



Eastrose Fellowship Unitarian Universalist
eastrose.org eastrose@spiritone.com 503-665-2628

How to Get Acquainted and Involved at Eastrose

Eastrose members and friends help run the fellowship and also participate in spiritually and socially enriching activities. The best way to meet people is to participate in the variety of activities here. Come and join us! All are welcome.

- **Fellowship, Spiritual Practice and Adult Education**
 - **Eastrose Book Group** (monthly)
 - **First Sunday Pot Luck** (monthly)
 - **Introduction to Eastrose and Unitarian Universalist** (monthly)
 - **Music Committee** (as needed)
 - **Monthly Brown-Bag with Rev. Patti Pomerantz** (monthly)
 - **Passage Meditation** (weekly)
 - **Pastoral Care**
 - **Seven @ Seven** (about 3 times per year)
 - **Speech Choir** (as needed)
 - **Sunrise Adult Choir** (weekly 10 months August-June)
 - **UU Classes** (as needed)
- **The Practical Arts**
 - **Aesthetics** (as needed)
 - **Facilities Committee** (always needed)
 - **Fund-raising and Events Planning**
 - **Generosity Committee**
 - **Hospitality Committee** (sign up)
 - **Office Support** (always needed)
 - **Membership Committee**
 - **SCRIP** (monthly)
 - **Sunday Morning Greeters** (monthly)
 - **Sunday Services Committee** (monthly)
 - **Technology and Communication** (varies)
 - **Weed and Feed** (every other week usually)
- **Our Children**
 - **Be a Teacher or Helper – Religious Education (RE)**
 - **Tribal Connections**
 - **Special Inter-generational Events**
- **Community Action**
 - **Baby Blues Connections** (weekly)
 - **Daybreak Family Shelter** (every six weeks)
 - **Mt. Hood Cluster of Congregations**
 - **Social Concerns**
 - **SnowCap**
 - **Universal Recovery Church** (every 3rd Sunday)

Please check our web page <http://www.eastrose.org> and our calendar <http://tinyurl.com/n95t9z> for the most up to date information.

Fellowship, Worship, Spiritual Practice and Adult Education

Eastrose Book Group – As a group we select a book or an author to read over the coming month and bring food to share while discussing Third Thursdays from 6:00 p.m. to about 7:30 p.m. at Eastrose Sept – May. Contact: Tom Ten Eyck teneyckt@dishmail.net 503-720-0137

First Sunday Pot Luck Lunch – All are welcome. Bring a dish to share after service the first Sunday of each month.

Introduction to Eastrose and Unitarian Universalist – Informal newcomer orientation sessions, led by Reverend Barbara Stevens, offered once a month following Sunday service. Contact: Rev. Stevens barbara@aracnet.com 503-254-0265

Music Committee - The music committee oversees the music provided during Sunday services and some special events. Meets as needed. Contact: Ron Randall randallart26@gmail.com 503-320-6273

Monthly Brown-Bag – Bring your own lunch. Eastrose provides hot water and coffee. We discuss politics, peace, people, poetry or what moves us. First Thursday each month at Noon in the Thatcher Room except July.

Passage Meditation – Passage meditation uses scripture and prayer from all the world's great wisdom traditions. Instruction and group meditation at each session. Every Tuesday night at 7:15 p.m. in the sanctuary. Contact: Jude Watson heyjude@pipeline.com 503-380-8486

Pastoral Care Team – Provide encouragement and support to those who are hospitalized, in crisis, dying, or bereaved, and also to those who themselves are caregivers. Monthly meetings and training. Contact: Rev. Patti Pomerantz ppomerantz@uuma.org 503-481-9635

Seven @ Seven – Approximately seven people gather in their homes at 7:00 p.m. for a potluck dinner. This is a fun way to get better acquainted. Scheduled periodically, usually three times per year.

Speech Choir - Speech Choir is reader's theater. We perform dramatic readings during the service. All genders and ages are welcome. Contact: Katie Ten Eyck teneyckk@dishmail.net 503-720-0188

Sunrise Adult Choir – We reflect the message of the worship service with music. Rehearsals are the morning of each choir service, usually once per month. Contact: Mary Reese, Sunrise Choir Coordinator/Pianist uuspirit@yahoo.com 503-929-7788

Unitarian Universalist (UU) Classes – Informal classes, led by Rev. Patti Pomerantz, offered frequently following Sunday service. Contact: Rev. Pomerantz ppomerantz@uuma.org 503-481-9635

The Practical Arts

Aesthetics - Volunteers work together on layout, design, colors and creating a vibrant and beautiful church. Contact: Rita Alm almtwo@yahoo.com 503-307-1844

Facilities Committee –Takes care of tasks written on the “honey do” list in the hallway at Eastrose. Contact: Larry Adams lagaadams@comcast.net 503-929-8007

Fundraising and Events Planning – Eastrose does several fund-raising parties during the year: Our annual Service Auction and Christmas Winterfest Tea are both great times! Contact: {Tea} Cynthia Hopkins cynhop@comcast.net 503-512-8119 and {Service Auction} Rev. Sue Matranga-Watson suemw@hotmail.com 503-653-1258

Generosity Committee – Help plan and support the annual financial Pledge Drive. Most meetings are potlucks at someone’s home. Commitment can be short-term (Oct.-Nov.) or long-term (year-round). We generally meet monthly, or more often during the fall. Contact: Michael Schilmoeller michaeljschilmoeller@gmail.com 503-256-3263

Hospitality Committee - Volunteers make and serve the coffee and tea after the Sunday service and clean up the kitchen afterwards. Contact: Phyllis Adams pcadams@comcast.net 503-929-8004

Office Support – Volunteers can help in the office by filing, computer data entry, mailings, and/or assisting with weekly clean up such as replacing empty soap and paper towel dispenser. Contact: Melissa Blumklotz office@eastrose.org 503-665-2628

Membership Committee – We welcome people and make sure they have opportunities to find a church home here. Meet on the first Wednesdays of the month at 7 p.m. Contact: Lyn Randall encore1514@gmail.com 503-504-0211

SCRIP - An easy way to help raise money. Buy gift cards at face value for participating merchants, Eastrose receives a small percentage. Sold on second Sundays and delivered on third Sundays. Contact: Lyn Randall encore1514@gmail.com 503-504-0211

Sunday Morning Greeters – Be the person who smiles and says hello, shakes hands and gives out programs and counts attendance. This is great for newer folks, and a way to get to know everyone. Contact: Michael Schilmoeller michaeljschilmoeller@gmail.com 503-256-3263

Sunday Services Committee - A group of individuals who plan the services, arrange for special guests, speakers, program leaders, and order of service. Contact: Ron Randall randallart26@gmail.com 503-320-6273

Technology and Communication – Looking for people to help Eastrose utilize new media to connect with people and to stay current. Contact: Web – Michael Schilmoeller michaeljschilmoeller@gmail.com 503-256-3263; Facebook – Jessica Reid findjessicahere@yahoo.com 503-954-5276 or Selenna Baxter selennabaxter@gmail.com 503-810-6556; *Eastrose e-News* – Lynne Pfeiffer pfeiffer@spiritone.com 503-667-7902; *Petals* – Kathie Loveall kealoveall@gmail.com 360-696-0382

Weed and Feed – Bi-weekly get together, usually on Mondays, to do some garden clean-up to maintain the church grounds and then go out to lunch and visit. Contact: Rita Alm almtwo@yahoo.com 503-665-0385

Our Children

Be a Teacher or Helper – The Religious Education (RE) Program for Children and Youth is taught by volunteer teachers and helpers. Teachers commit to spending 9 Sundays during the school year exploring and celebrating our UU faith using our thoughtful UU curriculum. Helpers follow the lead of the teacher as they assist the lesson. By presence and action, both serve as spiritual guides for our children. Contact: RE Council – Debby Smith-Rohmbock or Tera Jarvis or Shawn McClure EastroseDRE@gmail.com 503-665-2628

Tribal Connections – We are an intergenerational group “dedicated to strengthening the relations between families and friends of Eastrose”, meeting at the Warren James House every third Sunday following service. We combine with RE to host a potluck, fun, and games. Contact: Debby Smith-Rohmbock totsintow@gmail.com 503-784-3081

Special Inter-generational Events --Several times per year, the RE program sponsors simple celebrations that include the entire Eastrose community such as “Springtime Festivities/Easter,” “Harvest Holiday/Halloween,” and “Winter Holy Days”. Opportunities to assist include preparing special food, helping children decorate cakes and cookies, assisting children as they prepare gifts for the congregation, and working on dramatic presentations and skits with the kids. Contact: Debby Smith-Rohmbock EastroseDRE@gmail.com 503-665-2628

Community Action

Baby Blues Connections – Group support, information and resources for women and families coping with pregnancy and postpartum mood disorders. Wednesday mornings at 9:30 a.m. *Interested persons should first call the main Baby Blues Connection at 866-616-3752.*

Daybreak Shelter – This is a homeless family shelter that keeps families together. This completely secular shelter is open 7 days a week, year round. Every eight weeks Eastrose collects food for meals for the residents. Check announcements.

Mt. Hood Cluster of Congregations - Portland and Vancouver Unitarian Universalists plan joint actions together. Be involved with UUs all over the city. This year we organized a S.O.L.V.E. beach cleanup and worked together on the Gay Pride Parade. Contact: Katie Larsell katielarsell@gmail.com 503-256-3263 or Selenna Baxter selennabaxter@gmail.com 503-810-6556

Social Concerns – This committee organizes the Peace table, supports the Unitarian Universalist Service Committee and community projects, does Sunday services based on topics of justice and world events, and decides which non-profits receive the basket proceeds in our **Sharing the Bounty** each week of one-half of the cash in the offering. They meet the fourth Sunday of the month at 12 noon in the minister's office. Contact: Warren James jamesabe6@gmail.com 503-239-3376

SnowCap – Eastrose collects food and clothing for needy families and individuals via the collection barrel in the Thatcher room. Bring your donations when you come to church. Eastrose also contributes financially to SnowCap all year. Contact: Cynthia Hopkins cynhop@comcast.net 503-512-8119

Universal Recovery Church (UURC) – Eastrose offers heart-centered, healing worship and sharing for people in recovery and those who care about them. We honor any spiritual path based on love and respect to help us stay in recovery. We worship together, share thoughts and feelings, and talk openly about the struggles and gifts of addiction, trauma, and incarceration. It helps to celebrate the joys and freedom of a recovery lifestyle together. Meetings are the third Sunday each month. Contact: Barbara Stevens barbaras@aracnet.com 503-254-0265