of mine.

Since October 1962, the song Do you hear what I hear? has sold millions of copies and been recorded by dozens of artists. So as we head into Christmas and for those who celebrate Advent, we at Churches for Middle East Peace (CMEP) will be reflecting on the words of the song as we prepare to celebrate the coming of Christ Jesus at Christmas.

With the realities affecting the Middle East — from the coronavirus to the May 2021 hostilities between Israel and Gaza, the humanitarian needs in Yemen, the economic crisis in Lebanon, to the one year anniversary of the Nagorno-Karabakh conflict between Armenia and Azerbaijan — all of us are in great need of seeing and understanding what is happening in the Middle East more clearly.

Our prayer this December comes from Revelation 2:29, **“Whoever has ears, let them hear what the Spirit says to the churches.”** May we have the courage and wisdom to pay close attention to the voices of men, women, and children throughout the Middle East who daily experience violence, conflict, the devastating effects of military control, and war.

In learning about the history of the song **Do you hear what I hear?** Noel Regney (lyrics) and Gloria Shayne (music) wrote the song originally written as a plea for peace during the Cuban Missile Crisis. As we turn our hearts toward Bethlehem, the place of the birth of Christ, may we be inspired by the words of the song to have eyes to see and ears to hear multiple perspectives and experiences that might be different than our presuppositions. Might we listen to diverse voices and seek more profound knowledge about the history, circumstances, and political challenges contributing to a lack of peace.

A prayer as we begin the Advent season:

Living God – we remember the words of the song as an encouragement to us: Said the night wind to the little lamb... A star, a star... dancing in the night with a tail as big as a kite. We can imagine the hopeful response of the shepherds when they witnessed the star rising on the horizon over Bethlehem. May the spirit of hope be the posture we maintain as we enter the next

several weeks of Advent.

We pray that all of us might have eyes opened to see and to learn... To learn about the devastating effects of the military occupation on the Palestinian people of East Jerusalem, the West Bank, and Gaza. To see the profound impacts of both Palestinians and Israelis who work and are committed to a different future where justice, equality, and human rights might exist for all people living in the land.

May our ears be opened to hear the stories of our siblings in Christ and the stories of all who are suffering and in pain throughout the Middle East. May we have eyes to see and ears to hear what the Spirit is saying to us as churches committed to Middle East peace. Amen.

Written by Rev. Dr. Mae Elise Cannon

Support Churches for Middle East Peace (CMEP) this Advent season. We rely on your generous donations to continue to pursue peace and justice in the Middle East. Thank you. cmep.org/donate



Pleasant Ridge Scenery.
Photo by Jerry Frazier



Tygh Valley area.
Photo taken by David Gross

Local Doctor Talks about COVID Hospitalizations

Dec. 8, 2021

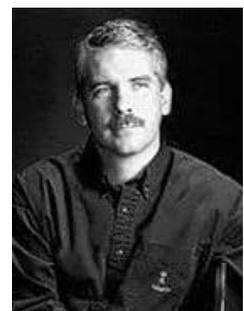
Local Doctor Talks about COVID Hospitalizations

During the Delta surge, Dr. Tom Nichol, a hospitalist at Mid-Columbia Medical Center, has managed many COVID patients. At one point, of the COVID-19 patients he saw, 17 in a row were unvaccinated.

“That should tell you something,” he said. And some of them died. “These are people who elect not to get the vaccine,” he said, “so that was a really hard thing for me to see people marching on to die from this who would have survived if they’d had a vaccine.”

By comparison, he said, “I have not seen a single patient require hospitalization because of a COVID vaccine-related situation. And we have had about 20 people, give or take, who have died in our hospital from COVID. And that does not include the people who we were transferring emergently out the door nearing death who may have died in transit or at the other hospitals.”

He acknowledges there can be rare negative health effects from vaccines. But he tells people,



“People die in cars every day, but you still willingly got in a car to drive to the hospital. The vaccine is safer than driving your car.”

He said, “I’ve seen a lot of things in 33 years. I’ve seen absolutely nothing like this virus. This looks nothing like influenza.” The x-rays are different, the CT scans are different, the symptoms are different.

Some hospitalized COVID patients just need a little bit of oxygen. They otherwise feel and look fine. But their oxygen level is so low they should feel short of breath, but don’t. “We’ve rarely seen that in any other disease state,” he said. But more ill patients struggle to get air, breathing 40 times a minute when normal is 12-16 times.

The hospital stays are long, usually 6-12 days, some close to a month. And they can’t have visitors. “They’re not able to have the touch of a family member, so it’s been really hard to see this over and over. Especially when I managed 17 in a row. These were preventable situations.”

He tells patients, “You should get vaccinated and tell everyone you know to get vaccinated.” Some are dug in and won’t get vaccinated. But he tells patients nonetheless, just like he tells smokers to quit smoking. If patients worsen enough to go on a ventilator, they often get transferred to another hospital.

But during the Delta surge, finding another bed was hard. One MCMC hospitalist made more than 20 calls looking for one. They shipped patients as far away as Seattle. One Idaho doctor who called MCMC looking to transfer a patient told Nichol that MCMC was the 50th hospital he’d called -- and MCMC didn’t have a bed either.

“The people I work with at this hospital, my fellow hospitalists, the ER doctors, the nurses, the CNAs, these people are my heroes. They are coming to work every day and trying to be kind, compassionate deliverers of medical care in a highly challenging situation.”

Patients with the Delta variant of COVID haven’t respond as well to the treatment that had worked well earlier, which is placing patients on their stomach for long periods and administering dexamethasone, a steroid.

Sometimes Delta patients get worse. “And then they suddenly go over a cliff. It’s often a very rapid decline at the end.” People who have died at MCMC of COVID ranged from their 30s to their 90s, from all walks of life, Nichol said. “It’s been hard to witness.”

They also often died without family at their side, “which is really hard,” he said. “Due to the sudden decline that can occur, we often don’t have time to notify family in advance. Many times we have had to contact the family as we are trying to resuscitate the patient who has arrested.” The new Omicron variant “gives me great concern,” he said. It’s too early to tell if vaccines will still be protective, “but we think it will. This is to say, this is the time people should highly consider a vaccine if they haven’t because it is still by far the best tool we have to protect you from dying from this, or being severely debilitated.” It’s also important to get a booster if you’re already vaccinated, he said.

The bottom line, he said, is “vaccinate, vaccinate, vaccinate.”

By Dr. Tom Nichol, a hospitalist at MCMC

**Three folds of the cloth, yet
only one napkin is there,
Three joints in the finger, but
still only one finger fair;**



Frazier

Three leaves of the shamrock,
yet no more than one shamrock
to wear,
Frost, snow-flakes and ice, all in
water their origin share,
Three persons in God; to one
God alone we make prayer.

from *The Celtic Way* by Ian
Bradley, 1993, *submitted by Jerry*

Looking for drivers to bring people to church on Sunday

There is a sign-up list in the coffee hour bulletin board area, just under the coffee hour sign-up sheet, where you can schedule a time to pick-up 2 people. If you can drive, and can transfer a walker into your trunk, then St. Paul's needs your help. Please call Fiona, the church secretary to be placed on the list to drive.

St. Paul's needs people to sign-up for Coffee Hour

The return of **Coffee Hour** has been a blessing, but it does take your efforts to make this happen. If you forget to sign-up for a Sunday, you can call the church office and Fiona will place your name on the list. If you are low on funds and need help purchasing 'goodies', then please let me know, and I will give you a Fred Meyer gift card to help out with the purchase. Bring store bought cookies if you're low on time for baking, the coffee is provided and easy instructions are listed by the coffee pot on how to make coffee. 541-296-9587.

Marilyn+

A Prayer For Our Community

Loving God, you fill all things with a fullness and hope that we can never comprehend. Thank you for leading us into a time where more of reality is being unveiled for us all to see. We pray that you will take away our natural temptation for cynicism, denial, fear and despair. Help us have the courage to awaken to greater truth, greater humility, and greater care for one another. May we place our hope in what matters and what lasts, trusting in your eternal presence and love. Listen to our hearts' longings for the healing of our suffering world. Please add your own intentions . . . Knowing, good God, you are hearing us better than we are speaking, we offer these prayers in all the holy names of God. Amen.

From Father Richard Rohr

December Birthdays

15 Lydia Pielli



For your prayers ...

Heidi (John and Diane Adam's granddaughter), Peggy Davis, Skip & Carol Fisher, Bobbi Green, Dale Newton, Ruth Welle (Carol Yakish's sister), John Davis, Lee Keifer, Andrew Larive, Melanie from Ascension, Mary who is suffering from ALS (a friend of Amy McIlvenna), Steve and Colleen Schafroth, Alice and Don as Alice struggles from lung cancer (John Langfeldt's sister and brother-in-law), Abby Sue (Carolyn Thomas's niece), Mike Nagle as he heals from shoulder surgery, Michael Hayes (Gretchen Kimsey's nephew suffering from colon cancer), Peter Russell (Jeanie Senior's nephew), Elen Thomas (Carolyn Thomas' granddaughter), Evelyn Nultemeier (Georgia Giacobbe's sister), Ken Schlieff, Ned Kice, Harrison Richter, Pat Peickert at the death of her grand son, and relief from the Covid-19 virus spread throughout the community and country, and our Nation.

The Jeff Krier family as they grieve his death; the Carolyn Thomas family as they grieve the loss of Griff Thomas; Deb Hucke and the Hucke family as they grieve the loss of Ross, and give Jan Newson comfort as she grieves the death of her son, and Mary Ellen, Laura and Carly Lowe as

they grieve the loss of Cary. 12 09 21

For the departed: Jeff Krier, Griff Thomas, Betty Hartmann, The Rev. Larry Ferguson, Oscar Martinez, Helen Kochel, Ross Hucke, John Ringlbauer, and Cary Lowe.

To submit articles or pictures for the weekly newsletter, please submit them by Friday. Some articles may be held over for the following issue due to immediacy and space. Your articles keep us smiling and feeling like a community. Thank you, Marilyn

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