The Lamplighter

A Newsletter of Community Presbyterian Church

529 NW 19th St Redmond, OR 97756

541-548-3367 www.redmondcpc.org

Growing In Christ and Loving One Another





DECEMBER 2024

What are you Thankful for in the life of Community Presbyterian Church?

"Rooted and built up in him, strengthened in the faith as you were taught, and overflowing with kindness." Colossians 2:7

I spent time thinking about all that I am thankful for in the life of Community Presbyterian Church.

- I. I am thankful that I am rooted and built up in Jesus Christ. I am thankful for the faith that I have been given. Even when I grow weak, God is there to carry me until I build my strength.
- 2. I am thankful for the Nominating Committee led by Truman Grandey, for their persistence in seeking and finding new Ruling Elders; the new elders term will start in 2025. Our new Ruling Elders will contribute with skills, experience and commitment to the work of the session. Bob Ahern and Carol Nelson have been long-time members of the church, and Britt Mueller-Anderson, one of the newest members of our congregation, is a lifelong Presbyterian.

Let me share the work the Ruling Elders in the Presbyterian Church have been charged with. The definition of Ruling Elder from the Book of Order (G-2.0301) Ruling Elders in the Presbyterian Church are

- Leadership: Ruling Elders lead the church in partnership with teaching elders. The teaching elder is the pastor of the church.
- Governance: Ruling Elders are responsible for the governance of the church.
- Spiritual discernment: Ruling Elders are responsible for discerning and measuring the life of the congregation.
- Discipline: Ruling Elders are responsible for church discipline.
- Pastoral care: Ruling Elders are responsible for watching over, visiting, comforting, and praying with the people of the church.
- Teaching: Ruling Elders are responsible for cultivating their ability to teach the Bible.
- Ecumenical relationships: Ruling Elders are responsible for ecumenical relationships.
- Accountability: Ruling Elders are accountable to God.

Ruling Elders are chosen by the congregation to discern and measure its fidelity to the Word of God. They are ordained for life but serve specific terms on the session. Elected terms are usually three years, but a person may be reelected to serve a second term. Your session has been working to be Ruling Elders, listening to the voice of God to serve and provide updates to the entire congregation.

- I. Finalizing the job description for the interim Pastor that has been posted in the Presbyterian Church Leadership Connection.
- 2. Session Has been working with Genesis Christian Mediation to help with our discernment process finding our next pastor.
- 3. Hosting a catered lunch to bring the congregation together for a meal after our time with Genesis.
- 4. Looking toward 2025, expanding our opportunities to partner with others and create new support groups for the congregation and the surrounding community.
- 5. As part of our follow-up from the congregation gathering with Genesis, with their guidance, we are developing a survey of questions to gather your input and thoughts on your vision for CPC. I hope you listened during the presentation.

The session of CPC could not do any of this work without your support, ideas, and sharing creative suggestions.



Linda Jackson-Shaw, Ruling Elder

Community Presbyterian Church Session: Ann Bowersox - Moderator, Truman Grandey, Rick Hoffman, George Johnson, Luann Johnson, Lois Millspaugh, Diane Putnam, Nancy Patterson - Clerk of Session,

Music Ministry December 2024



Our Advent season theme this year is "Prepare the Way." This four-week season of Advent is a time of preparation for the birth of Jesus and also a time of preparation for his second coming. It is often a challenge to wait to celebrate Christmas. Just like young children, we want to skip over all the preparations and get to the party. Maybe that is

why some stores put up Christmas decorations at Halloween, forgetting that we also have Thanksgiving to enjoy before Christmas.

From Dec. I-22, we will focus on singing Advent songs (#82-107, preparing for his birth). If you examine the sections following the Advent one, you will see they are listed as Birth, Life, and Passion/Death. The Birth songs are not listed as Christmas or Epiphany, just as "birth." They are listed in this manner to help us focus on not just the one day of Christmas, but on Jesus' life then, now, and to come. To help us prepare and celebrate, CPC is offering two special upcoming events:

- * For those of you who just can't wait to sing some carols, please plan on attending the annual "Caroling the Community" on Sunday, Dec. 8th, right after church. We will walk and carol our way to Juniper Springs, share some carols with the residents there, and then return to the church to share a chili luncheon. The sign-up sheet is in the lobby.
- On Sunday, December 29th, we will have a Christmas carol sing-along where you will learn some special stories about some of our carols. If you have a favorite, please email me or tell me which one to include. Hope you are looking forward to "Preparing the Way" with our CPC community.

Blessings, Karen Baldwin-Kuntz - Director of Music Ministries

Stewardship Outlook

Our church is experiencing a very promising outlook for finances in 2025! Compared to the 2024 pledge drive, we are ahead by \$25k, and with an increase in numbers of individual responses. Our goal for the year is \$210K in pledges, with \$176k already pledged by mid-November. This leaves only \$34k, or 16%, to meet the plan!

This goal of \$210k will fully fund our pledge projections for 2025, including a partial year for expenses of an expected pastor. The growth of the Eberhard Endowment Fund is also available to support these pastoral expenses.

Our budget presentation will include the full yearly expenses expected for a pastor coming into our church. The budget will be available to our congregants and will also be available to any potential candidate to review. While we may not be able to fulfill a "balanced budget," if a pastor comes to us in 2025, we have ample invested funds to sustain the budget for several years, anticipating church growth. Any inquiring candidate will be examining our budget and assets, as well as our programs. Are we thriving? Are we declining? What are our prospects? The budget expresses the anticipated expenses as if we were fully staffed in 2025.

We would love to exceed our pledge goals, and feel this is a real possibility. This would reduce our planned deficit. Your pledge commitments for meeting the 2025 goal will not only assure our existing programs but will enable us to move forward as a church and to be "attractive" to pastoral candidates. Thank you for your participation in helping us meet these challenges.

Questions? Contact Rick Hoffman or any Finance Team member. Thank you.

next year.

Quilters Quips December 2024

The annual Angelfest was a resounding success. We sold ten quilts and received many compliments on our hard work. Much work went into hanging all the quilts and then taking them all down so that they are ready for distribution in December. A special thank you to all the quilters and to Tucker Williamson, who came in to help hang and again to take down the many quilts. THANK YOU ALL!

The quilters have made 246 quilts this year that will be distributed to local agencies in the near future. We also produced and gave away 46 pet pillows,

and many smaller items for Angelfest. This constitutes hundreds of hours of work. More detailed information will be available in the annual report in January.



We will have a

Christmas luncheon Thursday, December 19th at Mazatlán Restaurant.

MARK YOUR CALENDARS!

December 5th distribution of quilts
December 19th luncheon at 12:00
December 25th Merry Christmas!
December 26th NO QUILTING!
January 2nd No Quilting
February 3rd-6th Winter Quilt Bee

The quilters wish you all a Merry Christmas and a Peaceful Holiday Season!

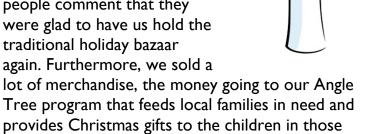
Becky Dennis



Deacon's Report

The Deacons met as usual on the second Monday of the month. We celebrated a

successful Angelfest; successful on multiple levels. The volunteers seemed to enjoy themselves. We shared soup together. We had many people comment that they were glad to have us hold the traditional holiday bazaar



families. Maybe we can look forward to doing it again

The deacons continue to provide transportation to those who need it. We serve Home Communion to two families. We had another potluck on Wednesday, November 20th. We'll stop having potlucks the rest of the winter, and have Wednesday night soup suppers starting in Lent.

We try to call on people who have trouble making it to church. All in all, your deacons work hard to serve as Jesus' hand and feet until He returns.

Steve Cross

Deacons Angel Tree

Help us bless local families by sending in a monetary donation to our Deacons Fund (write "Angel Tree" on the memo line of your check) or utilize the Virtual Angel Tree on the CPC website. Follow the link below, click on an ornament amount, and follow the instructions to complete your donation. Some delightful children will benefit from your giving to our Deacons Angel Tree.

Please submit your donation before Tuesday, <u>December 10th</u>. Thank you for your generosity to those in need!

Redmondcpc.org/angeltree

Follow up to the Genesis Meetings

Thank you for your participation in the Genesis meeting Sunday, Nov. 24th. The tools provided by the Genesis team, building trust with each other and with a future pastor, will be very valuable.

Session met after lunch to recap our time with Genesis and to develop some next steps. Session will be asking you to answer a few questions which will help them determine the direction we would like to go as a church. The survey will be available within the next couple of weeks and will require your thoughtful and prompt response.

To date Session has:

- Developed and submitted the Interim Pastor Position description that is posted on the Presbytery of the Cascades website.
- Developed an introductory statement that describes our church and our community which is posted with the job description.

To broaden the scope of the job description beyond our Presbytery to nation-wide, we need to provide a more detailed analysis of our church including an update of our Mission and Vision statements. The survey will help us complete this process and open the field of candidates beyond our regional Presbytery.

Thank you for your patience and assistance.

CPC Session

Redmond Community Choir - Sounds of the Seasons -

Sunday, December 15th at 4 pm.
Redmond High School
Auditorium
675 SW Rimrock Way
Free Admission

Let the beauty of song bless us as we celebrate this special season together!



O come, let us
sing joyfully
to the Lord;
Let us shout joyfully to the
rock of our salvation.

Psalm 95:1

White Elephant Christmas Party

Get ready; it's almost here! Join us for our annual White Elephant Christmas party on Saturday, December 7th at 11. Take a look around your closet, storage shed, under the bed, or garage for something you don't use or may have forgotten about. Wrap it as a gift, and let someone else enjoy the surprise. There's no need to spend money when you can give something you already have. This gift exchange is a fun activity that we all can enjoy.



We also encourage everyone to bring snack foods, as the party is close to lunchtime. So be prepared to eat, laugh, and have a fantastic time! Sign up in the lobby.

The Deacon of the Month for December is Lynda Talbot

The Deacon of the Month is On Call to Help With Special Needs.

Lynda will be starting her 4th year as a Deacon in January with her second term accepted and she is the Liaison to the Health and Wellness Team. Lynda and her assistant, Bodie (pictured), will be available to assist with special needs this month.

Lynda loves to cook and is often busy preparing a hot meal for the folks at the Redmond Cold Weather Shelter or Central Oregon Veterans Ranch. Lynda also volunteers at Brightside animal shelter. In her spare time, Lynda enjoys reading, and spending time with her family, grandchildren, and great-grandchildren. We are thankful for Lynda and her heart for serving our community.



Ray & Shirley Harris

"We were both born in the Magic Valley area of Southern Idaho. Ray and Shirley met at a Westminster Fellowship rally. Six months after that date, Ray and Shirley were married on 12/27/59. Ray worked for Friedman Bag Co. for over 30 years and retired early as Regional Manager. Shirley was pretty much a 'professional volunteer'! She volunteered in her boys' school, at church, and served as President of the local PW, as well as Presbyterian President and at the Synod level. Her volunteer work also led her to serve for four weeks in China. Both Ray and Shirley are Deacons as well as Ruling Elders and have served several terms of each.

Our two sons, born in 63 and 68, live in OR. The older, Steve, and his family are in Sisters and Rick and his family are in Keizer. We have 6 grandsons and one granddaughter. And now we have a 2- year-old great-granddaughter! We have always loved to travel, and have enjoyed Australia/New Zealand, The British Isles, Italy, as well as all 50 States! Now, we mostly go back to Idaho to see family and friends there.

When Ray had a heart attack in 2020, Steve and his wife decided that we needed to be closer so that they could "take care of us." We moved here in July 2021. We appreciate all the love and care this congregation offers those of us who are 'new' and we are feeling very much "at home." So, now we are right here with the rest of this warm, welcoming, and loving group of parishioners, eagerly awaiting the time when we can meet our new installed pastor."

The Muellers-Andersons

"Britt and Adam are both lifelong Presbyterians and were previously members of Westminster Presbyterian Church in Portland, Oregon. They moved to Redmond in 2020 after Adam accepted a job transfer. Adam now works for a Redmond-based trucking company and, in his spare time enjoys fly-fishing, camping, and flying RC planes. In Portland, Britt owned and operated a busy dog daycare and boarding facility for 10 years. She also enjoyed assisting with the Westminster Sunday school. Her hobbies include arts-n-crafts and being in nature.

Britt and Adam have three children. Nathanael is 6 years old and is profoundly autistic. Although he is nonverbal, he enjoys people and can often be found cuddling with his parents and caretakers. His favorite place, however, is the playground. Grace will be 2 years old in January. She can be shy at first, but she is definitely the most rambunctious member of the family. Baby Johanna is 5 months old and has been attending Community Presbyterian Church since she was 4 weeks old!

Britt and Adam are looking forward to raising their family within the CPC congregation and are hoping to help revive the children's ministry to make CPC more accessible to other young families."

The Watsons

"Our roots run deep with the community in Redmond as well as the Church. My (Casey) grandparents, Merle and Joanne Lowe, helped build this church. Douglas attended daycare and preschool here. We were both born at the Redmond hospital, where my grandmother and mother worked. In fact, your own Dr. Steve Cross delivered both my brother and me in the early 80s. He was our family doctor as we grew up.

Douglas works for COID where he is the director of hydro operations. He loves to fish in his spare time. I am a flight attendant and a substitute teacher. I love the outdoors and sports. Juniper is seven, she loves soccer and animals. Wilde is five, he loves sports and riding his bike.

We have felt so welcome here at the church and look forward to getting to know more of you and to serve in whatever way we can."

Wellness Ministry Update

WELLNESS MISSION STATEMENT: To help the congregation attain, maintain, and/or regain the best possible health and wellness of mind, body and spirit that can be experienced. This is realized through education, guidelines, screening and providing ongoing support. Lois Millspaugh, Chairman

Wellness Ministry

The Wellness Ministries of Community Presbyterian Church strives to support members and friends in our church of all ages, both in encouraging more physical exercise, healthy nutrition, spiritual awareness, and love of family both church and personal. We are working on programs to support all of these endeavors, and invite anyone interested in working with us to achieve these goals to join our team. Our next meeting will be held on December 10th at 1:00 pm in the Wellness office.

ATTENTION ALL SINGLES

For December we will ask those singles to suggest their favorite restaurant for our Christmas Celebration. We will still meet at noon, with lunch at 12:30 on Thursday, December 19th. Let's make this a special Holiday Luncheon. We would love to see new friends so be sure to invite a neighbor or relative to join us. For additional information please contact Lois Millspaugh.

Free Blood Pressure Screenings

Our Free Blood Pressure Screening will be held on the second Sunday of this month from 9:30 – 10:00, in the Eby room. If you are interested in knowing your blood pressure, our nurses are there to help you. Remember, high blood pressure is a silent killer. Know what your blood pressure levels are and see your doctor with your concerns. If you are a nurse who would be interested in helping with this program, please contact June Isaak.

Hospital Equipment

The Wellness Ministry has an inventory of equipment to be loaned out to anyone in need of assistance following a health issue. We have walkers, crutches, knee scooters, shower chairs, and numerous other items to support our church. If you find you have a need for equipment, please contact Lynda Talbot, our Equipment Coordinator.

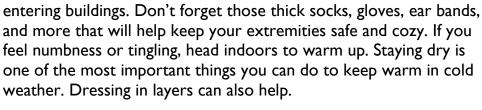
*** All equipment that is loaned out needs to be coordinated with Lynda Talbot. She is willing to deliver the equipment and pick it up when you are through using it if you need assistance in this matter. Remember, all equipment is a temporary loan and needs to be returned so that it can be cleaned and loaned out to others. Thank you for your thoughtfulness.

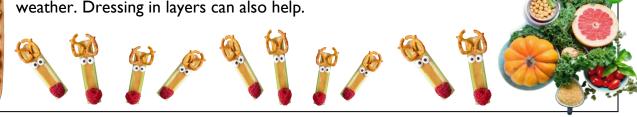
Parkinson's Support Group

The Parkinson's Support Group will be conducting their regular meeting on Monday, December 9th at I:00 pm in the church fellowship hall. If you need additional information please contact Ginny Weeber.

Health Tip - Walking Safely in Winter Weather

To walk safely in the winter wear shoes with good traction, like boots with rubber or neoprene soles. Wear boots or shoes that provide traction on snow and ice. Wear flat-soled shoes. Avoid shoes with heels. Products are available with abrasive soles or cleats that provide special traction for walking on snow and ice, such as Yaktrax. Remember to remove them when









Learning What to Say & When to Say it





By Susan Silk & Barry Goldman LA Times

When Susan had breast cancer, we heard a lot of lame remarks, but our favorite came from one of Susan's colleagues. She wanted, she needed, to visit Susan after the surgery, but Susan didn't feel like having visitors, and she said so. Her colleague's response? "This isn't just about you." "It's not?" Susan wondered. "My breast cancer is not about me? It's about you?"

The same theme came up again when our friend Katie had a brain aneurysm. She was in intensive care for a long time and finally got out and into a step-down unit. She was no longer covered with tubes and lines and monitors, but she was still in rough shape. A friend came and saw her and then stepped into the hall with Katie's husband, Pat. "I wasn't prepared for this," she told him. "I don't know if I can handle it."

This woman loves Katie, and she said what she did because the sight of Katie in this condition moved her so deeply. But it was the wrong thing to say. And it was wrong in the same way Susan's colleague's remark was wrong.

Susan has since developed a simple technique to help people avoid this mistake. It works for all kinds of crises: medical, legal, financial, romantic, even existential. She calls it the Ring Theory. Draw a circle. This is the center ring. In it, put the name of the person at the center of the current trauma. For Katie's aneurysm, that's Katie. Now draw a larger circle around the first one. In that ring put the name of the person next closest to the trauma. In the case of Katie's aneurysm, that was Katie's husband, Pat.

Repeat the process as many times as you need to. In each larger ring put the next closest people. Parents and children before more distant relatives. Intimate friends in smaller rings, less intimate friends in larger ones. When you are done you have a Kvetching Order. One of Susan's patients found it useful to tape it to her refrigerator.

Here are the rules: The person in the center ring can say anything she wants to anyone, anywhere. She can kvetch and complain and whine and moan and curse the heavens and say, "Life is unfair" and "Why me?" That's the one payoff for being in the center ring.

Everyone else can say those things, too, but only to people in larger rings. When you are talking to a person in a ring smaller than yours, someone closer to the center of the crisis, the goal is to help. Listening is often more helpful than talking. But if you're going to open your mouth, ask yourself if what you are about to say is likely to provide comfort and sup-port. If it isn't, don't say it. Don't, for example, give advice.

People who are suffering from trauma don't need advice. They need comfort and support. So say, "I'm sorry" or "This must really be hard for you" or "Can I bring you a pot roast?" Don't say, "You should hear what happened to me" or "Here's what I would do if I were you." And don't say, "This is really bringing me down."

If you want to scream or cry or complain, if you want to tell someone how shocked you are or how icky you feel, or whine about how it reminds you of all the terrible things that have happened to you lately, that's fine. It's a perfectly normal response. Just do it to someone in a bigger ring. Comfort IN, dump OUT.

There was nothing wrong with Katie's friend saying she was not prepared for how horrible Katie looked, or even that she didn't think she could handle it. The mistake was that she said those things to Pat. She dumped IN.

Complaining to someone in a smaller ring than yours doesn't do either of you any good. On the other hand, being supportive to her principal caregiver may be the best thing you can do for the patient.

Most of us know this. Almost nobody would complain to the patient about how rotten she looks. Almost no one would say that looking at her makes them think of the fragility of life and their own closeness to death.

In other words, we know enough not to dump into the center ring. Ring Theory merely expands that intuition and makes it more concrete: Don't just avoid dumping into the center ring, avoid dumping into any ring smaller than your own.

Remember, you can say whatever you want if you just wait until you're talking to someone in a larger ring than yours. And don't worry. You'll get your turn in the center ring. You can count on that."

Susan Silk is a clinical psychologist.

Barry Goldman is an arbitrator and mediator and the author of "The Science of Settlement: Ideas for Negotiators.

December 2024

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Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1 10:00 Worship 4:00 Sermon Zoom Discussion	2	3 7:00 Boy Scouts	9:00 Caregivers Group 10:30 Bible Study 3:00 Worship Team Mtg 6:30 Cub Scouts	5 10:00 Quilters 4:30 Spiritual Growth Zoom	6 Office Closed 8:00 Men's Bible Study	7 11:00 White Elephant Christmas Party	
8 10:00 Worship 4:00 Sermon Zoom Discussion	9 8:00 Property Team Mtg 1:00 Parkinson's Group 3:00 Deacons Mtg	10 1:00 Wellness Mtg 1:30 Mission Mtg 3:00 Worship Mtg 7:00 Boy Scouts	11 10:30 Bible Study 1:00 Mental Health Support 2:00 Finance Mtg 6:30 Cub Scouts	12 10:00 Quilters 4:30 Spiritual Growth Zoom	13 Office Closed 8:00 Men's Bible Study	14	
15 10:00 Worship 4:00 Sermon Zoom Discussion	16	17 12:30 PW 4:00 Session 7:00 Boy Scouts	18 9:00 Caregivers Group 10:30 Bible Study 6:30 Cub Scouts	19 10:00 Quilters 12:00 Singles Lunch Group 12:00 Lamplighter Articles Due 4:30 Spiritual Growth Zoom	20 Office Closed 8:00 Men's Bible Study	21	
22 10:00 Worship 4:00 Sermon Zoom Discussion	23	24 7:00 Christmas Eve Service	25	26	27 Office Closed 8:00 Men's Bible Study	28	
10:00 Worship 4:00 Sermon Zoom Discussion	30	31 7:00 Boy Scouts					



Birthdays

12/04 Judy Hetrick

12/10 Michelle Duff

12/12 Connie Stoaks

12/15 Sharon Byrum Terry Schliep

12/17 Jeanne Kosanovic

12/18 Amy Fabbrini

12/19 Chris Slabaugh

12/22 Rocky Johnson

12/26 Truman Grandey

Anniversaries

12/14 Irv & Liz Nygren

12/22 Steve & Viki Cross 12/28 Rick & Susi Nissen

12/30 Craig & Becky Dennis



Can and Bottle Donations

CPC has an account at BottleDrop that includes blue bags to fill with redeemable bottles and cans. Instructions are printed on the bag which may be picked up in the lobby near the food wagon.

You may bring the filled bag back to CPC or take it to the BottleDrop Redemption Center. If you would like to drop off your cans and bottles at CPC, please place the blue bag on the sidewalk to the left of the office door on Sundays. For any questions, contact Hannah Grandey.

The people walking in darkness have seen a great light; on those living in the land of

in the land of deep darkness a light has dawned.

Isaiah 9:2



For to us a child is born, to us a son is given, and the government will be on his shoulders.

And he will be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace.

Isaiah 9:6



Thank you to all who participated in the All Church Cleanup and Helping Hands. The church looks beautiful and Mary Lou Hall's yard is now free of leaves.

We are truly blessed by your service and commitment.

The article due date for the January Lamplighter is Thursday, December 19th, at noon.

Articles should be sent to Gina at **frontdesk@redmondcpc.org.** You will receive a reply letting you know your article was received. *Thanks!*

