

# March 19, 2025



## Hood River Valley Christian Church Newsletter

541-386-2608 [hrcchurch@gmail.com](mailto:hrcchurch@gmail.com)

[www.hoodrivervalleychristianchurch.com](http://www.hoodrivervalleychristianchurch.com) and on Facebook

### Sunday Worship Time

10:30am

### Church Administrative Assistant

Sable Duback

### Minister

Rev. Alicia Speidel 541-601-1949

[aliciaspeidel@gmail.com](mailto:aliciaspeidel@gmail.com)

Office hours 10am-1pm or as needed

## Sunday Worship

9:30 Adult Lectionary Preview

10:30 Worship

Link to Worship on March 16: [Facebook](#)

Glenn & Donnamae Grannemann	Margaret Marshall	Sharon & Gordon Cook
Vicki White	Stacey Jubitz	Doris Lewis
Tedra Turner	Ken Hansen	Margaret Marshall
Linda Meyers	Jason Galon	Vestena Emerson

**\*\*Steve and Christie Galon's son Jason has been diagnosed with cancer. They are waiting to find out his prognosis and treatment plan. Please pray for him, his wife Keely, his young children- Julian, Leila, and Oliver.**

Please email any prayer requests, or any positive news you'd like to share with our congregation to [hrcchurch@gmail.com](mailto:hrcchurch@gmail.com) or call our office at 541-386-2608.

03/02- Steve Galon  
03/05- Laurie Crosswhite, Katie Smiley  
03/07- Ed McCarger  
03/08- Suze Nigl, Nick Kenyon  
03/09- Jerry Sawyer, Bobbi Lupoli  
03/19- Kailey Speidel  
03/23- Lindamay Woosley, Katie Ritoch  
03/26- Rod Parrott  
03/27- Keith Clymer



03/28- Kathy Holmson  
03/30- Bill Sheppard  
03/31- Sable Duback

Soup and Salad for Six small group luncheons are being sponsored by Women's Ministries in the last half of March. Sign ups began March 9. Four hosts are scheduled and a fifth waits in the wings if needed: Barb Frasier, Margaret Strasser, Margaret Marshall, and Suze Nigl. The host will provide soup and beverages; guests will sign up to bring salad, bread, or dessert. If you have questions, ask Mary Anne.



The annual Women's Ministries meeting on February 23 adopted a new 2025 budget almost identical to 2024's. In addition, funds accumulated over the budget from the robust thrift shop sales were distributed as follows:

- Sunshine Club's new building, \$2,000
- Week of Compassion for S Cal fire victims, \$2,000
- Laundry Love \$1,000
- Auto door opener on the new unisex bathroom, \$3,800
- Thrift shop, new equipment, as needed up to \$1,000
- Young adult ministry, as needed, up to \$1,000



**Friends of the  
Sunshine Club**



**laundry love.**

**All Volunteers are Required to do the Civil Rights/ Confidentiality Training**

This may sound like a broken record, but have you completed the Civil Rights/Confidentiality Training??? All volunteers are required to do this, because it is important we understand how our actions can influence our clients.



It is important that we serve and treat everyone equally. Consequently, every year the Oregon Food Bank requires volunteers to review the Civil Rights & Confidentiality Training and sign that they have reviewed the information.

We are asking all individual/group/Church volunteers to once again complete this training. This can happen in two ways. You can review the Civil Rights brochure, which is available on the registration desk or at the Hood River site, it is also on the back desk. Take a few minutes when you come to work or when there is a break to read this information. Then there is a form to sign the form that you have completed the training.

An even better way to get the training is to watch a quick Civil Rights video. It is a very good video and only about 20 minutes.

To find this video, go to the Hood River FISH website at <https://www.fish-food-bank.com>, once at the website click on More, then go to Current Volunteers, then go to Civil Rights Training.

Once you have watched the video you can sign the form at FISH.

The goal is to have all volunteers complete this training by the end of March. This is an important requirement as it is part of the Oregon Food Bank review each year. OFB do ask to see our forms that the volunteers sign. So please help make this happen.

**Volunteers for Hood River FISH Site:**

The following groups are responsible for organizing the volunteers for March and April at the Hood River site.

March 3-5-7	Wy'East Community Church
March 10-12-14	Shepard of the Valley
March 17-19-21	Spirit of Grace Church
March 24-26-28	Rotary
March 31-April 2-4	St. Mary's Catholic Church
<b>April 7-8-11</b>	<b>Hood River Valley Christian Church</b>
April 14-16-18	Immanuel Lutheran Church
April 21-23-25	Rotary
April 28-30- May 2	Mid-Columbia Unitarian Fellowship



## Third week of lent

**“Whoever exalts himself will be humbled; but whoever humbles himself will be exalted.” [Matthew 23:12](#)**

Humility seems like such a contradiction. We are easily tempted to think that the way to greatness involves letting everyone know all that we do well. There is a constant temptation for most people to put forward their best face and to hope others will see that and admire it. We want to be noticed and praised. And we often try to make that happen by the little things we do and say. And often we tend to exaggerate who we are.



On the flip side, if someone criticizes us and thinks ill of us it has the potential of being devastating. If we hear that someone said something negative about us we may go home and be depressed or angry about it the rest of the day, or even the rest of the week! Why? Because our pride is wounded and that wound can hurt. It can hurt unless we have discovered the incredible gift of humility.

Humility is a virtue that enables us to be real. It enables us to cut through any false persona we may have and simply be who we are. It enables us to be comfortable with our good qualities as well as our failures. Humility is nothing other than being honest and true about our lives and being comfortable with that person.

Jesus gives us a wonderful lesson in the passage above, that is very hard to live but is absolutely key to living a happy life. He wants us to be exalted! He wants us to be noticed by others. He wants our light of goodness to shine for all to see and for that light to make a difference. But He wants it done in truth, not by presenting a false persona. He wants the real “me” to shine forth. And that is humility.

Reflect, today, on how genuine you are. Make this time of Lent a time when the foolishness of pride is shattered. Let God strip away every false image of yourself so that the true you can shine forth. Humble yourself in this way and God will take you and exalt you in His way so that your heart can be seen and loved by those around you.

During our worship services in the season of Lent we have added a few things. There is singing at 10:20am before worship to practice the new hymns we are introducing every Sunday. (Thank you to those who come early to run through them and to our musicians for leading them.) There's the call to worship where we center ourselves, preparing for worship and its various components. There's the prayer of confession where we share honestly about where we need forgiveness and connection with God. There are the words of assurance that speak to the fact that even with the brokenness in our lives we are loved and valued by God. There is the artwork on the front of the bulletin that provides an opportunity to color and focus in a deeper way.



**The Pastor's  
COLUMN**

All of these new additions are to bring our attention to this important season of the church year. It is to set it apart from the time that surrounds it. It is to move us closer to God and strengthen our spiritual journey. With that, pay attention to which of these new aspects speak to you. Let them be a guide of nourishment and sustenance. Let them help you connect with God as we continue to move towards spiritual hydration as our Lenten theme highlights.

~Alicia



**HRVCC Higher Education  
Scholarships are now available in the  
church office. Deadline to turn in your  
application is March 30, 2025. Pick  
up an application in the church office  
or contact [hrcchurch@gmail.com](mailto:hrcchurch@gmail.com) to  
have one sent to you by email.**



# Church Calendar

## Wednesday March 19

9:00am-12:00pm Thriftshop open  
9:00am-12:00pm Quilters meet

## Thursday March 20

7:00am Men's study Vista Room

## Saturday March 22

9:00am-12:00pm Thriftshop open

## Sunday March 23

9:30am Adult Lectionary Preview  
10:30am Worship  
4:00pm Hope and Life Church worship.

## Tuesday March 25

10:00am Women's bible study

## Wednesday March 26

9:00am-12:00pm Thrift shop open  
9:00am-12:00pm Quilters meet

## Thursday March 27

7:00am Men's study Vista Room

## Saturday March 29

9:00am-12:00pm Thriftshop open

## Sunday March 30

9:30am Adult lectionary preview  
10:30am Worship  
4:00pm Hope and Life Church worship

## Tuesday April 01

10:00am Women's bible study

## Wednesday April 02

9:00am-12:00pm Thrift shop open  
9:00am-12:00pm Quilters meet

## Thursday April 03

7:00am Men's study Vista Room

## Saturday April 05

9:00am-12:00pm Thriftshop open

## Sunday April 6- FISH Food Sunday

9:30 Adult lectionary study  
10:30am Worship

### Scriptures for Sunday March 23, 2025

Isaiah 55:1-9  
Psalm 63:1-8  
1 Corinthians 10:1-13  
Luke 13:1-9

### Serving Sunday March 23, 2025

<b>Elder this week</b>	Rod/Thelma
<b>Communion prep</b>	Joanie Logan
<b>Coffee hour</b>	Carol and friends
<b>Deacons</b>	Otto and Jan

### Scriptures for Sunday March 30, 2025

Joshua 5:9-12  
Psalm 32  
2 Corinthians 5:16-21  
Luke 15:1-3, 11b-32

### Serving Sunday March 30, 2025

<b>Elder this week</b>	Suze Nigl
<b>Communion prep</b>	Joanie Logan
<b>Coffee hour</b>	Betty and friends
<b>Deacon</b>	Woody and Sue