

## RELIGION BRIEFS

### Community sing

SEASIDE — A Seaside Community HU Sing takes place at 1:30 p.m. Sunday at the Seaside Public Library, 1131 Broadway. Regardless of one's beliefs or religion, anyone can sing HU (pronounced hue), an ancient name for God; it is for the spiritual upliftment of those who come, and is not directed to any other purpose. For information, call Seann Valen at 503-717-5485, email [access49@gmail.com](mailto:access49@gmail.com) or go to [www.eckankar.org](http://www.eckankar.org)

### Society of Friends

The Lower Columbia Worship Group of the Society of Friends (Quaker) meets at 3 p.m. Sunday in the Peninsula Church Center Fireside Room (south building), 5000 N Place, in Seaview, Wash. This is a "silent" (unprogrammed) worship group. All are welcome to visit and participate. For information, call 503-895-7474.

### Cannon Beach Community

CANNON BEACH — Cannon Beach Community Church, 132 E. Washington St., holds an Evensong service at 6 p.m. the first and third Sunday of the month. All are welcome.

Evensong features Wes Warhund (guitar, flute and clarinet) and meditative songs, Psalms, readings, candlelight and time for quiet reflection.

For information, call the church at 503-436-1222.

### Crossroads Community

SVENSEN — Crossroads Community Church, a Friends Fellowship, at 40618 Old Highway 30 in Svensen, is holding a Free Family Film Friday at 6:45 p.m. tonight, featuring a full-length feature old film favorite starting at 7 p.m. Free fresh popped popcorn, sodas, water and coffee will be available. All are welcome.

### Great Vow Zen

CLATSKANIE — The Great Vow Zen Monastery, located at 79640 Quincy-Mayger Road in Clatskanie, is holding "The Path of Happiness: A Retreat with Arinna Weisman" from 5 p.m. Sept. 11 to 1 p.m. Sept. 16. This retreat invites participants to explore how mindfulness, inquiry, and kindness can offer a path to happiness and freedom.

The cost covers food and lodging only. In the Buddhist tradition, the teacher offers the teachings freely. Participants are invited to make a donation through a practice of dana (generosity). Dana for the teacher and the monastery will be accepted at the retreat.

The cost is \$275 (\$225 for Zen Community of Oregon members) plus donation. A reduced rate is available to those in need. Register online at <http://bit.ly/1NLVuyB>

A Mindful Eating Weekend Retreat, led by Jan Chosen Bays, M.D., is being held from 5 p.m. Sept. 18 to 1 p.m. Sept. 20.

Using the tools of insight and mindfulness, participants will renew a healthy connection to hunger, food, and satisfaction. Vegetarian meals are included.

The cost is \$150 (\$120 for ZCO members; a \$75 reduced rate available to those in need) plus donation. Register online at <http://bit.ly/1PX3MTu>

For information, call 503-728-0654 or email [registrar@greatvow.org](mailto:registrar@greatvow.org)

### Grace Episcopal

Grace Episcopal Church, 1545 Franklin Ave., and its ecumenical partners throughout the U.S., are standing in solidarity with the African Methodist Episcopal (AME) Church on Sunday for "Liberty and Justice for all Sunday" to end racism in this country. Grace Church joins in this common prayer at both 8 a.m. and 10 a.m. services. The Rev. Lance Peeler's sermon is "Exclusion and Embrace."

Children are encouraged to bring their school backpacks to the 10 a.m. Sunday service to receive a special blessing. All attending are encouraged to bring school supply donations, which will benefit families who come to the Grace Food Pantry.

The Labyrinth is available for walking from 3 to 6 p.m. Sunday. A labyrinth introduction is offered at 3 p.m. upon request. It takes an average of 30 minutes to complete the walk, which is available on the first Sunday of every month.

Grace Church is offering an ecumenical Taizé Prayer an Song service at 7 p.m. Wednesday. The service consists of simple repeated chants, periods of silence, prayers individual and communal, and the lighting of candles. Grace conducts this evening prayer service on the second Wednesday of each month. All are welcome.

Grace Episcopal Preschool begins classes this week, with teachers Denise Allen and Denise Raihala. Names are being accepted for a waiting list when openings occur.

For information, call the church at 503-325-4691 or go to [www.graceastoria.org](http://www.graceastoria.org)

### St. Mary Star of the Sea

St. Mary, Star of the Sea Catholic Church said goodbye to its priest, the Rev. John Hung Tran, this past Sunday. He is departing to rejoin his order, which is based in New Orleans. While the archdiocese searches for a permanent priest, the parish will be served by a Franciscan, the Rev. Ben Innes.

The regularly scheduled Knights of Columbus breakfast on Sunday has been canceled.

The parish picnic is from 2 to 6 p.m. Sept. 13 at the St. Francis de Sales Mission, 867 5th Ave., in Hammond.

A rummage sale is being held in the Star of the Sea School auditorium, 1411 Grand Ave., Sept.

19 and 20. Proceeds will benefit the Youth Group, which is raising money needed to attend the National Youth Conference. Items for the sale can be dropped off Sept. 18.

For information, call 503-325-3671 or go to [www.stmaryastoria.com](http://www.stmaryastoria.com)

### First Lutheran

First Lutheran Church, 725 33rd St., Astoria, is hosting, and the Lions Club is providing the barbecue and cooks, for a free Neighborhood Barbecue, complete with steel pan music, from 5 to 7 p.m. Wednesday for neighbors around the church, and those with an interest in First Lutheran. A Thrivent Action Team Project grant and designated Thrivent Choice Dollars are helping fund this outreach event.

Music is being provided by Northwest Panman, Terry Baber, from Vancouver, Wash. He has performed at numerous places, including the Crab/Seafood Festival and Long Beach, Wash. Baber, a Lutheran, started playing at his church in Florida. For information, go to [www.northwestpanman.com](http://www.northwestpanman.com)

Choir practice resumes at 7:30 p.m. Wednesday, and there are quiet activities for children of choir parents. "Sunday Funday" for children ages 3-12 meets at 9:45 a.m. Sundays, starting Sept. 13. Sunday morning services are at 8:30 and 11, and there is an attended nursery all morning.

For information, call the church at 503-325-6252.

### Peace Lutheran

Peace Lutheran Church, 565 12th St., continues to worship on Sunday mornings at 9:30 a.m. Children's church accompanies the service, followed by fellowship in the Social Room. Adult Sunday School begins at 11:15 a.m. Sept. 20.

For information, call 503-325-3871.

## Donate to the wildfire efforts with Wauna FCU

Wauna Credit Union is matching total donations, up to \$5,000, made by its members and the public through Sept. 30 in support of the emergency personnel and victims of the Northwest wildfires. All donations received will be provided to the NW Wildfires Relief Fund, per the Red Cross.

"The staff and volunteer, member-elected officials of Wauna Credit Union want to support the emergency services heroes who are putting their lives on the line, and the victims who are suffering so deeply due to displacement and loss of property," Mike Chapman, vice president of marketing, said.

"The need is immediate, so we have established an in-person donation fund at our seven branches, plus a secured, online donation option on our website and Facebook pages."

Both options offer donation receipts for tax-reporting. Donors have the option to designate their donation to the John Day complex fire in Oregon, the Chelan complex fire in Washington or to a fund that supports all Northwest wildfire victims.

"Most importantly, 100 percent of all donations will be forwarded to the appropriate Red Cross chapter," Chapman said.

For details, contact Wauna Credit Union at 800-773-3236.

## Lead-based paint classes on tap

SEASIDE — The North Coast Building Industry Association is offering a Lead-Based Paint Certificate class Sept. 21, and a Lead-Based Paint Refresher Class Sept. 22 at the Clatsop Community College South County Campus, 1455 N. Roosevelt Drive.

The cost of the certificate class is \$225 per person, and the refresher class is \$200 per person. Preregistration is required.

For information, contact Sherry Sopko at 503-717-9193 or [ncbia@msn.com](mailto:ncbia@msn.com)

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# NURSE OF THE YEAR

AWARDS

COLUMBIA MEMORIAL HOSPITAL



## Nominate a CMH nurse to be Nurse of the Year

Nominations are due by Sept. 11, 2015. Submit yours online at <http://marchofdimesnoty.wufoo.com/forms/x162k0s91sgzb7w/>

Program sponsored by Columbia Memorial Hospital

2111 Exchange St, Astoria, OR • 503-325-4321 • [www.columbiamemorial.org](http://www.columbiamemorial.org)

clatsop community college presents its 2<sup>nd</sup> annual

## Conference on extraordinary living



Lunch provided.

## Live Life to the Fullest

Saturday, Sept. 12, 2015, 8:30am-4pm  
Clatsop Community College, Columbia Hall, Rm 219

Keynote address by Mac Burns of the Oregon Film Museum  
"Hey Doc—What's Up?" Q&A with Drs. Cosmina Popa and Robert Wayne  
13 Informative Breakout Sessions:

- Travel – tips & information
- Genealogy
- Hiking and an introduction to National Parks
- Art, music and theater
- Transitioning to retirement
- Healthy mind/healthy body
- Know your foods/food for nutrition
- What is timebanking?
- Opportunities for education & community service
- Emergency/disaster preparedness
- Alternative medicine
- Starting your own business or a second career
- Facebook – to friend or not to friend

Register by Sept. 7

Call 503-894-0187  
or email Robert McClelland at [rmcclelland@clatsopcc.edu](mailto:rmcclelland@clatsopcc.edu)



Clatsop Community College is an affirmative action, equal opportunity institution. ADA Accessible.

\$10 Suggested donation at the door.