

Prayer & Care

Underground River

Looking for an opportunity to pray? Come to Undergroud River, Tuesdays at 12 p.m. in Pastor Mark's office. Care Team
The purpose of the Care Team is to assist the pastors in caring for and praying for the needs of our church members and attenders. We want to help you in times of spiritual need, physical sickness, crisis, emotional stress or anxiety. We can listen, pray, visit, offer counsel or provide you with resource information. Our team of caregivers includes:

Mary Hill - Team leader	Ted Yuen – Pastor
Frank Bumpus	Mark Carlson – Pastor
Julia Bergstrom	
Connie Smith	
Kathryn Strobel	

Maggie EckerIf you would like to talk to someone please call a team member or send an email to Pastor Mark or Pastor Ted. Or call the church office at 503-472-9021.

Reasons why someone might want to contact our Care Team:

- I would like someone to pray with me.
- I need transportation to an appointment or to church.
- I am experiencing grief as a result of a transition and/or loss in my life.
- I am caring for an elderly or disabled loved one and need help and/or advice.
- I am a caregiver and I need help taking care of myself.
- We are in a dilemma with our infant/child/teen. We would like to discuss workable solutions with a Christian who has experience helping others in these situations.
- I am a single parent, or I feel like a single parent, and I need some help.
- I feel guilty saying "no" to my kids. But it's causing lots of problems. What do I do?
- This parenting thing is more challenging than I imagined. Could I talk to someone?
- Our marriage is going okay. How can we jazz it up a bit?
- Someone I know is feeling depressed. How can I help him/her?
- I need help understanding and confronting the cultural pressures that are damaging my relationships with my spouse and children.
- I need help with my finances. How do I budget/get out of debt?
- I want someone to pray with me or bring Communion to me.
- I want talk to someone about taking better care of myself.
- I want to talk to someone about life's values, purpose, meaning, broken relationships or spiritual things.
- I want help finding resources in our community for my situation.