

# Weekly news & updates for St. Paul's

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Week of March 9, 2021 | Volume 10

## Upcoming Events for the week

- March 10 - Wed Noon Day Prayer - Zoom
- March 10 - Lenten Zoom Study 6:30 p.m.
- March 14 - Forum 8:30 a.m. Zoom
- March 14 - St. Paul's Zoom Worship 10a.m.

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## Women speak out ... compiled by the United Nations

Tap on blue to read  
about how Women are  
Speaking Out

## Awe and Wonder



*A photo presented and taken by Karyn Hart.*

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## Invite Us Deeper...

*Almighty and ever living God,  
you invite us deeper into your world, your  
people, your Lent.*

*May this time be one of outward focus;  
seeking you in those we often ignore.  
Help us live a Lent focused on freedom,  
generosity, and encounter.*

*Give us hearts hungry to serve you  
and those who need what we have to  
give.*

*- Author Unknown*

*Submitted by Gretchen Kimsey*

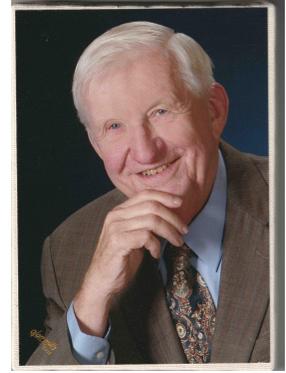
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## A short note from Senior Warden PK Swartz

For those of you who do not, cannot, or even will not join us on Zoom for meetings, here are some comments about our last Vestry meeting February 14th and, of course our Annual Meeting, on February 21<sup>st</sup>.

At the Vestry on February 14th, much of the discussion centered around

efforts to provide services to our homeless neighbors. Progress is being made with the homeless situation in The Dalles, but we're not there yet. We also discussed our search for a new priest (target date of January 2022) and heard a report from our Neighborhood Team. We are continuing work on upgrading our wireless capability. While we hopefully look forward to re-opening the church for services there is also a need/desire to continue with the on-line services as we realize some will always be homebound for one reason or another, not just Covid.



Then came our Annual Meeting on February 21st, again on Zoom. Due to the format multiple reports were given as published in the meeting booklet. (If you haven't gotten one, give the office a call.) In particular, Jerry Frazier gave his Treasurer's Report and basically we're in OK financial shape despite the epidemic, but we need to continue our support and manage expenses. The major activity at the meeting was the election of Vestry members, with Mike Nagle (running for a second term), and Chris Schanno and Scott Salisbury were newly elected. And finally delegates to the Diocesan Convention (this coming October) saw Gretchen Kimsey and Mike Nagle elected as delegates, with Jerry and Anne Frazier as alternates.

So "Come, labor on, who dares stand idle..." Join us at our Zoom meetings.

PK



## Unbinding our buried selves is best done in relationship with God

Lately, I am aware of a tightness bound inside me. The wintery gray, the drudge of the pandemic, have left me tense, less spontaneous, more wary. As the light grows each day and the promise of spring dawns – and the hope brought by vaccines – this tightness is making itself known, wanting to unfold.

Rainer Maria Rilke, German poet, writes in one of his poems: "I want to unfold./ Let no place in me hold itself closed/ for where I am closed, I am false." (translation by Barrows and Macy).

Not just winter or pandemics cause us to grow closed: Experiences lead us to fold up parts of ourselves, hiding them from one another and ourselves. This begins in childhood, when we are teased by a classmate, feel unaccepted by a parent or realize our self-expression is not socially normative. In response, we cultivate an image, hide bits of ourselves and accommodate the expectations placed on us. The lost truths get buried, bound within, leaving us, as Rilke puts it, false.

Rilke's poem continues with "I want to stay clear in your sight," tapping into the heart of the spiritual quest: to know the truth of oneself in God, to unfold all the bound places, finding freedom and clarity. In the Christian scripture, Jesus says that the greatest command is to love God and love our neighbors as ourselves. We can only love ourselves when we know ourselves and only then are we free to love others.

And, as Rilke rightly intuits, unbinding our buried selves is hard work, best done in relationship with

the one who loves all the bound bits of ourselves and longs for us to find our truth. Unfolding in God sets us free, eliminating the false and releasing the joy of being true.

*Reflections is a column by religious leaders in the region. The Rev. Melinda Hall is dean of the Episcopal Cathedral of St. Paul, 134 W. Seventh St.~ Shared from Christopher Millette/Erie Times/News*

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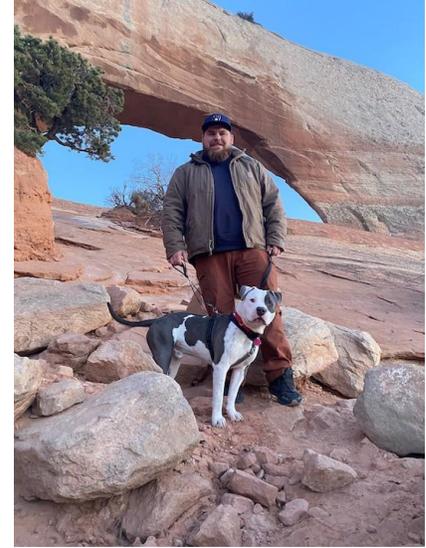
## The awe and wonder of Lent ... Kim McCollough's trip to Colorado



Kim and her grandson, Tanner Micheal



Fun time with the grand kids



Kasey's new pal ... Friday

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## One-Dose Johnson and Johnson vaccine now available

North Central Public Health District has received the one-dose Johnson and Johnson vaccine and will have a clinic this Friday, March 12, using that vaccine only. There will be 150 slots open and they will be available for booking today.



The health district has been distributing the two-dose Moderna vaccine already. Having different types of vaccine available for use can offer more options and flexibility for the public.

As to the question of which vaccine to get, we urge you to get whatever vaccine you can. Whether it is the Moderna, Pfizer or Johnson & Johnson vaccine, getting as many people vaccinated as possible will be the key to ending this pandemic.

The U.S. Centers for Disease Control has endorsed the safety and effectiveness of the Johnson & Johnson (also known as Janssen) vaccine for those 18 and older. The vaccine has been shown to be safe and effective in preventing severe COVID-19 illness, and was 100 % effective at preventing hospitalization and death due to COVID-19.

Since Johnson & Johnson is a one-dose vaccine, people do not have to return for a second dose to be protected. Trials of the vaccine found it was 66 % effective in preventing moderate to severe disease, and 85 % effective in preventing severe or critical disease.

That may appear to be less effective than the Pfizer or Moderna vaccines. But public health experts

caution against making direct comparisons. The clinical studies for the three vaccines were done at different times under different conditions and across different geographies, while viral variants were emerging.

The Johnson & Johnson vaccine is very safe, with only a few side effects reported. Those include arm pain and redness at the vaccine site, fatigue and headaches.

The Johnson & Johnson vaccine is similar but not identical to the Moderna and Pfizer vaccines already approved, which use Messenger RNA, or mRNA. Instead of injecting strands of mRNA into patients, the Johnson & Johnson vaccine injects an inactive virus with DNA inside. The end result is the same though. They all teach the body how to create the spike protein found on the surface of the COVID virus so that the next time the body is exposed to the spike protein it will fight it with antibodies.

To sign up for vaccine, visit <https://www.ncphd.org/phase-notifications> and fill out the form. Those 65 and older are currently eligible for the vaccine, as are first responders, healthcare workers, educators and childcare providers, and paid/unpaid caregivers and those receiving in-home care.

When your group is eligible, you will get an email the next time we have openings with a link and password to our online booking system so you can book your own appointment. Slots fill quickly, but we add more weekly. Please keep checking back weekly if you don't find an opening. You can also call the Mid-Columbia Senior Center at 541-296-4788 (for those who are 65 or older), or North Central Public Health District at 541-506- 2600.

We ask the community to help their older neighbors, family or friends with the online signup and appointment booking process. You can use your own email to set them up and book them an appointment.

*(For more information, please visit COVID-19 Vaccine in Oregon or contact North Central Public Health District at (541) 506-2600 or visit us on the web at [www.ncphd.org](http://www.ncphd.org) or <https://wascoshermangilliamcovid-19.com/>)*

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## When Hope Fails

Weepy  
Lamenting loss  
Caught in mournful contemplations  
“Life is lived in the cracks” filtered through  
my resisting  
brainy cobwebs.  
“What? Where did that message come from?”  
I don't understand.  
Wasn't it “life” before the abyss—  
when yet striding freely  
upon  
“life's” pummeled path?  
No, this can't be life.



-stuck  
-within a gaping crack  
-yawning  
beneath me

-interrupting  
the mapped journey  
-going nowhere.  
Immobilized  
Burrowing  
deeply  
into its recesses  
-seed like.  
Time escaping  
Glint of sun - bit of warmth  
Smiling memory - reflections  
feeding the seed - resisting extinction  
Illumination  
Vision  
Understanding  
Seed coat bursting  
Even flowers bloom  
.....in sidewalk cracks.

*Poem written by Carolyn Thomas on March 6, 2004*

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## HAPPY BIRTHDAY WISHES ...



## March Birthdays:

13 Ron Clark  
15 Sage Booren  
17 Ned Kice  
24 Jeff Krier  
24 Kyle McCullough  
26 Jill Durow  
29 Judy Reid  
31 Chuck Miller

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## Please pray ...

Please pray ... For your prayers: Peggy Davis, Skip & Carol Fisher, Bobbi Green, Ross & Deb Hucke, Don and Alice, Dale Newton, Jeff Krier, Ginger Crowley, Oscar Martinez, Ruth Welle (Carol Yakish's sister), Sarah, Barbara Portwood, John Davis, Carol healing from lung cancer, Judith (sister of Sandy Kice), Lorrie (friend of Alan Alford), Lee Keifer, Rosemary Ross, Andrew Larive, Melanie from Ascension, Wanda Hilderbrand, Connor (grandson of Jeanine Dirksen), Stuart Foster (Jim Foster's son healing from a ski accident), Kathy Scarborough's cousin who has Covid, Mary who is suffering from ALS ( a friend of Amy McIlvenna), Pete Speight (Georgia Giacobbe's husband), relief from the Covid-19 virus spread throughout the community and country, and Our Nation. 3/1/21

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*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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