

# FIRST PRESBYTERIAN CHURCH OF ASTORIA

## *Our Mission Statement:*

*“To help people within a kind, safe and compassionate community to know Christ and grow His Love.”*

Week of November 3, 2025

## *All Saints' Day – In the Reformed Tradition*

Saints' days began as a way to mark the anniversaries of the deaths of martyrs—their birthdays as saints through the completion of their baptism. By the middle of the church's first millennium, there were so many martyrs that it was hard to give them all their due. All Saints' Day was established as an opportunity to honor all the saints, remembered and forgotten, known and unknown. It has been celebrated on or around November 1 since the ninth century.

In the Reformed tradition, the emphasis of this festival is on the ongoing sanctification of the whole people of God. While we may give thanks for the lives of particular luminaries of ages past, we also give glory to God for the ordinary, holy lives of believers in this and every age. This is an appropriate time to give thanks for members of the community of faith who have died in the past year, and to pray that we may be counted among the company of the faithful in God's eternal realm. (Book of Common Worship, p. 383)

In the reformed tradition, of which the PCUSA is a part, we believe that all who call on the name of our Lord Jesus Christ are considered saints, much like in many of the Apostle Paul's letters. For example, 1 Corinthians 1:2, “To the church of God that is in Corinth, to those who are sanctified in Christ Jesus, called to be saints, together with all those who in every place call on the name of our Lord Jesus Christ, both their Lord and ours.” (NRSVUE) Hence, we celebrate all our siblings who have gone before us.

## *Announcements*

- ✦ [Rides are Available](#) – If you would like a ride to any church activity, please contact the church office.
- ✦ [First Friday Flicks](#) – Friday, November 7 at 7pm in Goodenberger Hall with **Brave**.  
Watch the movie trailer: [https://youtu.be/TEHWDA\\_6e3M?si=YVuHrDOHngQk-lbC](https://youtu.be/TEHWDA_6e3M?si=YVuHrDOHngQk-lbC)
- ✦ [Coffee & Tea Fellowship](#) – Join us Friday, November 14 in the church parlor for coffee, tea, food and fellowship.
- ✦ [Now Live Streaming YouTube](#) – Sunday worship is available as recordings or livestreaming at on YouTube at <https://www.youtube.com/@FirstpresbyterianastoriaOrg>
- ✦ [Donate Online](#) – We are accepting online donations. You can either look for the QR Code at church or go to the [church's website](#) for more details.
- ✦ [Book Study](#) – Beginning Sunday, October 26, at 11:45am in the Christian Resource Room, we will take a look at **Vanishing Grace**, the sequel to Philip Yancey's **What's So Amazing About Grace?**
  - **Book:** <https://www.barnesandnoble.com/w/vanishing-grace-philip-yancey/1127764880?ean=9780310351542>
  - **Study Guide:** <https://www.barnesandnoble.com/w/vanishing-grace-bible-study-guide-philip-yancey/1141914992?ean=9780310825494>

## Thoughts from Pastor Paul

Dear Siblings in Christ,

Hope and pray this note finds you well and feeling blessed.

Seasonal Depression is defined by WebMD in the following way, "Seasonal depression, also known as seasonal affective disorder (SAD), is a mood disorder that happens every year at about the same time. It usually starts in fall or winter and ends in spring or early summer. These mood changes may affect how you feel, think, and act.

SAD may affect 11 million people in the U.S. each year, and 25 million more may have a milder form called the winter blues.

While we don't know the exact causes of SAD, some scientists think that certain hormones made deep in your brain trigger attitude-related changes at certain times of the year.

One theory is that less sunlight during fall and winter leads your brain to make less serotonin, a chemical linked to brain pathways that help control mood. When these nerve cell pathways don't work the way they should, it can result in feelings of depression, along with fatigue and weight gain."<sup>1</sup>

As we get closer to the start of winter and the amount of day light decreases, by the time the winter solstice arrives, we'll be down to about 7 hours and 10 minutes of day light. That means, if you work a nine-hour day, you'll be at work longer than the sun will be up. With the diminishing amount of day light, coupled with the constant news of wars, deportations, human rights being threatened and the poor stewardship by mankind of God's creation, for many of us, it is easy to find ourselves fighting depression.

What can we do to stem the tide of depression, not only this time of year, but any and every day? Of course, you know I'm going to start by telling you to pray. Give yourself permission to lift up your depression to God; not only lifting it to God but giving it totally to God. It's interesting too that the symptoms include: More desire to be alone, the want to stay home more and avoid socializing and a loss of interest in things you used to enjoy. Not only do we need to pray, we need to also remember that we are not alone. That only do we have the Holy Trinity there with us, we also have our church family willing and ready to stand with us no matter what we are going through. Even if you don't take advantage of that wonderful gift, at least take comfort in knowing they are there. Remember, in your heart, what scripture tells us like in 1 Thessalonians 5:11: "Therefore encourage one another and build one another up, just as you are doing.", and Galatians 6:2: "Bear one another's burdens, and so fulfill the law of Christ.", and Ephesians 4:32: "Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.", and Hebrews 10:24-25: "And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another."

As depression often takes away our energy and leaves us feeling anxiety, or irritability, fighting depression is never easy. It takes away the very tools that we need to combat it. That's why it is so important for each of us to, not only be aware of what is happening in our own selves, but in those around us. If your heart is telling you that someone is fighting depression, with the help of the Holy Trinity, reach out to them in whatever Christ centered way you are called to. We may think we can defeat depression on our own, but like so many other things that life throws our way, we do much better when, working with God, we work together.

Please, as you continue to show and share God's selfless love, grace and kindness to each other, remember to show that same love, grace and kindness to yourself. If you are in need of someone to talk to, someone to pray with, someone to just listen to you, please do not hesitate to let me know.

Blessings and shalom,

*Pastor Paul*

<sup>1</sup> <https://www.webmd.com/depression/seasonal-affective-disorder>

## Our Church Family's Financials for September 2025

Income – \$ 8,054 – year to date = \$131,766.49

Expenses – \$ 9,768.70 – year to date = \$120,734.20

## FPC Astoria Calendar

9:30am every Tuesday and Thursday in the Christian Resource Room for a time of prayer.

November	7	Friday	First Friday Flicks – <b>Brave</b> at 7pm in Goodenberger Hall
	13	Thursday	Deacons' Meeting at 4:30pm in the Christian Resource Room
	14	Friday	Coffee & Tea Fellowship at 10am in the Parlor
	15	Saturday	Women's Bible Study at Hazel's house at 10am
	18	Tuesday	Session meeting at 12noon in the Christian Resource Room
	19	Wednesday	Pizza & Bowling at 5pm at the Lower Columbia Bowl
	22	Saturday	Bagpipe Swap meet 11am – 4pm in Goodenberger Hall
	23	Sunday	Congregational Meeting following worship to vote on new Deacons and Ruling Elders Thanksgiving Potluck at 2pm in Goodenberger Hall

## We Share Our Joys & Concerns

- Dick and Joyce Etulain - Healing, Peace & Discernment
- Jean Cox for healing and discernment
- Joe Shaw for healing and recovery after having a stroke
- Patti Shaw for peace, discernment and strength
- Jill Ritch for healing, peace and discernment
- Lillyana Rose for healing
- Joyce and Dick Etulain for healing, strength & discernment
- Dave O'Neel for healing & discernment
- Pam Wev for healing and discernment
- Shane Chase for healing, peace and discernment
- Melanie Battle for peace, strength and discernment
- Jon Wright for healing, peace and discernment
- Jenny & Mike Curtis – Jenny's continued healing
- For those who are being persecuted because of their race, country of origin, religion, sexual orientation or willingness to stand against the injustices being perpetrated throughout God's creation.
- Anna Langeberg – Healing, peace and discernment
- Sara Jackson – Healing, peace and discernment
- Deborah Towner – healing, peace and discernment
- George Willisie - Healing
- Fred & Norma Novak – Healing, peace & discernment
- Marcella Price – Peace & Discernment
- Alice Burgess – Healing & Discernment
- Katy Paz – Healing & Peace
- Butch & Vinie Elliot – Healing & Discernment
- Gerald Smith – Healing, Peace & Discernment
- Michael Smith – Healing & Discernment
- Patti Brockhoff – Healing & Discernment
- Will Sheridan – Healing & Discernment
- Crystal Oliver – Healing, Strength & Peace
- For all who are being displaced or disadvantaged by federal cutbacks

*Continued Prayers for God's Creation*

The people of our nation and the world as it is affected by the adverse changes to our national government & economy.

All those touched by mass shootings and other crimes of hate and violence.

The people of Ukraine, the Gaza Strip, and other parts of the world as their lives have been torn apart by war.

Those seeking justice and equality. Those suffering from oppression and violence.

Those who are forced to flee their homes, risking life and limb for the hope of a better life.

For those who prioritize profit over God's creation, that their hearts would be changed to make serving and saving God's creation their number one priority.

All of God's creation as it seeks to survive mankind's exploitation and the results global climate change.

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## Come join the Celebration! The Thanksgiving Potluck Dinner

Sunday, November 23  
at 2PM

In Goodenberger Hall

Contact the church  
office to sign up for a  
dish or for more info.



## First Presbyterian Church of Astoria



### The Food Bank Needs:

- Breakfast cereal,
- Peanut butter,
- Boxes
- Volunteers

Contact the church office at 503.325.1702 for more information.



*First Friday Flicks Presents...*

## BRAVE

**Friday, November 7 at 7pm in  
Goodenberger Hall**

*Free admission, popcorn and  
fellowship for all*

*Scan to watch the trailer*



## *Other Ways to Make a Difference*

☪☪☪ Volunteers are needed for the church's food bank to stock shelves and to help serve customers. Contact the church office for more information.

☪☪☪ Attend a local public meeting:

- City of Astoria
  - Monday, November 17, City Council Meeting at 6PM.
- Astoria School District
  - Wednesday, November 12, Regular Board Meeting at 7PM.
- Clatsop County
  - Wednesday, November 12, Board of Commissioners Agenda Work Session & Regular Meeting at 5PM.
- Clatsop Community College
  - Thursday, November 13, Board of Education Meeting at 5:30PM.
- Port of Astoria
  - Tuesday, December 2, Commission Business Meeting at 4PM.

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## *Working for Justice and Peace*

**Remember, every Thursday throughout the year is an opportunity to participate in Thursdays in Black.**

See [www.oikoumene.org/what-we-do/thursdays-in-black](http://www.oikoumene.org/what-we-do/thursdays-in-black)

In every country, gender-based violence is a tragic reality. This violence is frequently hidden, and victims are often silent, fearing stigma and further violence.

We all have a responsibility to speak out against violence, to ensure that women and men, boys and girls, are safe from rape and violence in homes, schools, work, streets – in all places in our societies.

The campaign is simple but profound. **Wear black on Thursdays.** Wear a pin to declare you are part of the global movement resisting attitudes and practices that permit rape and violence. Show your respect for women who are resilient in the face of injustice and violence. Encourage others to join you.

Often black has been used with negative racial connotations. In this campaign Black is used as a color of resistance and resilience.

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**November 2025**

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- Native American Heritage Month; [archives.gov/news/topics/native-american-heritage-month](https://www.archives.gov/news/topics/native-american-heritage-month) or [nativeamericanheritagemonth.gov](https://www.nativeamericanheritagemonth.gov)

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3 – 9 Children’s Book Week 2; [everychildareader.net/cbw](https://everychildareader.net/cbw)

8 – 16 National Hunger & Homeless Awareness Week; [pcusa.org/how-we-serve/justice-peace/hunger](https://pcusa.org/how-we-serve/justice-peace/hunger)

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13 World Kindness Day; [randomactsofkindness.org/world-kindness-day](https://randomactsofkindness.org/world-kindness-day)

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20 Universal Children’s Day; [un.org/en/observances/world-childrens-day](https://un.org/en/observances/world-childrens-day)

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Transgender Day of Remembrance; [glaad.org/tdor](https://glaad.org/tdor)

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25 International Day for the Elimination of Violence Against Women;

[un.org/en/observances/ending-violence-against-women-day](https://un.org/en/observances/ending-violence-against-women-day)

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25 – 16 Days of Activism against Gender Violence; [unwomen.org/en/what-we-do/ending-violence-against-women/take-action/16-days-of-activism](https://unwomen.org/en/what-we-do/ending-violence-against-women/take-action/16-days-of-activism)

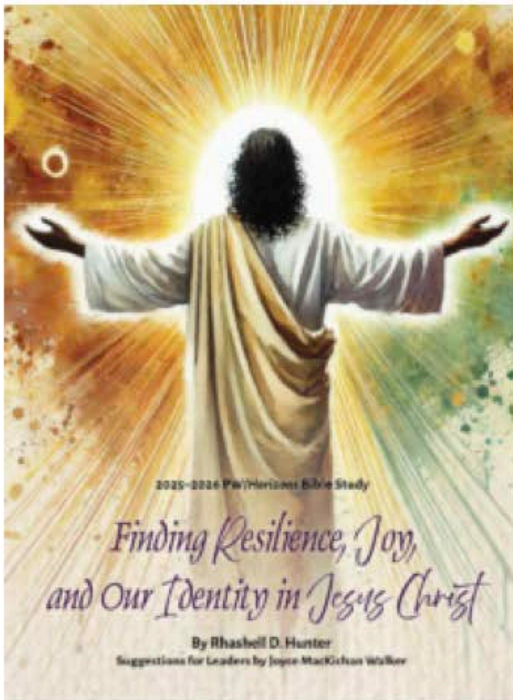
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27 Thanksgiving; [pcusa.org/resource/thanksgiving-prayers](https://pcusa.org/resource/thanksgiving-prayers)

**From the Presbyterian Women in the PCUSA |**

<https://www.presbyterianwomen.org> <https://www.presbyterianwomen.org/wp-content/uploads/2025/02/2025-JP-Calendar-FA-updated-Feb2025.pdf>

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**Women’s Bible Study –  
Finding Resilience, Joy, and Our Identity  
in Jesus Christ**

Join us the third Saturday of each month each at 10am at Hazel’s house. The next Bible Study is Saturday, November 15th.

See <https://www.presbyterianwomen.org/current-bible-study/> for more information. For more details about the Bible study, contact Hazel Davidson.





# Walk For Palestine

Permanent Ceasefire Now

**Last Sunday of the  
Month @ 3p  
Meet @ 8th +  
Commercial St  
Astoria**

**Family  
Friendly**

Meet outside the  
Astoria Post  
Office. Join in a  
peaceful walk  
around downtown  
Bring your flags +  
signs!



## Find Out More About What's Happening in our Denomination

Find out more about what is going on in our denomination, the PCUSA, by visiting and subscribing to the PC(USA) News at <https://www.pcusa.org/news/>

Current stories include:

- ✝ [Standing 'on the kin-dom side of history'](#)
- ✝ [How to be Presbyterian in a dysvangelical America](#)
- ✝ [Denver Mayor Mike Johnston, a member of Montview Boulevard Presbyterian Church, offers his take on faith in the public square](#)

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## [The Rev. Jihyun Oh is among faith leaders opposed to the Trump administration's new policy on admitting refugees](#)

*Church World Service, a partner of the PC(USA), condemns efforts to abandon the nation's historic refugee program*

November 3, 2025 | Church World Service | Presbyterian News Service

LOUISVILLE — The Rev. Jihyun Oh, Stated Clerk of the General Assembly of the Presbyterian Church (U.S.A.) and Executive Director of the Interim Unified Agency, is among the faith leaders to sign a Church World Service statement opposed to the Trump administration's policy [to limit refugees entering the United States mostly to white South Africans](#).

“As people of faith, we have watched with growing alarm the White House’s ongoing efforts to undermine this country’s proud tradition of welcoming the stranger,” according to the statement, which is [here](#). “In our congregations, our communities, and our pews, we have long worked, advocated, and prayed in support of refugees, asylum seekers and other vulnerable people fleeing persecution around the globe.”

“This spring, as the Administration moved to close the legal pathways that have for decades offered protection and support to refugees and asylum seekers, Church World Service and its partners banded together to sound the alarm through an [Ecumenical Declaration in defense of refuge](#),” the statement reads. “Issued in faith and in love, the Declaration affirmed our commitment to the centuries-old practice of Christian communities walking alongside refugees and immigrants in their pursuit of safety and dignity. Together, we pledged to restore and promote hospitality and welcome to those seeking refuge — regardless of where they are from, how they pray or what language they speak.”

“Today we stand together again, appalled and ashamed, as our government turns its back on families in desperate need by seeking to dismantle the U.S. refugee program, a public-private partnership that many of our organizations and congregations have helped implement since its founding in 1980,” according to the statement. “Worse still, the White House has made clear that destroying this highly successful, life-saving program isn’t enough — it now seeks to transform that program into something unrecognizable and unworthy of its proud history. By drastically reducing the number of refugees to



be admitted in the coming year, and by prioritizing Afrikaners from South Africa for nearly all those slots, the White House is shamefully abandoning the tens of thousands of bona fide refugees who have already been vetted and approved for resettlement in the U.S.”

“United in our historic commitment to the safety, dignity and rights of all those seeking refuge, we [call upon the White House and Congressional leaders](#) to make good on this country’s promise to the thousands of refugees who it has already approved for resettlement, and — in keeping with the refugee program’s lifesaving character — to prioritize other highly vulnerable groups, such as our Afghan allies and religious minorities who continue to live in peril,” the statement reads. “On behalf of our churches and communities, we urge this country’s leaders to reaffirm the most basic civic value shared by all faith traditions — the commandment to love our neighbor ([Matthew 22:39](#)). Together, may we all remain steadfast until we realize God’s vision of welcome for all.”



The Rev. Jihyun Oh

In addition to Oh, the statement was signed by the leaders of the ENC Episcopal District, The AME Zion Church; The Christian Church (Disciples of Christ) in the United States and Canada; Church of the Brethren; The Episcopal Church; The Evangelical Lutheran Church in America (ELCA); Global Ministries, GBHEM and UMCOR, The United Methodist Church; The International Council of Churches; The Reformed Church in America; The United Church of Christ; and Church World Service.

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## Office Hours –

**Monday through Thursday** – 9:00 am to 12 noon

Pastor Paul’s Office Hours & Contact Information

Pastor Paul is in the church office during office hours and is available by phone, text or email most times.

Please note, Pastor Paul takes his Sabbath every Friday but is always available for emergencies.

**Email:** [pastorpaul@fpcastoria.org](mailto:pastorpaul@fpcastoria.org) **Phone:** 971.606.5606

Prayer Requests & Newsletter Articles & Information –

The newsletter is published the 2<sup>nd</sup> and 4<sup>th</sup> week of the month.

If you have anything that you would like included, please send it to the church office by 12 noon on Wednesday on the 1<sup>st</sup> or 3<sup>rd</sup> week of the month.

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11-03-2003

YOU SAID YOU DIDN'T DIG ORGANIZED  
RELIGION SO I FIGURED MY CHURCH WOULD  
SUIT YOU JUST FINE

**A Just World for All**

First Presbyterian  
Church of Astoria  
Come Join our Open &  
Affirming, Family Friendly  
Fellowship Sundays at 10am  
All are welcome & accepted!

[www.fpcastoria.org](http://www.fpcastoria.org)



### First Presbyterian Church of Astoria

1103 Grand Avenue, Astoria OR 97103

Join us every Sunday at 10AM for a family friendly,  
Christ centered worship where all are welcome & accepted.

[www.fpcastoria.org](http://www.fpcastoria.org) | email: [office@fpcastoria.org](mailto:office@fpcastoria.org) | phone: 503.325.1702



An Open &  
Affirming  
Church Family



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direction