

# How the written word helps amid virus

**W**e are living history. The COVID-19 virus has changed the world. For some, this global pandemic has brought enormous sadness through loss of life, livelihood or personal connections. We are bombarded with information



**ALICE H. RAMPTON**

resulting in anxiety and uncertainty. Working at home and online education have brought mixed emotions. At the same time, others have felt a sense of renewal, increased family interactions, and

less demanding schedules. Because each person experiences this pandemic differently, we have a unique opportunity to write down our impressions about this time. Some call this journaling. Imagine having a relative who documented living through the 1918 Influenza. What might we learn from their observations? Historians can capture

events, but individuals are best at relating their inner reflections. I believe that when we record our experiences, we can also be blessed with inspiration. We find examples of this in the scriptures such as the Apostle Paul relating lessons learned and personal revelation received during his travels.

We are fortunate that Albert Einstein, Meriwether Lewis, Marie Curie, Leonardo da Vinci, and Maya Angelou all kept journals. But reflections aren't only for the famous. Everyone has meaningful observations to share. Laurel Thatcher Ulrich, a Latter-day Saint woman, won a Pulitzer for "Midwife's Tale", based on a midwife's journals during 1785-1812. Anne Frank's diary is one of the most read books in history, but in the opening, she wrote, "...it seems to me that later on neither I nor anyone else will be interested in the musings of a thirteen-year old school girl."

I recently encouraged my grandchildren to write about the

### ABOUT INTERFAITH VOICES

The weekly "Interfaith Voices" column includes a regular rotation of writers representing the broad spectrum of spiritual voices throughout the mid-valley. The column is coordinated by the Rev. Barbara Nixon, who recently retired from the First United Methodist Church in Corvallis. Nixon can be emailed at revbabs2000@gmail.com.

pandemic. Five-year-old Troy wrote, "The virus is coming. It makes me feel bad because a lot of people get sick. We have to be careful and not go a lot of places, waste food, or touch other people. We need to wash our hands. Everything is closing like Wet-n-Wild, museums and the zoo." Four-year-old Rocky, dictated to his mother, "The bug is coming. The teeny tiny bug. It's teeny tiny. It's little tiny. Wash our hands so the bug doesn't get us. Uh oh. This is kinda ok, but I just touched my face a little bit. Why is it bad to touch your face? Because the bug can get in. If it's on your hand it can go in your mouth. Mom- don't ask if I touched my face. I don't wanna say it. Don't ask me. I don't

wanna say it. I don't want people to hear I touched my face."

Preserving in writing an event such as the pandemic, helps us sort out associated emotions like fear or sadness. It may also document our strength. These accounts can become helpful as time passes. When our daughter died of cancer, journaling helped me through this tragedy. Later, I returned to those entries to gain courage and perspective.

University of Rochester Medical Center research found that journaling benefits mental health by "simply writing down your thoughts and feelings to understand them more clearly. If you struggle with stress, depression, or anxiety, keeping a journal is a great idea. You gain control of

your emotions and improve your mental health."

As we record our feelings during this historic pandemic, the message will bring future strength to ourselves and others. Richard G. Scott, who served as an apostle in The Church of Jesus Christ of Latter-day Saints, summed this up when he said, "Knowledge carefully recorded is knowledge available in time of need." Writing helps secure that availability and only requires a keyboard or pen and paper. Our written word may benefit others in a way unimaginable to us at this time.

Alice H. Rampton is a member of The Church of Jesus Christ of Latter-day Saints. She co-directs a nonprofit for Ukrainian children through Corvallis Sister Cities Association, volunteers with the Benton County Historical Museum, and has co-authored a book for grieving parents. She and husband Mark Rampton are the parents of seven children.

MID-VALLEY

## WORSHIP DIRECTORY

### ALBANY

#### ASSEMBLY OF GOD

**First Assembly of God—Lebanon**  
726 W. Oak St. • 541-259-1265  
Pastor Kevin Parker  
Sunday School 9:30am, Sun. Worship 10:30  
Sunday Night Service 6:00pm  
Midweek Connection (Wed) 7pm  
[www.firstassemblylebanonoregon.com](http://www.firstassemblylebanonoregon.com)

**Hope Church**  
2817 Santiam Hwy. SE • (541) 967-HOPE (4673)  
[www.hope.church](http://www.hope.church)  
Pastor Mark Robinson  
Sunday Worship 9am, 10:45am & 6pm  
Wednesday Classes 7:00pm

**Neighborhood Church**  
2815 Pine St. SE • 541-926-7981  
Kelly Dufour, Lead Pastor  
Sun. 9am & 10:45am  
Wed. 6:30pm  
[www.albanync.org](http://www.albanync.org)

#### BAPTIST

**Albany Missionary Baptist**  
710 SW Walnut St. • 541-967-4288  
Michael Dixon, Pastor  
Sun. School 9:45am, Sun. Worship 11am, 6pm  
Sun BTC 5pm, Bible study Wed. 7pm

**Harvest Baptist**  
2660 Marion • 541-967-0577  
J.T. Lemus, Pastor  
Sunday School 10am, Worship 11am, 6pm

**Riverside Baptist Church**  
1300 Springhill Dr., Albany • 541-928-2133  
Blake Laberee, Pastor  
Sun. School 9:15am, Worship 10:30am, 6pm  
Wed. Bible Study:, 7pm; Youth: 6pm

#### SOUTHERN BAPTIST

**Knox Butte Baptist Church SBC**  
3615 Knox Butte Road SE  
(Across the street from Cascade Grill on Knox Butte Road)  
Sunday Worship, 11:30am  
Wednesday Service, 6pm  
Your place to be!  
Pastor Travis McKinney: 503.679.9080

#### BIBLE CHURCH

**Whitespires Berean Bible Fellowship**  
510 5th Ave. SW, Albany  
Robb Tobey, Pastor  
Sunday School 9:45am  
Traditional Worship 11am  
Wednesday Bible Study 6:30pm

#### CONSERVATIVE BAPTIST

**Crowfoot Baptist**  
699 Cascade Drive • Lebanon • 541-258-3138  
Jeremy Zderad, Pastor  
Sunday School 9:30am,  
Sunday Worship 10:30am  
Iglesia Hispania Nueva Esperanza

**First Baptist Church—Lebanon**  
211 E. Vine St. • 541-259-1291  
Kendal Fitchett Pastor  
Sunday Worship 10:30am  
Sun. School 9:15am  
Youth programs for all teens Wed. 6:30pm

**Willamette Community Church**  
420 3rd Ave. SE • 541-926-8881  
Scott Miller, Lead Pastor  
[www.wccalban.org](http://www.wccalban.org)  
Sunday Worship 9am & 10:30am

#### CATHOLIC

**St. Mary's Parish in Albany**  
706 Ellsworth St. SW • 541-926-1449  
[www.stmarysalban.org](http://www.stmarysalban.org)  
Rev. Edwin Sanchez, Administrator  
Rev. Leonard Omolo, Parochial Vicar  
Weekend Masses: Saturday Vigil 5pm  
Sunday 8:30am, 11:00am  
Spanish Masses: Saturday 7pm, Sunday 1pm

#### CHRISTIAN

**Crabtree Christian Church**  
Crabtree Dr., Crabtree  
Dave Nolte, Pastor • 541-619-8688  
Sunday School 10am  
Worship Service 8:30am & 11am  
[www.crabtreechurch.com](http://www.crabtreechurch.com)

**Eastside Christian Church**  
1910 Grand Prairie Rd SE  
(541) 928-9349  
[www.eastsidechristianchurch.com](http://www.eastsidechristianchurch.com)  
Online Sunday Service:  
10am Facebook Live  
Preaching Elder Ben Atchley

**First Christian (Disciples of Christ)**  
432 Ferry St. SW • 541-926-8606  
Tim Graves, Lead Pastor  
Eric Eide, Interim Associate Pastor  
8 am: Worship in the Round informal service  
10:10 am: Worship Service in the Sanctuary  
[www.fccalban.org](http://www.fccalban.org)

#### CHRISTIAN SCIENCE

**First Church of Christ, Scientist**  
537 7th Ave. SW • 541-926-7979  
Sunday Service 10am, Sun School 10am  
Wednesday Testimony Meeting 7:30pm

#### CHURCH OF CHRIST

**Hill Street Church of Christ**  
1805 Hill St. SE, Albany • 541-926-0606  
Jonathan Harless, Minister  
Sunday School for all ages: 9:30am  
Sunday Worship 10:30am & 6pm  
[hillstcoc.org](http://hillstcoc.org)

#### COMMUNITY

**Albany Community of Christ**  
2526 SE 20th Ave (off Waverly Drive) • 541-220-7733  
Sunday hours:  
10:00 am Children's classes and Adult Bible Study  
11:00 am Worship • All are welcome

**Tangent Community Church**  
32114 Tangent Dr., Tangent 541-926-3803  
David Carlson, Pastor  
Sunday School 9:30am Worship 10:45am

#### EPISCOPAL

**St. Alban's Episcopal**  
Father Robert P. Morrison  
1730 Hill St. S.E. (18th & Hill) • 541-967-7051  
[albanyoregonepiscopal.church](http://albanyoregonepiscopal.church)  
9:30am Worship & Sunday School

**St. Martin's Episcopal**  
257 E. Milton, Lebanon • 541-451-1159  
Sunday Worship & Children's Sunday School 10am  
Wednesday 10am Holy Communion  
w/ Healing Prayers

#### EVANGELICAL

**Albany Evangelical Church**  
1332 SE First Ave, Albany • 541-926-2635  
Jeremy Gange, Pastor  
Sunday Worship 10:45am  
[www.albanyec.org](http://www.albanyec.org)

**Sodaville Evangelical**  
38200 Middle Ridge Dr., Lebanon • 541-259-2153  
Pastor Winston Thurton  
Sunday School 9:30am, Fellowship 10:25am  
Worship 10:45am • Congregational Prayer 6pm  
[www.sodavillechurch.org](http://www.sodavillechurch.org)

**South Albany Community**  
2418 Geary St., S.E., Albany • 541-926-4762  
Lead Pastor Josh Conn  
Sunday Worship 9am & 10:45am  
Rusty Stevens, Youth Pastor  
[sacchurch.org](http://sacchurch.org)

**Holy Cross Evangelical Lutheran Church (LCMS)**  
2515 Queen Ave SE, Albany • 541-928-0214  
Rev. Alex Lange, Pastor  
Education Hour 9:15am • Divine Service 10:30am

**Immanuel Lutheran (LCMS)**  
154 Madison S.E. • 541-926-3495  
Rev. Larry Oliver, Pastor  
Sunday Worship 10:30am,  
Sunday School 9am • Adult Bible Study 9am

**Our Saviour's Lutheran Church (ELCA)**  
3111 S. Main Rd., Lebanon, 541-451-1065  
Pastor Joel Schmitz  
9:30am Worship and Children's lesson  
9:45am Sunday School  
[www.osclebanon.org](http://www.osclebanon.org)

**Saint John's Orthodox Lutheran Church**  
483 Tangent Street, Lebanon  
Paul E. Bloedel, Pastor  
Adult Bible Class & Children's Sunday School 10:00am  
Sunday Worship Service 11:00am  
Grace Alone, Faith Alone and Scripture Alone

#### MENNONITE

**Albany Mennonite**  
Along I-5 on Century Drive • 541-926-1443  
Peter Epp, Pastor  
Sunday School: 10am  
Sunday Worship 11am  
[www.albanymennonite.org](http://www.albanymennonite.org)

**Halsey Mennonite Church**  
910 East First St., Halsey • 541-369-2540  
Jason Schrock, Minister  
Sunday 10am & 6pm, Wed. eves 7:30pm  
[www.halseymennonite.org](http://www.halseymennonite.org)

**Lebanon Mennonite Church**  
2100 S. Second • 541-258-5789  
Brent Kauffman, Pastor  
Sunday School 9:15am, Worship 10:30am

#### METHODIST

**First United Methodist**  
1115 28th Ave. SW, Albany • 541-928-3505  
Rev. Lura Kidner-Miesen  
Worship 10:30am  
[www.albanymethodist.org](http://www.albanymethodist.org)

**Lebanon First United Methodist Church**  
1890 South Second St., Lebanon • 541-451-1170  
Rev. David Childress  
Sunday Service 11:00am

#### NON-DENOMINATIONAL

**The Salvation Army**  
345 Columbus St. SE • 541-928-4774  
Lts. Charles & Dawn DeJesus  
Sunday School: 9:30am, Sunday Worship: 11am

**Valley Life Church**  
Come see us at our new building at  
Park & Vine St, Lebanon  
Sunday Service 8:30am & 10:30am  
[www.valleylifechurch.net](http://www.valleylifechurch.net)

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