



Love God. Love Others. Make Disciples of Jesus Christ.

# OUR LADY OF THE LAKE CATHOLIC CHURCH

Twenty-Fifth Sunday in Ordinary Time



## Teen Confirmation 2021

*Gianna Bellisario La Fond*

*James Booth*

*Adam Conrad*

*Simon Corbett*

*Piper Daskalos*

*Brandon Drew*

*Erin Drew*

*Katelyn Drew*

*Claire Engel*

*Brodie Heher*

*Madeleine Herion*

*Blake Hiliker*

*Luke Hogan*

*Jacob Hogan*

*Patrick Kelley*

*Henry Meckert*

*Stevie Mooney*

*Christopher Nguyen*

*Carter O'Sullivan*

*Morgan Olsen*

*Kieran Parreno*

*Brooke Plasse*

*Mercedes Prats*

*Charlie Riddle*

*Caleb Rusk*

*Brady Wear*

Congratulations to the twenty-six teens of Our Lady of the Lake parish who were confirmed by Archbishop Alexander Sample on Sunday, September 19, 2021. Fr. John Kerns, our Pastor, and Fr. Suresh Amalraj, Parochial Vicar, concelebrated at a special 5:00 PM Mass. The church was filled with sponsors, family, and friends of these Confirmandi. Luke Brooks, OLL Youth Minister, presented the candidates to the archbishop for reception of the sacrament.

In his homily, Archbishop Sample challenged the candidates to reflect upon three very important questions: *Who are you? Why are*

*you here? What do you want?* He offered direct and bold responses for them to ponder: *A beloved son or daughter of God. Because God loved you from eternity and brought you to life so you might know, love and serve Him. True happiness grounded in God's love and eternal life.*

These teens deserve special recognition and our continued support and encouragement for their perseverance in formation throughout the year by the pandemic restrictions. May God bless them as they share their gifts and talents.

### WEEKDAY MASSES

Wednesday & Thursday 6:30 AM

Monday-Saturday 8:30 AM

Tuesday 6:00 PM

### PRAYER

Church open Monday - Friday, 9:30 AM to 4:30 PM for individual silent prayer.

### SUNDAY MASSES

Saturday Vigil 5:00 PM

Sunday Morning

7:30, 9:00, & 11:00 AM

### LOCATED AT

790 A Avenue,  
Lake Oswego, OR 97034

### SACRAMENT OF RECONCILIATION

Saturday 9:15-10:00 AM or by Appointment

### ADORATION OF THE EUCHARIST

First Friday of the Month, 9:30 AM to 8:00 PM,  
in the Church (subject to change)

### SACRAMENT OF ANOINTING OF THE SICK

Call the Parish Office

## PARISH STAFF

### Clergy:

Fr. John W. Kerns, Pastor  
frjohn@ollparish.com

Fr. Suresh Amalraj, Parochial Vicar  
frsuresh@ollparish.com

Deacon Kevin Welch  
deaconkevin@ollparish.com

### Faith Formation:

Tom Tomaszek, Pastoral Associate  
tomt@ollparish.com

Laura Patton, Dir. of Faith Formation  
laurap@ollparish.com

Mary Brunette, Family Life Coordinator  
maryb@ollparish.com

Luke Brooks, Youth Ministry  
lukeb@ollparish.com

### Liturgy & Music:

Tom Tomaszek, Director  
tomt@ollparish.com

Agnes Zueger, Coordinator of Music  
and Liturgy • agnesz@ollparish.com

### Administration:

Ann Barba, Admin. Assistant  
annb@ollparish.com

Kristen Young, Business Manager  
kristeny@ollparish.com

Georgeann Boras, Admin. Assistant  
georgeannb@ollparish.com

Jill Welter, Bookkeeper  
jillw@ollparish.com

Mike Bell, Facilities  
mikeb@ollparish.com

### Cemetery:

Kimi Tomaszek  
cemetery@ollparish.com

### School:

Corrine Buich, Principal  
c buich@ollschool-lakeoswego.org

Matt Gregor, Vice Principal  
mgregor@ollschool-lakeoswego.org

Matt Locke, Office Manager,  
mlocke@ollschool-lakeoswego.org

Kim Heinrich, Admin. Assistant  
kheinrich@ollschool-lakeoswego.org

## ONLINE GIVING IN 3 EASY STEPS

If you are already using online giving skip step 1 and 2. (if you forgot your user ID or password click the forgot button and a new password will be emailed to you.)

### STEP 1 - REGISTER

- From OLL website [www.ollparish.com](http://www.ollparish.com)
- Click "Giving" in top right navigation bar
- Click on "Give Online via My Own Giving"
- Click on **CREATE A NEW ACCOUNT**.
- Fill in the information boxes that contain a red asterisk. Make sure to write down your User ID and Password (put in a secure and safe place.)
- **Submit.** You will receive an email to confirm your information.



### STEP 2 - SET UP PAYMENT METHOD

- Now log into your account, click on **MY PAYMENT METHOD**.
- You will need to **ADD NEW BANK ACCOUNT** (if using your checking account) OR **ADD NEW CREDIT CARD** (if using your credit card).
- Provide all the information requested. Then click **SUBMIT**.

### STEP 3 - SET UP DONATION

**OPTIONS:** You can choose multiple funds (RE, Building Maintenance, SvDP)

- Now return to **MANAGE MY ACCOUNT** and choose **GIVE A NEW GIFT**.
- Choose **OFFERTORY** (fund), then select gift type **RECURRING**.
- Select payment and frequency and start date.
- Select the account (check or credit card), then enter amount and frequency.
- Click **NEXT** (at the bottom of the page)
- In the **CONFIRM MY GIFTS** window, review the details to insure all is correct. Click **SUBMIT**.

## Parish Office Hours • Monday-Friday, 9:00 AM to 4:30 PM

The doors to the Parish Center are locked to ensure the safety of our students. We continue to welcome parishioners to visit the Parish Office when necessary but are encouraging you to make an appointment to ensure staff is available to assist you. As always we are available during office hours by phone, or email. The Parish Offices are on the second floor of the Parish Center.

## This Week

### Sunday, September 26, 2021

*Twenty-Sixth Sunday in Ordinary Time*

HS Youth Ministry 6:30 PM PH-CARP

### Monday, September 27, 2021

Alcoholics Anonymous 6:30 AM PC-PLIB

Funeral Mass Joan Seeley 11:00 AM CH

Boy Scouts 7:00 PM PH-CARP

### Tuesday, September 28, 2021

Awakening Faith 7:00 PM PC-PLIB

Small Church Community 7:00 PM PC-BETH

Capernaum Young Life 7:00 PM PH-CARP

Admin Council 7:00 PM PC-NAZ

### Wednesday, September 29, 2021

Alcoholics Anonymous 6:30 AM PC-PLIB

Exodus 90 7:00 AM PC-BOARD

EPIC-Church History study 9:30 AM PH-MID

Charismatic Prayer Group 11:00 AM PC-PLIB

RCIA 7:00 PM PC-NAZ

### Thursday, September 30, 2021

Alcoholics Anonymous 7:00 PM PH-FRONT

### Friday, October 1, 2021

Alcoholics Anonymous 6:30 AM PC-PLIB

1st Friday Adoration 9:30 AM CH

Alcoholics Anonymous 8:00 PM PH-CARP

### Saturday, October 2, 2021

Knights of Columbus Outreach 8:00 AM

Confessions 9:15 AM CH

Prayer Shawl Ministry 10:00 AM PH-CARP

Funeral Thomas Niebergall 1:00 PM CH

### Sunday, October 3, 2021

*Twenty-Seventh Sunday in Ordinary Time*

Family Faith Formation 9:30 AM PH

HS Youth Ministry 6:30 PM PH-CARP

PC=Parish Center Building—Cana, Nazareth, Bethlehem and Jerusalem Rooms; SCH=School—Multipurpose Room, Gym; PH=Parish Hall—Front, Mid, Carpet, Child Care, Cook CH=Church—Church, Loft, Narthex; OTHER=Off Campus Event



### Celebrating Baptisms within the Sunday Mass

This weekend we will celebrate the sacrament of Baptism for multiple children within the 9:00 and 11:00 AM Masses. This will be the first time since the beginning of the pandemic restrictions to gather family and community to baptize these infants into the faith at a regular Sunday Mass, which is the normative way to celebrate the sacrament. During these past 20 months individual baptisms have taken place at separate celebrations only attended by immediate family members.

This also marks our use the revised Rite of Baptism that was promulgated just prior to the pandemic. There are new translations of several texts and greetings in the revised rite, as well as a few changes in the ritual moments. Our opening song speaks to the importance of Baptism as a sign of God's grace in each of our lives.

### We Belong to You

By Trevor Thomson

#### Refrain

We belong to you, O Lord of our longing, we belong to you.  
In our daily living, dying and rising, we belong to you.

1. In the waters of your mercy,  
When the old becomes the new,  
Souls united in the myst'ry:  
We belong to you.

2. Filled with gifts and filled with goodness,  
Spirit breathing life into  
All who seek to find their purpose:  
We belong to you.

3. When we share the bread you've broken  
With the many and the few,  
We are blessed and we are broken;  
We belong to you.

Text © 2006, Victoria Thomson. Music © 2006, Trevor Thomson. Text and music published by Spirit & Song®, a division of OCP. All rights reserved.

### Offertory

*We thank all those who contribute to the support of Our Lady of the Lake Church. Our fiscal year runs July 1 through June 30.*

#### THIS YEAR:

August 2021:	\$118,420
Year to Date:	\$236,403
Budget Year to Date:	\$232,298

#### LAST YEAR:

August 2020:	\$ 92,972
Year to Date:	\$187,870

### Checks Payable To:

As a friendly reminder, please make checks payable to **Our Lady of the Lake**. If you'd like to specify a particular ministry or program, please note this in the memo line of your check.

### Mass Intentions

*Sunday, September 26, 2021*

7:30 AM	For the Parishioners
9:00 AM	†Pius & Veronica Chow
11:00 AM	Arturo Madrid Jr.

*Monday, September 27, 2021*

8:30 AM	† John Ferraris
---------	-----------------

*Tuesday, September 28, 2021*

8:30 AM	†Molly Marquard
6:00 PM	†Gladice Berken

*Wednesday, September 29, 2021*

6:30 AM	†Dorothy Tokerude
8:30 AM	Timothy Flynn

*Thursday, September 30, 2021*

6:30 AM	Millie Hall
8:30 AM	Teresa Dungca

*Friday, October 1, 2021*

8:30 AM	†Joe Casale
---------	-------------

*Saturday, October 2, 2021*

8:30 AM	†Reynalda Buenconsejo
5:00 PM	For the Parishioners

*Sunday, October 3, 2021*

7:30 AM	†Laura Conchuratt
9:00 AM	Yvonne Krill
11:00 AM	† Pius and Veronica Chow

To view upcoming Intentions or request an Intention online, visit [www.ollparish.com/intentions](http://www.ollparish.com/intentions).



### SUMMER FOOD DRIVE

*Thank you!*



The Knights of Columbus and St. Vincent De Paul thanks you for your generous support of our summer food drive. We collected 1280 lbs of food which was immediately distributed to families in need in our local area. We received food suitable for families who will be able to prepare nutritional meals at home; and we received food and other supplies which we will be able to give out to the homeless at our monthly dinner we prepare at St. Anthony's. We are so grateful for your support!

### FAMILY FAITH FORMATION

**Our goal is to support and inspire families to grow in their Catholic faith.**

At OLL, we believe faith begins at home. We encourage families to eat, pray, and share their faith together. That is why each week, we provide parents with engaging content for preschool-5<sup>th</sup> grade at [ollparish.com/family](http://ollparish.com/family).

For more information, contact Mary at [maryb@ollparish.com](mailto:maryb@ollparish.com).

### Youth Ministry

#### Teen Confirmation

Teen Confirmation for the 2021-2022 school year begins October 10! All high school students in 10<sup>th</sup> grade and above are invited to sign up now at [ollparish.com/confirmation](http://ollparish.com/confirmation).



#### High School

Brand new High School Ministry starts October 24. All high school students 9<sup>th</sup>-12<sup>th</sup> grade are invited to sign up now at [ollparish.com/high-school](http://ollparish.com/high-school).

#### Middle School

Brand new Middle School Ministry (for students and parents!) starts October 3. All middle school students 6<sup>th</sup>-8<sup>th</sup> grade are invited to sign up now at [ollparish.com/middle-school](http://ollparish.com/middle-school).



#### Youth and Family Mass

New monthly Youth & Family Mass begins October 24 at 5:00 PM. All are welcome to attend!

**For more information on Youth Ministry - or to volunteer - contact our Youth Director Luke Brooks at [lukeb@ollparish.com](mailto:lukeb@ollparish.com).**

### CALENDAR OF EVENTS

for Family and Youth Faith Formation

#### OCTOBER 2021

3 - Family Faith Form.	Parish Hall	10:15-11:00 AM
Middles School/Parent Bible Study	Parish Center	10:15-11:00 AM
10 - Confirmation	Parish Hall	12:15-1:15 PM
17 - Middle School	Parish Center	10:15-11:30 AM
24 - Youth & Family Mass	Church	5:00-6:00 PM
High School	Parish Hall	6:30-8:00 PM

#### FOR UPDATES VISIT

Family Faith Formation — [www.ollparish.com/family](http://www.ollparish.com/family)

Middle School — [www.ollparish.com/middle-school](http://www.ollparish.com/middle-school)

High School — [www.ollparish.com/high-school](http://www.ollparish.com/high-school)

Confirmation — [www.ollparish.com/confirmation](http://www.ollparish.com/confirmation)



### ACTS Retreats are Back!

ACTS stands for Adoration, Community, Theology, and Service. Join us to revitalize your faith life, spend time with our Lord and your sisters and brothers in Christ. Come and experience three days of joy, prayer, authenticity, and holy friendship. Visit [www.ollparish.com/retreats](http://www.ollparish.com/retreats).

**Men's Retreat: October 14-17**

### Update Parish Records

Notify the office of any family changes such as address, phone number or email, as well as family additions. Contact Georgeann by calling the parish office at 503-636-7687 or by emailing her at [office@ollparish.com](mailto:office@ollparish.com).

### Returning and Searching Catholics: Know God More Personally Through Faith

Perhaps you were raised in a Catholic family, perhaps you attended Catholic schools. Has your faith grown since, are you a stronger catholic today?

Truly connecting to your Catholic faith can bring a renewed appreciation of what Catholicism has to offer.. Awakening Faith is for anyone wishing to gain a deeper perspective and come to see why Jesus gave us The Church.

You will discover that life is about more than merely possessions and comfort. You will see what life and humankind are from God's point of view. You will embrace the power and meaning of Prayer — which has sustained 20 centuries of believers and can sustain us too.

You are invited to join us. Come together with others to grow in your understanding of God and in your own faith journey.

We meet in the Parish Library, on the 2<sup>nd</sup> floor of the Parish Center. **Our next meeting is Tuesday, September 21, at 7:00 PM.** We have 6 sessions and then 4 optional sessions, to be decided by those attending. The first 6 cover *Spirituality, Jesus, The Holy Spirit, God's Mercy, Mass, the Church.*

Contact group leader, Margaret Jamieson, at 503-635-2915 or [maggieandmargaret@gmail.com](mailto:maggieandmargaret@gmail.com) with questions and to begin your journey of coming back to the Church. For more information go to our website [ollparish.com/awakening-faith](http://ollparish.com/awakening-faith).

#### Awakening Faith Small Groups invite you to...

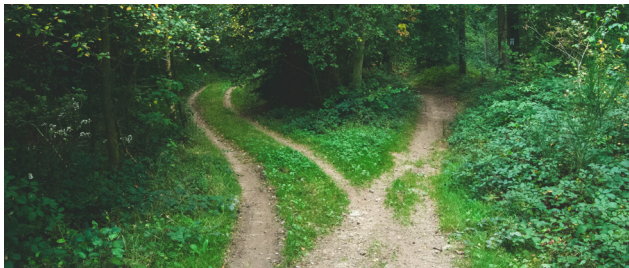
Fill the Hole in Your Life  
that only God can Fill

Know God More Personally  
Unlock the Mysteries of Catholicism



#### ADULT FAITH FORMATION

Here at OLL we invite individuals to follow Jesus through a clear path of discovery and fellowship.



Explore our new Adult Faith Formation web page for details on the following:

- **New Small Groups:** Form lasting friendships based in faith and values.
- **Parent/Family Cohorts:** Connect with families that share your faith and support your children in community.
- **Bible Study & Catholic Wisdom:** Praying the Psalms, discover Jesus through the Gospel of Mark, or delve in to church history with Epic.
- **Retreats:** October Men's ACTS retreat, November Married Couples retreat.

Visit [www.ollparish.com/adult](http://www.ollparish.com/adult) for more.

#### First Friday Eucharistic Adoration October 1, 9:30 AM to 12:00 PM

All are invited to stop by the church to spend time with our Lord anytime Friday, September 3 between 9:30 AM and 12:00 PM.

The quiet of the church in the presence of the Lord is an escape from the noise of the world. Think of this time as visiting with your best friend, sitting quietly and enjoying being in each other's company. It is a sacred time not just to talk to the Lord, but also listening to what He wants to tell you.

#### 15<sup>th</sup> Annual Rosary Bowl - October 2nd

Come pray with us! Join us for the 15<sup>th</sup> Annual Rosary Bowl on Saturday, October 2 from 9:00 AM to 3:00 PM at St. Edward Catholic Church in Keizer, Oregon. This Marian and Eucharistic Celebration combines the best of virtual and in-person in one location.

For more information visit [www.rosarybowlnw.org](http://www.rosarybowlnw.org).

In-person and online options available.





## MERCY TEAMS

### Adopt A Mission UPDATE

Your Small Acts of Mercy have provided 117,000 sack lunches, family meals or hot breakfasts to our most vulnerable since April of 2020 and the start of the Covid-19 Pandemic. Mercy Teams supporters have now adopted five missions we support on a weekly basis, with between 125 to 230 sack lunches to each one.

- Number of sack lunches delivered every week = 850.
- Total number of sacks we deliver once a month = 600.
- Total sack lunches in a 4-week month = 4,000

Missions we now serve every week through Adopt a Mission:

1. Martha Mercado's ministry to the Latino Working Poor
2. The Fathers Heart Day Shelter in Oregon City
3. Rose Haven Shelter for Women & Children
4. Salvation Army Female Emergency Shelter
5. First Christian / Home PDX Portland

Missions we now serve once a month through Street Ministry or Knights of Columbus:

1. Street Ministry guests at 4th Sat. Breakfast under the Bridge.
2. Portland City Teams 4th Sat. "Love Fest" for Portland Unsheltered
3. Union Gospel Mission Sacks only for Search & Rescue

### HOW CAN YOU HELP our Adopt a Mission Teams?

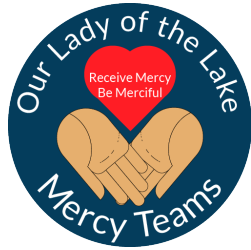
1. Donate lunches -we will distribute to adopt a mission teams
2. Donate homemade PB&J sandwiches to distribute to the teams
3. Join an existing Adopt a Mission Team and help them directly.

To donate and assemble sack lunches, please provide:  
School lunch sack, apple sauce cup, granola bar, bag of chips,  
16 oz bottle of water, plastic spoon, and napkin.

### Street Ministry to The Unsheltered

Next Street Ministry Saturday, October 23. Meet at the parish hall at 7:15am and leave at 9:00 to be back by 12:00 PM.

Sign up for projects at [ollparish.com/mercy-teams](http://ollparish.com/mercy-teams).



## Invitation to Join CYO Sports

Registration now available for fall sports. Visit [cyocamphoward.org](http://cyocamphoward.org) for more information or to register for: Girls Volleyball (3<sup>rd</sup>-8<sup>th</sup> Grade), Co-ed Hot Shots Basketball (1<sup>st</sup> & 2<sup>nd</sup> Grade), and Girls and Boys Cross Country (3<sup>rd</sup>-8<sup>th</sup> Grade)

Contact Cathy Foy with questions or to volunteer as a coach at [ollcyosports@gmail.com](mailto:ollcyosports@gmail.com).



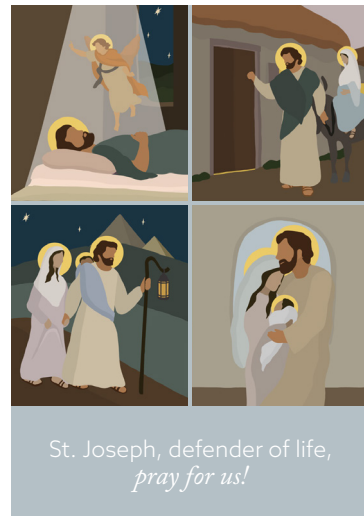
## Respect Life

### Fall 40 Days for Life Campaign - September 22-October 31

What do you have to do to be part of 40 Days for Life?

- Be peaceful and prayerful
- Do you have to talk to anyone? No
- Do you have to hold a sign? Nope
- Pray on the sidewalk, in your car or at home
- Hand out gift bags with resources (if you'd like)
- Consider fasting for mothers and unborn babies

For campaign location, details or to signup, go to [www.40daysforLife.com/portland](http://www.40daysforLife.com/portland) or call Therese at 503-997-1884.



### New Battle on Taxpayer Funding of Abortion

Efforts to save the Hyde Amendment are continuing, but now there's ANOTHER, huge battle shaping up over taxpayer funding of abortion.

Congress is moving forward on a "human infrastructure" bill, which is likely to include things that

many Catholics support, including expanded health care coverage. But there is serious concern that such health care proposals will include funding for elective abortion.

Congressional leadership is using a rare process for this bill, known as "budget reconciliation," that requires fewer votes to pass it than most laws.

That is why Congress must hear from YOU now! Tell your representatives that any health care proposals MUST NOT fund elective abortion. For more information or to send a message to your representatives, go to [www.votervoice.net/USCCB/Campaigns/88288/Respond](http://www.votervoice.net/USCCB/Campaigns/88288/Respond).

Please go to the OLL Respect Life webpage for more information or resources to help pregnant women in need. [www.ollparish.com/serve/love-others/#Respect%20Life](http://www.ollparish.com/serve/love-others/#Respect%20Life)

### Upcoming Events in the Archdiocese

- 10/3 Respect Life Sunday

### A Prayer to St. Joseph, Defender of Life

*Dearest St. Joseph, at the word of an angel, you lovingly took Mary into your home. As God's humble servant, you guided the Holy Family on the road to Bethlehem, welcomed Jesus as your own son in the shelter of a manger, and fled far from your homeland for the safety of both Mother and Child. We praise God that as their faithful protector, you never hesitated to sacrifice for those entrusted to you. May your example inspire us also to welcome, cherish, and safeguard God's most precious gift of life. Help us to faithfully commit ourselves to the service and defense of human life—especially where it is vulnerable or threatened. Obtain for us the grace to do the will of God in all things. Amen.*

Copyright © 2021, United States Conference of Catholic Bishops, Washington, D.C. All rights reserved.

### OLL Funeral Luncheon Ministry

Please keep grieving families in your prayers. It is so hard for them to gather and celebrate their loved one's life during this pandemic. Death is shocking enough but can you host family and friends?

The Funeral Luncheon Ministry provides the old tradition of bringing foods to a grieving family. Volunteers create a "pot luck luncheon"—keeping it personal and special. We are often the first representatives of our church and our faith to extended families and their guests.

Sadly, due to the infectious rate of the new Delta Covid-19 variant, we are currently not able to volunteer and provide this service for our parish. We did have one month where we were able to serve. Thank you, Funeral Luncheon Team Leaders who immediately responded yes, and got us organized: Andrea Scanlon, Pat Henderson, Jan Wiser, Jean Eves, Monica Howell, Paula Vokoun, and Alice Gregoire. Thank you to all volunteers who cooked, served and cleaned.

**YOUNGER ENERGY NEEDED** - Yikes, most of us are 65 & older! You don't have to attend meetings or make phone calls. We use emails to organize and an easy-to-use Google Doc sign-up sheet. You just select where, what and how to volunteer!

Email [funeralreception@ollministry.com](mailto:funeralreception@ollministry.com) to get involved.

### Connect with us!

Stay up to date on all the changes and exciting things happening at Our Lady of the Lake, by connecting with us on Instagram and Facebook @ollcatholicchurch and subscribing to weekly emails at [ollparish.com/subscribe](mailto:ollparish.com/subscribe).

### Non-Catholic Questions About Catholicism

Are you a non-Catholic adult who has questions about the Catholic Faith?

You are invited to explore the faith and find answers to your questions in our inquiry program.

The Inquiry process is from September 22 until November 20, 2021. We will offer both an in person and zoom option. For more details go to [ollparish.com](http://ollparish.com) and click the "Becoming Catholic" button.



### Sacred Heart Cemetery Needs You

Our Lady of the Lake Catholic Church is blessed with our own parish cemetery. After years of improvement planning by the Cemetery Committee, we'll begin to see work being done to widen the driveway, improve parking, add drainage, and replant trees which were lost during last winter's ice storm.

### BURY THE DEAD: A CORPORAL WORK OF MERCY

During funerals, we mourn the loss of life. As Christians, we live in the hope of the Resurrection. Participate in this Corporal Work of Mercy by helping us some of the services we offer our parish community.

### How You Can Help

**Secretary, Cemetery Committee:** Do you have a laptop? The Cemetery Committee is in need of a Secretary to attend quarterly meetings, take notes, and prepare meeting minutes.

**Columbarium Burial Assistants:** Sacred Heart Cemetery has volunteers to assist with cremation burials in our columbarium niches. We'd like to increase the team and rotate new helpers on the list. Two volunteers, working together, remove the granite niche cover, prepare the interior to receive the urn, and re-seal the niche following the prayer service. Burials take place Monday through Friday, between 12:00 and 3:00 PM.

**Cemetery Angels:** Cemetery Angels (an individual, couple, or family) choose one month to visit the cemetery twice during that month. They walk through removing dead flowers and alerting the cemetery manager of any issues requiring attention. Now accepting signups for months in 2022.

If you have questions or are interested in helping please email Kimi Tomaszek at [kimit@ollparish.com](mailto:kimit@ollparish.com) or send a text to 503-754-8196.