

## Our Mission

*St. John the Baptist Catholic Community, inspired by the Spirit of Christ, reaches out, educates, helps and nurtures all people, as we worship and serve Our Heavenly Father.*

## All are Welcome Parishioners, New Members, Visitors and Guests:

Thank you for joining our worshipping community. Please stop by our parish office to register and let us know if we can be of assistance.

### **Sunday Mass**

English:

7:30am, 10:00am,

6:30pm

Spanish: 12:00 noon

### **Saturday Vigil Mass**

5:30pm

### **Daily Mass**

Mon., Tues., Wed, Fri,

7:00am Mass

Thursday & Saturday

8:30am

### **Sacrament of Reconciliation**

4:00-5:00 Sat. or by appointment

### **Adoration Chapel**

Open 24 hours for prayer. Call the office for the code.

### **Parish Office**

Tues.- Friday

9am - 5pm

# St. John the Baptist Catholic Church

10955 SE 25th Ave., Milwaukie, OR 97222 503-654-5449 Fax: 503-653-9567  
[www.sjbcatholicchurch.org](http://www.sjbcatholicchurch.org)

May 8, 2011

3rd Sunday of Easter

## REMEMBERING MOM

Dear brothers and sisters,

Let's greet our mom's with a blessed, healthy and happy day.

Happy Easter! We are in the Easter season and this is the third Sunday of Easter. After the 40 days of Lent preparing ourselves through prayer, fasting, and almsgiving, for a meaningful Easter, we spend the 50 days of the Easter Season celebrating the core event of our faith. During this time the scripture readings, especially the writings of the apostles, tell us about the post-resurrection appearances of Jesus to the disciples and what those appearances mean to us as followers of the "Risen Lord."

The Acts of the Apostles and the First Letter of St. Peter talk about Jesus and how God raised him from the clutches of death. It is the Holy Spirit that worked this new thing in the life of Jesus, raising him to eternal glory. St. Peter says, " Beloved, if you invoke as Father him who judges impartially according to each one's works, conduct yourselves with reverence during the time of your sojourning, realizing that you were ransomed from your futile conduct.....with the precious Blood of Christ." The fulfillment is yet to come, and so we live in "faith and hope." The central reality is Christ's sacrifice for us and the new life we live now. The gospel of Luke gives us another story of Jesus' appearance to his disciples while on their way to Emmaus.

Today we celebrate the gift and blessing of our Mothers, individually and as a family. This year's Mother's Day celebration falls on the third Sunday of Easter. The liturgical writings always remind us that this secular observance must not in any way diminish our primary focus for this third Sunday of Easter as the celebration of the Paschal mystery. But most of the presiders simply cannot ignore the fact that most of our people are focused on praying for their mothers, living and dead. As for me it is a special day as it coincides with my priestly ordination anniversary and my mom played a significant role in my early life and in grooming my vocation. None of you met my mother. She died back in 1986 when I was a teenager. She is greatly missed by all my siblings and her demise has left a void in my life that nothing can replace. She was absolutely the best mother in the whole wide world. There were other moms in the neighborhood whom I admired, but none of them seem to match the love and goodness of my own mother. That's not a surprise. I am sure those sentiments are widely shared among us about many moms.

The Catholic Church observes the month of May as a traditional time of prayer to the Mother of Jesus. The medieval devotional literature and art has depicted the seven joys of Mary, the Mother of Jesus. It was the popular devotion to events of the life of the Virgin Mary. They are listed as the Annunciation, the Nativity of Jesus, the Adoration of the Magi, The Resurrection of Jesus Christ, the Ascension of Christ to Heaven, the Pentecost, and the coronation of the Virgin. May God bless each of our mothers and may they find joy in their children.

What a gift to our mothers as they see their children receive Jesus in the Eucharist for the first time in their lives at the noon Mass this Sunday. Congratulations to the seventy-five students and their families. May you become what you eat at the Eucharistic table. May the Risen Lord bless you today and always.

Happy Mother's Day.

Many blessings,

Rev. Maxy D'Costa, Pastor



## Calendar for the Week

### Teacher's Appreciation Week

#### Monday, May 9

Mass	7:00am	Church
After School Care	3:15-6:00	Daycare Room
Beginners	6:45pm	Parish Center
Spanish Prayer Grp	7:00pm	Church
Monday Night Live	7:00pm	Teen Room
AlaTeen/AA/Alanon	7:30pm	Parish Center

#### Tuesday, May 10

Mass	7:00am	Church
Good Grief Group	10:00am	Saalfeld
After School Care	3:15-6:00	Daycare Room
RCIA	7:00pm	Saalfeld
St. Vincent de Paul	7:00pm	Church

#### Wednesday, May 11

Mass	7:00am	Church
Senior Potluck	11:30am	Jordan
Pinochle	1-4pm	Saalfeld
After School Care	2:15-6:00	Daycare Room
Pastoral Council	7:00pm	Saalfeld
Legion of Mary	7:00pm	Jordan

#### Thursday, May 12

Mass	8:30am	Church
After School Care	3:15-6:00	Daycare Room
Knights of Columbus	6:30pm	Jordan
PFA	7:00pm	Cafeteria
Spanish Bible Study	7:00pm	Saalfeld
Choir	7:00pm	Church

#### Friday, May 13

Mass	7:00am	Church
After School Care	12:15-6:00	Daycare Rm
School Dance	7:00pm	Cafeteria

#### Saturday, May 14

Men's Group	7:00am	Jordan
Mass	8:30am	Church
First Communion Rehearsal	10:00am	Church
Quinceanera Class	10:00am	Teen Room
Private Gathering	12:00-6:30pm	Parish Center
Mass for Gathering	2:00pm	Church
Confessions	4-5pm	Church
Vigil Mass	5:30pm	Church

#### Sunday, May 15

Masses:	7:30am; 10:00am; 6:30pm; Spanish 12:00 noon	
Liturgy Commission	8:45am	Jordan
First Communion	10:00am	Church
Liturgy of Word	10:00am	Jordan
Spanish Band	10:45am	Jordan
First Communion Pic's	11:00am	Saalfeld
Youth Band	11:15am	Teen Room
Spanish Lit of Wd	12:00	Cafeteria
Boy Scouts	5:00pm	Cafeteria

The Knights of Columbus are hosting their annual Mother's Day Breakfast today from 8:00am to 12:30pm in the Parish Center. Join us for French toast, eggs, sausage, fruit, and coffee. All are welcome to attend! Freewill donations will be accepted to help fund K of C charitable activities.

## Parish Staff

### Pastor

Fr. Maxy D'Costa, Sfx.  
email: pastor@sjbcatholicchurch.org

### Parochial Vicar

Fr. Francis Kojo Kule  
fr.francis@sjbcatholicchurch.org

### Parish Office 503-654-5449

Tues.-Friday 9am - 5pm  
email: parishoffice@sjbcatholicchurch.org

### School Office 503-654-0200

Mon. - Fri. 7:30am-4pm  
www.sjbcatholicsschool.org

### Principal

Ted Havens 503-654-0200  
thavens@sjbcatholicsschool.org

### Administrative Assistant—Dana Day:

[ddaysjb@msn.com](mailto:ddaysjb@msn.com) or [dday@sjbcatholicsschool.org](mailto:dday@sjbcatholicsschool.org)  
If you are interested in what is happening at the school check out our website -- [www.sjbcatholicsschool.org](http://www.sjbcatholicsschool.org)

### Pastoral Associate

Pat Raschio 503-654-5449  
email: pat.raschio@gmail.com

### Business Manager.....Barbara Downey

[bdowney@sjbcatholicchurch.org](mailto:bdowney@sjbcatholicchurch.org) 503-654-5449

### Deacon.....Gerald Delgado

[Gerald.delgado@comcast.net](mailto:Gerald.delgado@comcast.net) 503-722-1892

### Care Ministry Coordinator.....Barbara Dunlap

[bdunlap@sjbcatholicchurch.org](mailto:bdunlap@sjbcatholicchurch.org) 503-654-5449

### Youth Ministry/Religious Education Coordinator

Patrick David.....503-659-2760  
[pdavid@sjbcatholicchurch.org](mailto:pdavid@sjbcatholicchurch.org)

### Music Coordinator.....Michele Freeman

[mfreeman@sjbcatholicchurch.org](mailto:mfreeman@sjbcatholicchurch.org)

### Administrative Assistant.....Mary Jenck

[mjenck@sjbcatholicchurch.org](mailto:mjenck@sjbcatholicchurch.org) 503-654-5449

### Bookkeeper.....Eileen Kaiel

[ekaiel@sjbcatholicchurch.org](mailto:ekaiel@sjbcatholicchurch.org) 503-654-5449

### Development Director.....Libbie Allen

[lallen@sjbcatholicchurch.org](mailto:lallen@sjbcatholicchurch.org) 503-654-5449

### Hispanic Ministry Coordinator...Genesee McCarthy

[gmccarthy@sjbcatholicchurch.org](mailto:gmccarthy@sjbcatholicchurch.org) 503-654-5449

### Pre-School Director .....Mary Danna

503-653-9688

### Maintenance.....Randy Miller

[rmiller@sjbcatholicchurch.org](mailto:rmiller@sjbcatholicchurch.org) 503-654-5449

**Altar Servers**

**Saturday, May 14**

5:30: Hannah Scruggs, Nicole Schreiber, Jack Gabrish

**Sunday, May 15**

7:30: Nadine & Henry Prentice, Bryn Landrus  
10:00: Dominic Pisaneschi, Brittany Gottsch, John Menor  
12:00: Eddie Sanchez, Alonso Ramirez-S., Victor Rodriguez  
6:30: Eryn Likkel, Nicolas & Natalie Pernas

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**Adoration Chapel**

We're in need of many more Adorers, especially on Monday at 11:00am or 1:00pm. Can you spend an hour in adoration?  
Contact John White at 503-513-6809 or Jean Hill Rutter 654-6634.

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**Legion of Mary**

Are you looking for something that will bring you closer to Mary and Jesus? The Legion of Mary is the very place to do this! We welcome any men or women who would like to try this out—see if it is for you! We meet each Wednesday at 7:00pm in the Jordan room. Don't be shy! We'd love to have you come and meet with us. Questions????  
Call Jean Hill Rutter at 503-654-6634.

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**RCIA**

*Do You Know Someone Who Has Questions About The Catholic Church?*

The RCIA, is a process of initiation into the Catholic community of faith. It is a process which encompasses the study of Scripture, Catholic teachings, and Christian values - the development and deepening of a life of prayer and action - all with the support and involvement of the parish community.

We offer this process on Tuesday evenings at 7pm in the parish center. If you or someone you know is interested in learning more about the Catholic Faith please call or email Pat at 503-654-5449 or [pat.raschio@gmail.com](mailto:pat.raschio@gmail.com). We will begin a new session in June.

**Baptism**

Are you expecting or do you have a baby who you would like to baptize?



St. John's offers baptism once a month on the first Sunday of the month. First the parents must attend a baptism class. Please contact Pat at 503-654-5449 or email at [pat.raschio@gmail.com](mailto:pat.raschio@gmail.com).

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**Advertiser of the Week**

**Providence Milwaukie Hospital**

Quality health care—right here in your own neighborhood. 503-513-8300 or [www.providence.org/pmh](http://www.providence.org/pmh)

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**Adult Education**



***Parish Immersion—  
Pentecost is coming!***

Our 2-day parish immersion, "Getting to Pentecost," **Thursday, June 2, and Friday, June 3,** promises to open eyes and hearts. The 9:45am sessions repeat at 7:00pm. Eugene based Mary Sharon Moore, Catholic author and director of Awakening Vocations, is known for her engaging stories, keen insight, gentle humor, and her remarkable ability to teach, encourage, and inspire—all in the same breath. Mark your calendar and come early for a good seat in the Saalfeld room. Preregistration is strongly encouraged. Contact the parish office (503-654-5449; or [pat.raschio@gmail.com](mailto:pat.raschio@gmail.com)) to reserve your immersion packet. This is a freewill offering event.

Collection	This week	BUDGET (Average/week)	
05/01/2011	\$13,093	\$14,135	
Week 44 of 52	2010/2011	2010/2011	Over (Short) Year to Date:
Fiscal Year to Date:	\$602,066	\$621,940	(\$19,874)
Prior year to Date (2010):	\$592,393		

**Building Maintenance Fund this week: \$924**

### ***Living Your Strengths and Growing Spiritually***

Do you know what specific gifts you have been given by God? Discover your God-given gifts (also known as *signature themes*) in the book, ***Living Your Strengths***, available at no cost through the parish office. In the first letter of Peter, Chapter 4, he says:

“Each of you has been blessed with one of God’s many wonderful gifts to be used in the service of others. So use your gift well. If you have the gift of speaking, preach God’s message. If you have the gift of helping others, do it with the strength that God supplies. Everything should be done in a way that will bring honor to God because of Jesus Christ, who is glorious and powerful forever.”

This week we look at the gift of Positivity. We all know people with this gift. They are always looking on the bright side, generous with praise, quick to smile, living life with enthusiasm. People with the gift of positivity tend to add a little drama into every project, and celebrate every achievement. And no matter what setbacks may arise, these people know it’s important not to lose one’s sense of humor. Positivity talents are valuable, according to LYS, “...because they have such a helpful influence on the attitudes, motivation, and productive behaviors of others. Groups and individuals are energized to move toward excellence.”

One piece of scripture that relates to this gift comes from Proverbs 17:22: “A joyful heart is the health of the body, but a depressed spirit dries up the bones.”

Do you recognize yourself? According to Living Your Strengths, one of the ways to grow spiritually is to choose study groups or classes to join where the leader has a positive attitude and fun is integrated into the learning. Too much seriousness can be a problem for you. “...for rejoicing in the Lord must be your strength!” (Nehemiah 8:10). You might also be the right leader for coordinating celebrations in the parish. You have the ability to help others see God’s blessings in their lives and help them keep a positive attitude. Barnabus, St. Paul’s partner, must have helped him stay positive – Barnabas’ name means “son of encouragement” (Acts 4:36). Don’t underestimate the effect you can have on people.

Please contact Libbie Allen in the parish office at 503.654.5449 to get your copy of



***Living Your Strengths.***

**Daily Scripture Readings**

**Monday, May 9**

Acts 6:8-15; Psalm 119:23-30; John 6:22-29

**Tuesday, May 10**

Acts 7:51-8:a; Psalm 31:3-21; John 6:30-35

**Wednesday, May 11**

Acts 8:1-8; psalm 66:1-7; John 6:35-40

**Thursday, May 12**

Acts 8:26-40; Psalm 66:8-20; John 6:44-51

**Friday, May 13**

Acts 9:1-20; Psalm 117:1-2; John 6:52-59

**Saturday, May 14**

Acts 1:15-26; Psalm 113:1-8; John 15:9-17

**Sunday, May 15**

Acts 2:14-41; Psalm 23:1-6

**Weekly Mass Intentions**

**Monday, May 9**

7:00: Jen (Int)...Mom & Dad

**Tuesday, May 10**

7:00: Jim & Doris Geber (Int)...  
William & Lora Mae McCuin

**Wednesday, May 11**

7:00: Rena Oakden (d)...Julie Spencer

**Thursday, May 12**

8:30: David Brown (Int)...Bill & Allenna

**Friday, May 13**

7:00: Nancy Everett (Int)...Mary Jenck

**Saturday, May 14**

8:30pm: Giltus & Ivy Mary Gomez (d)...Irene  
5:30pm: Preciosa Mier (d)...Hall Family

**Sunday, May 15**

7:30am: Lou Gabrish (d)...Bea Gabrish Burk  
10:00am: For the People of the Parish...Pastor  
12:00: Elizabeth Feist (Int)...Marion Jangula  
6:30pm: Vaetz Family/Living & Deceased...  
Mary Vaetz



**Keeping our House of the Lord clean!**

As the church was being cleaned for our beautiful Easter celebrations much gum, wax, grime and dirt was found on the floors under the kneelers. If every person would take care of the church it would not need the extra hours it took this time to prepare.

Here is how you can help:

- ✠ DO NOT CHEW GUM in the church!
- ✠ DO NOT bring juice, coffee beverages and such into the church! (they always get spilled)
- ✠ If your children drop food items please pick them up so they do not become ground into the rocks.
- ✠ Always remember you are in the House of the Lord.
- ✠ Be gentle with kneelers when putting them up and down.
- ✠ Put missals and song books in order they were found.

Volunteers come every Monday to put the books in order.  
Lets all do our part as we come to worship God on this holy ground and in this holy place.

The family of Scott Winter wish to extend their thanks to all our Church family and the SVDP Society for all the cards, prayers and mass intentions offered for him. Your great kindness and support is greatly appreciated.



**Prayer Concerns for May**

Hal Bauer,  
Ernie Bisio,  
Jim Geber,  
Norma Magill  
Kathy Matton,  
Paul Newman,  
Shirley Otto,  
Sheryl Perri,  
Ray Schreiber, Sr.  
Ruth Talarico

These names will remain through June.  
If you are unable to attend Mass due to a chronic illness or are recovering from surgery, please call the church office if you would like to receive the Anointing of the Sick and/or weekly communion visits.

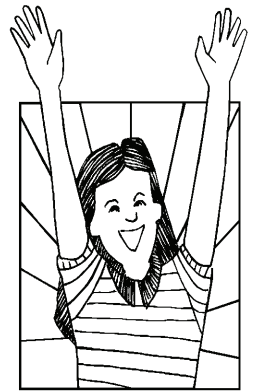
## Youth News

### Religious Education

Our Religious Education Program has completed another great year. It truly is not possible without the help and guidance of our teachers and volunteers.

A huge thank you goes out to the following humble servants in Christ:

<b>Jane Bollard</b>	<b>Kim Guasco</b>
<b>Jennifer Casey</b>	<b>Becky Hovis</b>
<b>Kris Eaton</b>	<b>Anusha Joseph</b>
<b>Dolores Esser</b>	<b>Larry Lanz</b>
<b>Beverly Gifford</b>	<b>Gen McCarthy</b>
<b>Ron Gifford</b>	<b>Jenny Wilson</b>
	<b>Betty Wolf</b>



### **Mark Your Calendar:**

May 10th	10:00	First Communion Rehearsal
May 15th	10:00	Sacrament of First Communion
May 15th	4:00	Sacrament of Confirmation at Christ the King Parish

More to come!

**On Friday April 29th SJB held their annual middle school retreat.** There were 54 Middle school participants. A big shout-out goes to the following high school students who served as small group leaders, speakers, and organizers:

<b>Jarrett Anderson</b>	<b>McKenzie Mcavoy</b>
<b>Jorge Gonzales</b>	<b>Taylor Mcavoy</b>
<b>Suzy Hernandez</b>	<b>Cesar Miguel</b>
<b>Jordan Holder</b>	<b>Aaron Moreland</b>
<b>Jennifer Jimenez</b>	<b>Ciara O'kane</b>
<b>Patrick Kempster</b>	<b>Dayana Perez</b>
<b>Rebecca Koloszar</b>	<b>Amanda Ruesch</b>
<b>Sara Likkell</b>	<b>Laura Sprecker</b>
<b>Lindsie Maestas</b>	<b>Eder Zavala</b>
<b>Jeff Magana</b>	

Thank you to all parents and their generosity for providing numerous dishes for a delicious potluck feast during retreat.

And of course thank you to the following who served as chaperones, servers, and photographers:

<b>Kim Agrimson</b>
<b>Alina Best</b>
<b>Stephanie Gottsch</b>
<b>Kim Guasco</b>
<b>Larry Lanz</b>
<b>Gen Mccarthy</b>
<b>Paula Presley</b>
<b>Dona Deweese Rusin</b>

Patrick,  
Coordinator for Religious Ed and Youth Ministry

## 2011 Spring & Summer Outings Schedule

*Active Seniors, It's time to get out and play!!!!*



**May 26<sup>th</sup>, Lunch at Stonecliff Inn.** Overlooking the Clackamas River. Car pool fee \$5.00; meet at 12:30 pm and back by 3:00 pm.



**June 16<sup>th</sup> Vista House and Multnomah Falls Restaurant** for lunch, or bring a sack lunch and eat by the Falls. Car pool fee \$ 5.00; meet at 11:00 am back by 3:00pm.



**June 30<sup>th</sup> Seaside and Cannon Beach,** Lunch at Moe's. Car pool \$10.00; meet 9:15 am.



**July 14<sup>th</sup> Larch Mountain View Point and Tad's Chicken -N -Dumplings.** Car pool \$7.00; leave at 2:00 pm get back 6:00 pm.



**August 11<sup>th</sup> Lost Lake picnic and short lake-side walk.** Car pool \$10.00; leave at 9:15 am back by 6:00 pm.

**September 15<sup>th</sup> Mt. Angel Oktoberfest.** Bring money for lunch. Car pool \$7:00; leave at 9:15 am and back by 5:00 pm.

For all outings, meet at St. John's northeast back parking lot. Bring good walking shoes, water, sunscreen, emergency names and phone numbers and medical information and cell phone if you have one.

Please RSVP to John White (503-513-6809) three days in advance.

We are open for any other places you would like to visit.

## Outside News

### Honoring the Sisters of St. Mary of Oregon

As part of their 125<sup>th</sup> Jubilee Year since the founding of their religious community, the Sisters of St. Mary of Oregon will be thanking God for the blessings the community has received through their deceased Sisters.

All friends and family of the Sisters are welcome to join them for a Memorial Mass in the Convent Chapel at 1 p.m. Monday, May 30. A simple memorial service in the SSMO Cemetery will follow.

They would like to extend a special invitation to any relatives of a Sister of St. Mary of Oregon. The Sisters' Chapel is located at 4440 SW 148<sup>th</sup> Ave. in Beaverton, OR. under the green dome of the Convent building.

To learn more about the Sisters of St. Mary of Oregon, visit [www.ssmo.org](http://www.ssmo.org). The Sisters served at SJB School from 1911-1962.

### Madonna's Center

Proceeds from several different **Chair-A-Tea** events in the month of May will benefit **Madonna's Center**. Proceeds will help teen parents in need to be able to take care of their children, have more stable living situations, complete educational goals and obtain employment. *Cheryl's Cup of Tea* in Oregon City will host a lovely afternoon tea event on **Wed., May 18** and also on **Sat. May 21** from 1:00 - 3:00. Cost \$25 per person. There will be door prizes, a boutique, silent auction and teen parent presenter. For reservations, email [chairatea@gmail.com](mailto:chairatea@gmail.com) or call Coordinator Debbie Unrein 503-803-5120. Also, *Mehri's Bakery & Deli* (across from *Gifts of the Spirit* store) will host a tea on **Sunday, May 15<sup>th</sup>** at 2:00. She will serve tasty treats to guests who pre-register and bring items from the "bare essentials" list. For more info, call 503-788-9600. If you or your group or business would like to host a Chair-A-Tea, please call Madonna's Center, 503-653-1595 or visit [www.madonnascenter.org](http://www.madonnascenter.org)



## CAPITAL CAMPAIGN CORNER

Letters from the Archbishop have arrived! This is a campaign about us, our parish and the future of our Catholic Church in Western Oregon. No matter how great or small – your gift can go a long way. And you may be able to give more than you think! By pledging a gift over time, those who contribute to the campaign are able to consider giving in greater measure according to their blessings. For example, did you know that a gift of \$1,500 pledged to the **Sharing our Faith, Shaping Our Future** campaign over a five-year period is only \$25 per month?

Here is what other gift levels translate to:

5-Year Gift	Annually	Quarterly	Monthly	Weekly
\$15,000	\$3,000	\$750	\$250	\$57.70
\$10,000	\$2,000	\$500	\$167	\$38.46
\$7,500	\$1,500	\$375	\$125	\$28.85
\$5,000	\$1,000	\$250	\$83.33	\$19.23
\$2,500	\$500	\$125	\$41.67	\$9.62
\$1,500	\$300	\$75	\$25	\$5.77
\$750	\$150	\$37.50	\$12.50	\$2.88

What is God calling each of us to prayerfully consider for our sacrificial gift to this campaign? Are we building bigger barns for ourselves – or investing in the future of our parish and archdiocese that this campaign represents and “what matters to God?”



### Actions that help build a friendlier church!

Tell people you appreciate them. Compliment often. People like compliments. It makes them feel good about themselves. It makes them feel good about you. Tell them one sincere thing you like about them. Avoid compliments that are superficial or just external. Try to say something about their character. For example: “You are always so friendly,” “I appreciate your faithfulness,” “I like talking to you,” “You are such a good listener.” People remember compliments. It helps them to see themselves as others see them. It reassures them of their value. It makes them want to be in your company again. When people compliment me, I compliment them back by saying, “You’re wonderful!” The compliment benefits both of us. It makes both of us feel good.

# HAVE A HEART... JOIN ST. JOHN'S HEART PILLOW MAKERS!



What's a Heart Pillow? Following surgery, cardiac patients must cough to expand their lungs. To ease the pain, they grip our heart-shaped pillows to their chests when coughing, making it so much easier! Patient morale is up too, because a volunteer has thoughtfully provided them with something personal they can take home to help their recovery.

What We Do. One of our parishioners started this program two years ago to help patients in the new heart wing at Kaiser Sunnyside Hospital. Since then, over 1,000 pillows have been sewn and given to grateful heart patients. Kaiser provides the materials, while we provide the love and labor, and have fun together. Some volunteers cut out the pillow fabric with a template, others sew, and still others insert the stuffing. The result is an attractive and useful aid for those recovering from heart surgery.

How You Can Help. Until recently, most of the heart pillows have been made by volunteers in their homes. Now we'd like to form a small group to meet once or twice a month at St. John's. We'll have cutters, assemblers, and sewers. No experience is necessary, except the desire to do something useful while enjoying each other's company. Our leader, a retired teacher, will guide us through the fairly easy steps of heart pillow construction.

Call Now. We'll meet once or twice a month at St. John's, based upon the most convenient time for everyone. Questions? Call Mary Deane Smith at 503-654-7000 and let her know the best meeting times for you. Even if you've never sewn before, you can do it! Join us!

