

Columbia County Chaplain's Contact Info



*“Grief is not a problem to be cured.
It is simply a statement
that you have loved someone.”*

Please accept our sympathy for the loss of your loved one. We want to let you know that you are in our thoughts and prayers.

Deep feelings that often follow a death are sometimes hard to share.

We want to convey to you our care, and offer support.

For this reason we are including information that we hope will help you and those around you to live through this loss and separation, and to grow once again into full and healthy lives.



This booklet has been prepared by the Columbia County Chaplaincy. It is intended for free distribution to the citizens of Columbia County in their hour of need. The information in this booklet was deemed reliable at the time of printing. Suggestions or corrections should be submitted to Columbia County Chaplaincy.





TABLE OF CONTENTS

Dealing with Grief 5

Funeral Checklist7

Funeral Directors 10

Benefits Checklist 11

Important Resources and Phone Numbers 14

Social Security Benefits 16

Veteran’s Benefits 17

Support Groups18

Support Material19

Library Resources 20

Normal Reactions in Grief22

Guidelines for Healing Grief24

Basic Needs of the Bereaved 26

Local Churches.....27



DEALING WITH GRIEF

All of us must face the reality of death at some point in our lives. The reality of being separated from a cherished loved one.

It is uncomfortable for many people to think about death and complete its eventuality. Yet only then can we come to fully understand the value and meaning of our own lives and of those around us. Only then can we begin to live our lives to the fullest.

Every death changes the lives of those close to the deceased person. The ability to change and adapt to changes around you is key to accepting and dealing with death. As in other aspects of our lives, the more we resist and fight against inevitable changes, the more pain we experience and the more unhappy we become.

In experiencing grief we may go through a full range of sometimes contradictory emotions such as denial, anger, sorrow, guilt, and relief. We may even fluctuate from feeling stable to being deeply depressed. Ultimately, we must arrive at acceptance, the last stage of the process. We know we have achieved this stage when we can see the life of our loved one as a fond memory instead of dwelling on the person's death as a harsh reality. Only then can we go on living our own lives again.

According to research there are generally 10 stages in the grieving process:

1. **Shock and Surprise.** News of someone's death is almost always a shock. The reality of the death may occur in a few minutes or a few days.
2. **Emotional Release.** The release of tension and feelings is necessary and usually occurs at the funeral or with family and friends, but it is only the beginning of the grieving process.
3. **Loneliness.** After the funeral, when family and friends have gone home, feelings of emptiness may occur. Feelings of loneliness, isolation, and depression begin.



4. **Physical Distress and Anxiety.** This stage can make the person feel so alone that he or she may develop the same physical symptoms that the deceased had.
5. **Panic.** It may become difficult to concentrate on anything because of constant memories of the deceased. In fact, this may cause a person to worry about his or her own stability. Not knowing what to do or what is happening can result in panic and an inappropriate understanding of oneself.
6. **Guilt.** The surviving person dwells on the things he or she could have done for the deceased. They may also feel responsible for the person's death.
7. **Hostility and Projection.** This is a difficult stage for relatives and friends because the survivor suddenly becomes hostile to those whom he or she thinks could have prevented the death. Family and friends should try to be tolerant and non-defensive.
8. **Lassitude.** The person suffers in silence, weary from the depression and frustration. Becoming more active is the answer.
9. **Gradual Overcoming of Grief.** Through the affection and encouragement of friends and family, gradually a new meaning of life unfolds. The person's outlook becomes brighter and more realistic.
10. **Readjustment to Reality.** Recalling the deceased becomes a pleasant experience and planning for the future becomes more realistic.

If you are grieving, and you are experiencing any of these symptoms, realize that they are all quite normal and in many ways a necessary part of the process.



FUNERAL CHECKLIST

When planning a funeral, try not to do everything yourself. Call on a family member or friend to help you make the following arrangements.

Notify:

- Funeral home
 - They will help coordinate arrangements with cemetery or memorial park.
 - They will prepare the Social Security Form and see that the number is retired.
 - They will assist in determining the number of death certificates you will need and will order them.
- Doctor
- Coroner or Medical Examiner
- Clergy
- Relatives and friends
- Pallbearers
- Insurance Agents
- Banks
- Unions and Fraternal Organizations



Select:

- Cemetery
- Funeral service
- Casket
- Vault or other container
- Clothing
- Flowers
- Music
- Thank you announcements
- Transportation
- Time and place for funeral
- Time and place for visitation

Provide:

- Vital statistics about the deceased: Full Legal Name
- Birth date
- Birth place
- Father's name
- Mother's name
- Social Security Number of the deceased
- Veteran's Discharge or Claim Number
- Education
- Marital status



Obituary information (the funeral home will normally write the article and submit it to the newspaper)

- Age
- Place of birth
- Cause of death
- Occupation
- College Degrees
- Memberships held
- Military service
- Outstanding work
- List of survivors in immediate family
- Give time and place of services
- Charities for memorial contributions
- Addresses of all people who must be notified
- Arrangements for out-of-town visitors

In addition you will want to:

- Find someone to help answer sympathetic phone calls, cards and letters, as well as greet friends and relatives when they call.
- Decide appropriate memorial to which gifts may be made (church, hospice, etc.).
- Locate the Will and notify his/her lawyer and executor.
- Check carefully all life and casualty insurance and death benefits including social security, credit union, fraternal and military.
- Check promptly on all debts and installment payments, including credit cards. Some carry insurance clauses that cancel balances upon death.
- Notify utility companies, the landlord, and tell the post office where to send mail (if deceased was living alone).



FUNERAL DIRECTORS

COLUMBIA FUNERAL HOME

681 Columbia Boulevard
St. Helens, OR 97051

(503) 397-1154

COLUMBIA FUNERAL SERVICE

1105 Maple Street
Longview, WA 98632

(800) 804-4211

GROULX FAMILY MORTUARY

25381 Wonderly Road
Rainier, OR 97048

(503) 556-2323

FUITEN ROSE & HOYT

741 Madisson Avenue
Vernonia, OR 97064

(503) 429-6611

CASCADE NORTHWEST FUNERAL CHAPEL AT GREEN HILLS MEMORIAL GARDEN

1939 Mt. Brynion Road
Kelso, WA 98626

DAHL-McVICKER FUNERAL HOME

301 Cowlitz Way
Kelso, WA 98626

(360) 425-1390

STEELE CHAPEL

5050 Mt. Solo Road
Longview, WA 98632

(360) 423-3880

AFFORDABLE FUNERAL ALTERNATIVES

135 NW 1st Street, Suite 2
Gresham, OR 97030

(503) 618-9396



BENEFITS CHECKLIST

- Call the Social Security Administration at (800) 772-1213. Social Security benefits may include a one time benefit of \$255 to the surviving spouse of dependent children. Check with your funeral director to determine what claims have already been filed for you.
- Veteran's Administration claim forms can be completed at a Veteran's Hospital, the funeral home or cemetery: Contact your funeral director or the county Veteran's Services Officer to determine exactly what benefits have already been filed for.
- Change the deed on your property and remove the deceased's name from that deed. This is done at the county seat where the property is located. You will need a certified copy of the Death Certificate for this.
- Change the titles and registrations of your vehicles. This is done at the Division of Motor Vehicles. This includes cars, trucks, trailers, motor homes, mobile homes, etc. You may use a photocopy of the Death Certificate for this.
- Contact all life insurance companies the deceased had policies with. Request a claim form or ask for help from the local agent. Sent in the claim form, the policy and a certified copy of the Death Certificate. If you need help, your funeral director can assist you.
- Traditionally, life insurance companies require two documents to establish proof of a claim: a statement of Claim and the Certificate of Death (or attending Physician's Statement). Remember, though this is just a general statement, your insurance companies reserve the right to request further information or proof if they deem it necessary.
- When filling out the claim form, you should have the following information available:
 1. The policy number (s) and face amounts
 2. The full name and address of the deceased
 3. His/her occupation and last date worked



4. His/her date and place of birth and the source of birth information
 5. Date, place and cause of death
 6. Claimant's name, age, address and Social Security number
- There are several ways of settling insurance claims. In most cases, you may opt for a lump sum benefit, or you may choose to have the money paid to you over a time period of your choice. In the latter case, the bulk of the money remains with the insurance company and continues to gather interest. In either case, check with your insurance agent, financial advisor or attorney to find out which method would be most beneficial for your particular situation.
 - Contact credit card companies to notify them of the death. Some credit cards and charge accounts include a life insurance policy with them. They may want a certified copy of the Death Certificate. If the card is held jointly, find out what documentation is required to change cards into the survivor's name. Ask the credit bureau to assist you in transferring your spouse's credit into your name. They may also be able to assist you in determining any outstanding obligations of the deceased.
 - Make a prompt request for release from each bank or financial institution in which the deceased and you held a joint account. This is necessary before you can withdraw funds from that account. A bank will usually stop payment on all checks as soon as a death notice is published. The bank must also have the account cleared by the state tax authorities.
 - Change over all bank accounts and remove the deceased's name from those accounts: You may need a photocopy of the Death Certificate for this.
 - Contact any financial institution where the deceased had a loan and inform them of the death. They will be able to inform you if the loan was covered by credit life and what needs to be done to file the appropriate claim. A Death Certificate is often required.
 - Contact all sources of retirement funds that the deceased was receiving and apply for any benefits that are due to you.



- ❑ Change all utilities from the deceased's name. It is a good idea to use only your first initial and last name when listing your name in the phone book. This will help avert any unwanted or prank calls. Many, if not all; of these accounts should be placed in a joint account with another family member to help in processing future estates.
- ❑ Contact all health insurance companies to notify them of the death and stop coverage fees on the deceased.
- ❑ **NOTE:** If a company requests a certified copy of the Death Certificate, but are not providing you with a benefit, allow the company to pay for their own certified copy, i.e., a life insurance company will pay the claim for life insurance, so you need to provide them with a certified copy of the Death Certificate; a health insurance company, on the other hand; just need to stop coverage. Allow them to provide their own certified copy of the Death Certificate if they require one.
- ❑ Review your own insurance needs. Often, these needs can change after the death of a family member or other loved one. Good organization of your own insurance information can aid survivors at the time this information is needed.
- ❑ If you have a large estate you may want to consult an attorney. If you use an attorney you will have to pay for their services, however; the help you receive may be invaluable.
- ❑ Keep copies of the Death Certificate to send with your income tax returns if you still file.
- ❑ Gather all of the bills together and make sure you are aware of all the credit obligations of the deceased. Many installment loans, service contract, and credit card accounts are covered by credit life insurance, which pay off the account balance in the event of the death of the customer



IMPORTANT RESOURCES AND PHONE NUMBERS

- American Red Cross..... (503) 284-1234
- Community Action Team, St. Helens..... (503) 397-3511
- Columbia Pacific Food Bank , St. Helens..... (503) 397-9708

Community Hospitals/Health Services:

- Adventist Medical Center, Portland (503) 257-2500
- Kaiser Westside Medical Center, Hillsboro (503) 813-2000
- Legacy Emanuel Hospital, Portland (503) 413-2200
- Legacy Good Samaritan Medical Center, Portland (503) 413-7711
- OHSU Hospital, Portland (503) 494-8311
- Physician’ Hospital, Portland (503) 257-5500
- Providence St. Vincent Medical Center (503) 216-1234
- St. John Medical Center, Longview..... (360) 414-2000

Crisis Intervention Services:

- AA information Portland..... (503) 223-8569
- Columbia County Crisis Team (503) 782-4499
- Community Action Team Veterans Service (503) 366-6580
- Suicide Prevention Hotline (800) 273-8255
- Col. County Suicide Bereavement Support Ann McKinney (503) 369-1549
- Washington County Mental Health Crisis Line (503) 291-9111
- Elks Veterans Bunker Lodge #1999 (503) 410-5225



IMPORTANT RESOURCES AND PHONE NUMBERS

Columbia County Aging and People with Disabilities Services:

500 N Columbia River Highway, St Helens (503) 397-5863

Washington County Disability Aging & Veteran Services:

Caregiver Services (503) 627-0362

Social Security:

General Information & Assistance (7 AM to 7 PM) (800) 772-1213

Social Service Organizations:

Columbia Community Mental Health (503) 397-5211

State of Oregon:

Oregon Department of Human Services (503) 945-5600

Veterans Benefits/General Information & Assistance (800) 827-1000

US Department of Veteran Affairs, Portland (800) 827-1000



SOCIAL SECURITY BENEFITS

When a person who has worked and paid Social Security taxes dies, [certain members of the family may be eligible for survivors benefits](#). Up to ten years of work is needed to be eligible for benefits, depending on the person's age at the time of death.

Social Security survivors benefits can be paid to:

- A widow or widower age 60 or older (age 50 or older if they have a disability)
- A surviving divorced spouse, under certain circumstances.
- A widow or widower at any age who is caring for the deceased's child who is under age 16 or has a disability and receiving child's benefits.
- An unmarried child of the deceased who is one of the following:
 - Younger than age 18 (or up to age 19 if they are a full-time student in an elementary or secondary school).
 - Age 18 or older with a disability that began before age 22.

Under certain circumstances, the following family members may be eligible:

- A stepchild, grandchild, or adopted child.
- Parents, age 62 or older, who were dependent on the deceased for at least half of their support.

Call our toll-free number, **1-800-772-1213**. If you are deaf or hard of hearing, call our toll-free "TTY" number, **1-800-325-0778**.

- Call or visit your [local Social Security Office](#).

When you apply, please be ready to supply the information we need to approve your application for these benefits:

- Lump Sum Death Payment,
- Widow's, Widower's, or Surviving Divorced Spouse,
- Minor or Child with a disability
- For your Parents

Also, bring your checkbook or other papers that show your account number at a bank, credit union or other financial institution, so you can have your benefits deposited directly into your account. [Direct deposit](#) protects you from loss or theft of your check, and mail delays. The money is always on time and ready for you to use without a trip to the bank.



VETERAN'S BENEFITS

Military veterans and their dependents are entitled to a variety of benefits depending on their circumstances. Contact the Veterans Affairs office to determine what benefits can be claimed and then gather the information required.

Before you can file you will need...

Certified copy of or original DD214 (Enlisted Record of Separation).

Certified copy of or original marriage certificate.

Certified copy of Death Certificate.

Verification of amount of life insurance you will receive as a result of veteran's death.

Paid receipts for funeral and cemetery expense.

Paid receipts for hospital and doctor bills incurred by last illness, if applicable.

Social Security number for yourself and your dependent children.

If the veteran or yourself was previously married...

A certified copy of or original divorce decree, or a Death Certificate proving the previous marriage was dissolved by divorce or death.

If there are dependent children...For children under the age of 18, or over 18 and still in school, you need certified copies of or original birth certificates for each.

If over 18 and still in school, you will need VA form 21-674 filled out.

If either of you currently receive [Social Security benefits](#)...

You will need to know the exact amount received for each of you.

If you already have a VA claim number...

You must furnish the VA with the claim number you have been assigned.

If either of you receive additional income...

The source and exact amount of the benefit must be reported to the VA.

IMPORTANT

If you will qualify for [Social Security benefits](#), you should go to the Social Security office before going to the Veteran's Administration office.

Once you have all the forms and information that apply to you, call the VA office and make an appointment to file your claim.

Your VETERANS AFFAIRS OFFICE Telephone Number is:
(800) 827-1000



SUPPORT GROUPS

GRIEF SHARE

Warren Community Fellowship
Warren, OR (503) 397-4387

Warren Baptist
Warren, OR (503) 397-1005

GRIEF SHARE

Evergreen Christian Center
Hillsboro, OR
(503) 648-7168

www.ecc4.org

COLUMBIA COMMUNITY MENTAL HEALTH

58646 McNulty Way
St. Helens, OR 97051
(503) 438-2200

KAISER HOSPICE BEREAVEMENT PROGRAM

Portland, OR
(503) 499-5307
www.kp.org

THE DOUGY CENTER

For grieving children & families
3909 SE 52nd Ave
Portland, OR 97206
(503) 775-5683
www.dougy.org

COMMUNITY HOME HEALTH AND HOSPICE

Free Services, ages 5-adult
Longview, WA
(360) 425-8510

COMMUNITY ACTION TEAM

125 N. 17th St.
St. Helens, OR. 97051
Veterans Service Officer
(503) 366-6580

VICTIM ADVOCATE COLUMBIA COUNTY



SUPPORT MATERIAL

Stephen Ministries

Journeying through Grief

A set of four short books to send to grieving people at four crucial times during the first year of loss

- **A Time to Grieve**
- **Experiencing Grief**
- **Finding Hope and Healing**
- **Rebuilding and Remembering**

- **When God Breaks Your Heart: Choosing Hope in the
Midst of Faith-Shattering Circumstances**
Ed Underwood

- **When Darkness Will Not Lift**
John Piper



LIBRARY RESOURCES

- **Concerning Death: A Practical Guide for the Living**
Dr. Earl A. Grollman, Beacon Press.
- **Death And The Life After**
Dr. Billy Graham, Word Publishing.
- **Death: The Final Stage of Growth**
Elisabeth Kubler Ross, Macmillan Company.
- **Explaining Death to Children**
Dr. Earl A. Grollman, Beacon Press.
- **Good Grief**
Granger E. Westberg, Fortress Press.
- **Grief and the Meaning of the Funeral**
Otto Margolis, et al, MSS Information Corporation
- **Helping Children Cope with Grief**
Dr, Alan Wolfelt, Accelerated Development.
- **Living When a Loved One has Died**
Dr. Earl A. Grollman, Beacon Press.
- **On Death and Dying**
Elisabeth Kubler Ross, Macmillan Company.
- **Psychology of Death**
Robert Kastenbuam, Macmillan Company
- **Talking About Death: A Dialogue Between Parent & Child**
Dr. Earl A. Grollman, Beacon Press



- **Telling a Child About Death**
Edgar N. Jackson, Channel Press.
- **What Helped Me When My Loved One Died**
Edited Dr. Earl A. Grollman, Beacon Press.
- **When Bad Things Happen to Good People**
Harold Kushner, Avon Books.
- **When Going to Pieces Holds You Together: You Can Find Healing**
- **When You Allow Yourself to Grieve**
William A. Miller, Augsburg Publishing House.
- **Understanding Grief Helping Yourself Heal**
Dr. Alan Wolfelt, Accelerated Development.



NORMAL REACTIONS IN GRIEF

Although grief is a normal response to loss, it sometimes produces bizarre behaviors which can be frightening to the person experiencing them and of concern to others who observe them.

Every person will grieve in his or her own unique way. You may find that some of the following descriptions fit you. Regardless of what others may think, you are absolutely normal, and you are behaving in a manner which is typical of grief.

Not all of these behaviors are healthy, and some may need to be changed, but they are understandable and do not indicate “insanity”.

- Unable to find consolation in your faith
- Angry at the medical personnel for not doing enough or not having the technology to save your loved one.
- Angry at the deceased for dying; for not taking better care of him or herself; for leaving you alone at this time in your life; for not making proper financial or legal arrangements.
- Unable to sleep without medication or sleeping all the time.
- Change in eating habits with significant weight gain or loss.
- More susceptible to colds, flu and other physical ailments.
- Unable to motivate yourself to do the things you need to do.
- Unable to problem-solve or make decisions.
- Unable to concentrate or remember things.
- Impaired judgment.
- Finding yourself to be always on the edge of irritability.
- Experiencing unpredictable and/or uncontrollable weeping.



- Fearful of being alone or with people; afraid to leave the house and fearful of staying in the house; afraid to sleep in bed.
- Wanting to “punish” someone or damage something for your pain.
- Angry that no one seems to understand what you are suffering; angry that people expect you to “get on with your life”; angry that you are not given the time you need to grieve.
- Feelings of frustration that people are indulging you or not giving you enough attention; that you are not invited out any more or that people are pushing you to socialize before you are ready.
- Angry that people can still laugh, that the whole world dares to go on, that holidays are not canceled, that Sundays or weekends are so miserable.
- Feelings of guilt over little relationship issues which would not normally be a problem.
- Experiencing panic attacks.
- Wanting to talk about the deceased but fearful of rejection.
- Wearing clothing, jewelry, or other personal items of the deceased.
- Feel that loneliness and aloneness are more than you can bear.
- Notice an increase in the use of alcohol and/or prescription drugs to ease the pain.
- Driving too fast or recklessly.
- Find yourself screaming for no apparent reason.



GUIDELINES FOR HEALING GRIEF

1. **ACCEPT THE GRIEF:** Roll with the tides of it. Do not try to be “brave.” Take time to cry. This also applies to men; strong men can and do cry.
2. **TALK ABOUT IT:** Share your grief within the family—do not attempt to protect them by silence. Find a friend to talk to, someone will listen without passing judgment. If possible, find someone who has experienced a similar sorrow. Talk often. If the friend tells you to “snap out of it,” find another friend.
3. **KEEP BUSY:** Do purposeful work that occupies the mind, but avoid frantic “keep busy” activity.
4. **TAKE CARE OF YOURSELF:** Bereavement can be a threat to your health. At the moment, you may feel that you do not care. That will change in time. You are important and your life is valuable. Care for it.
5. **EAT WELL:** At this time of emotional and physical depletion, your body needs good nourishment more than ever. If you pick at your food, a vitamin supplement might be helpful, but will not make up for your poor diet. Be good to yourself.
6. **EXERCISE REGULARLY:** Return to your old program or start one as soon as possible. Depression can be lightened by the biochemical changes brought by exercise, and you will sleep better. An hour long walk every day is ideal for many people.
7. **GET RID OF IMAGINED GUILT:** You did the best you could at the time, all things considered. If you are mistaken, learn to accept that we are all imperfect.
8. **ACCEPT YOUR UNDERSTANDING OF THE DEATH:** For the time being you have probably asked “why” over and over and have finally realized that you will get no acceptable answer; but you probably have some small degree of understanding. Use that as your viewpoint until you are able to work up to another level of understanding.



9. **JOIN A GROUP OF OTHERS WHO ARE SORROWING:** Your old circle of friends may change. Even if it does not, you need new friends who have been through your experience. Bereaved people sometimes form groups for friendship and sharing.
10. **ASSOCIATE WITH OLD FRIENDS ALSO:** This may be difficult. Some will be embarrassed by your presence, but they will get over it. If and when you can, talk and act naturally, without avoiding the subject of your loss.
11. **POSTPONE MAJOR DECISIONS:** For example, wait before deciding to sell your home (one year is recommended) or change jobs.
12. **RECORD YOUR THOUGHTS IN A JOURNAL:** If you are at all inclined toward writing, it will help to get your feelings out and record your progress.
13. **TURN GRIEF INTO CREATIVE ENERGY:** Find a way to help others. Helping to carry someone else's load is guaranteed to lighten your own. If you have writing ability, use it. Great literature has been written as a tribute to someone loved and lost.
14. **TAKE ADVANTAGE OF YOUR RELIGIOUS AFFILIATION:** If you have one, or have been inactive in matters of faith, this might be the time to become involved again. The Bible has much to say about sorrow. Old hymns are relevant. As time passes, you may find you're not so angry at God after all.
15. **GET PROFESSIONAL HELP IF NEEDED:** Do not allow crippling grief to continue. There comes a time to stop crying and live again. Sometimes, a few sessions with a trained counselor will help you resolve anger, guilt and despair that keep you from functioning.



BASIC NEEDS OF THE BEREAVED

1. Companionship and privacy—a balance between the two: They need time to reflect on their feelings as well as time to share their feelings.
2. Opportunity for the expression of grief without embarrassment. A comfortable environment is needed where the bereaved can open up, and express their feelings.
3. Recognition of the many symptoms that may occur as a result of intense grieving. These symptoms often resemble physical changes that occur during or after a serious illness and may include:
 - Loss of sleep
 - Loss of appetite
 - Loss of strength
 - Loss of motivation
 - Inconsistencies in behavior
4. Support and assistance in becoming socially reactivated. They need someone upon whom they can depend and trust to help them in a variety of social situations.
5. A firm focus placed on the crisis/loss without being made to feel that they have a physical or mental illness.
6. Special assistance regarding business affairs and legal matters. They need someone to help them think clearly to settle important issues and plan for the future.
7. Above all, they need the opportunity to re-tell their experience of loss. An active listener can dramatically facilitate the healing process. Be patient, and non-judgmental. Help them discover their own conclusions to the issues they need to resolve.



LOCAL CHURCHES

- Alston Corner Assembly of God - Pastor Steve Berry, (503) 556-1961
- Branches Church - Pastor, (971) 205-2028
- Christian Church of St Helens - Pastor Justin Bruner, (503) 397-2151
- Christ Episcopal Church St Helens - 35350 E Division Road (503) 397-1033
- Columbia River Foursquare - Pastor Mike Cooke, (503) 397-0069
- Deer Island Community Church - Pastor Dennis Brown, (503) 369-5104
- First Lutheran - Pastor Randy Sinn, (503) 397-0090
- First United Methodist - Pastor Jared Maddox (503) 397-0061
- Grace Baptist Church - Pastor Dean Christensen, (503) 397-0405
- Grace Lutheran Church Scappoose - Pastor Joshua Wiley, (503) 543-6555
- Plymouth Presbyterian Church - Pastor David Hutchinson (503) 397-0062
- Rainier Community Church of God - Pastor Roy Sprunger, (503) 556-5661
- Riverside Community Church - Pastor Paul Rice, (503) 556-1216
- Scappoose Four Square Church - Pastor Matt Lemen, (503) 543-5069
- St Helens Bible Church - Pastor Max Snook, (503) 397-1495
- Sunset Park Community - Pastor Aaron Hiller, (503) 397-0535
- The Promise Church - Pastor Pat West, (503) 438-8262
- Warren Baptist - Pastor Randy Thomas, (503) 397-1005
- Warren Community Fellowship - Pastor Mike Towler, (503) 397-4387
- Yankton Community Fellowship - Pastor Rick Worlitz, (503) 397-3880



The Columbia County Chaplaincy provide the following valuable services:

- Crisis Intervention 24 Hours a Day
- Trained Chaplains Giving Hope and Promoting Healing
- Counseling and Referrals in Times of Crisis
- A Valuable Link in Fire and Police Service/Community Relations
- Quality Care for Firefighters/Police Officers and their Family
- Extending Fire Service Careers

CRFR:	Steve Berry	(503) 369-2196
Scappoose Police/Fire:	J. Eric Freimuth	(503) 543-3114
Scappoose Police:	Patrichia Altmus	(503) 799-8611
Vernonia Fire:	Mark Brown	(503) 429-8252
Clatskanie Fire:	Leah Wheeler	

Emergency Hotlines

Columbia County Crisis Team	(503) 782-4499
Suicide Prevention Hotline	(800) 273-8255
Columbia Community Mental Health	(503) 397-5211