

The Lamplighter

A Newsletter of **Community Presbyterian Church**
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Growing In Christ and Loving One Another

APRIL 2023

CPC Friends, very soon, we'll enter into an extended season of celebrating the astonishingly good news of Christ's resurrection. In the same way Christ's disciples were completely transformed by his resurrection - and their friendship, work, and even their meals together took on a new meaning and purpose - so it is with us.

In his book *Living the Resurrection*, Eugene Peterson says, "We practice resurrection—we engage in a life that is permeated by the presence and companionship of the resurrected Jesus in the company of friends."

It has been wonderful to see how our Lenten observance of a midweek meal has allowed us to *practice* resurrection together in this way. Many of us have expressed our thanks to Nancy Patterson for her vision, leadership, and organization of our many shared labors to make those times together a reality each week. The immeasurable value of being together at the table, listening to one another and our Lord, sharing in prayers sung and spoken, and in the meal preparation and cleanup is something we've needed to re-learn post-pandemic!

After the prolonged absence of such gatherings, many of us have experienced the deepening of friendships, new and old, and it feels different coming to Sunday worship, doesn't it? When we see each other, we know how to laugh, banter, or check in on a concern that was shared. We know more soup recipes than we did before! In all this, we know more of what it means to be the Body of Christ, to share in Christ's life together.

For it's together, in our unity and love for one another, in the quality of our communication and reconciliation, that we and our world come to see and experience more of the power of Christ's resurrection and Christ's abiding presence with his people. Jesus said in John 13, "*I give you a new commandment, that you love one another. Just as I have loved you, you also should love one another. By this, everyone will know that you are my disciples if you have love for one another.*"

We'll be gathering on Maundy Thursday to contemplate this new commandment given at the Last Supper, when our Lord knelt as a servant, put a towel around his waist, and washed his disciples' feet before breaking bread and pouring out the cup of the new covenant. In all this, Jesus prefigured how he would lay down his life for his friends, showing disciples past and present what it means to practice resurrection.

In the weeks ahead, may the resurrection life of our Lord animate and shine forth from our life together as we serve one another and our neighbors by sharing in meals, hikes, learning, renewal of our building and grounds, and in all these ways and many more besides, may we offer joyful worship and witness to our risen and exalted Lord.

In Resurrection Hope,
Kevin





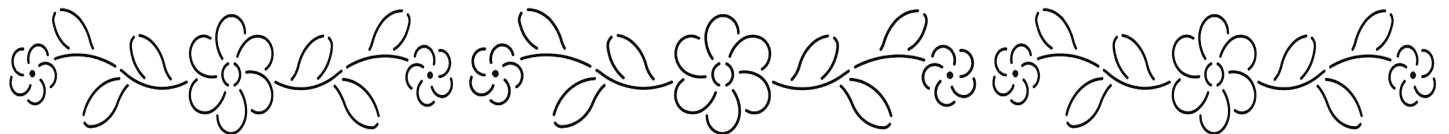
I am a spring person, and it always strikes me that Lent usually encompasses the start of spring. How can we remain in darkness when every ounce of us wants to spring forward (with the exception of losing an hour of sleep for Daylight Savings Time)? Most church leaders start preparing for Easter weeks ahead. This year we have invited several Redmond High School students to play in the service. As Pastor Kevin and I discussed the music for the service, we agreed on singing the Easter standard (insert stumbling over the title here), and I realized that I don't know much about "Jesus Christ Is Risen Today" or "Christ the Lord Is Risen Today," so I want to share what I found out about them and why we stumbled with which title to say.

Both of these hymns are sung to the tune "Easter Hymn," but "Jesus Christ Is Risen Today" was written in the 14th century as a Bohemian Latin hymn titled "Surrexit Christus hodie" and most of the stanzas of "Christ the Lord Is Risen Today" were written by Charles Wesley. This hymn version appeared under the title "Hymn for Easter Day" in 1739.

This quote by Bernard Lord Manning puts it best: "But in the evening at the chapel, though I was uncertain about the prayers, there was no gamble about the hymns. I knew we should have Charles Wesley's Easter hymn, "Christ the Lord Is Risen Today," with its 24 "Alleluias," and we did have it. Among any Dissenters worth the name, that hymn is as certain to come on Easter Day as the Easter Collect in the Established Church (the Church of England). And mark this further - those 24 "Alleluias" are not there for nothing: the special use of "Alleluia" at Easter comes down to us from the most venerable liturgies. Our hymns are our liturgy, an excellent liturgy. Let us study it, respect it, use it, develop it, and boast of it."

So, no matter which version we sing, embrace these days of Lent and look forward to singing "Alleluia" when we gather to celebrate our risen Lord on Easter.

Blessings, Karen Baldwin-Kuntz
Director of Music Ministries



Notes From Session

Session has decided that God's house needs a spring cleaning. We have saved money on repairs with baling wire and duct tape for decades. But, it has come time to look at our floor coverings and their effects on new people seeing our church.

Session has decided to remove our carpeting and replace it with better flooring. Time to start fresh! It will cost us, but the prescience of our earlier church leaders allowed us to sell some of our property for enough money that we have invested wisely, and that will allow us to tackle this endeavor. Hurray! We will also repair the parking lot and reline it so that we can better see where to park.

We have found that Lenten soup suppers have allowed us a midweek opportunity to share a meal and an educational/devotional opportunity. We hope that this will continue after Lent. In addition, adult Sunday School will start up again soon. We continue to have a thriving church and congregation. Thank you all for supporting Community Presbyterian Church.



Steve Cross, Clerk of Session

Congregational Life

If you would like to join the Congressional Life team, you can contact me (my contact info is in the directory). In addition, here are more places you can plug into if they interest you.

- Parkinson’s Support Group - Ginny Weeber
- Dementia Support Partners - George Johnson
- Men’s Bible study - Rick Hoffman or Rocky Johnson
- Presbyterian Women - Nancy Patterson
- Kitchen - Linda Shaw

- Dementia Interaction Group - Steve Thorp
- Art Group - Lois Millspaugh
- Quilters - Becky Dennis
- Choir - Karen Baldwin-Kuntz
- Hiking Group - Todd Peplin

If you have any ideas for other groups, please let me know.

George Johnson



Deacon of the Month for April is Cathy Edgerton

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

Your Deacon of the Month for April is Cathy Edgerton. Cathy is serving her third year as a deacon. Her versatility and willingness to help have significantly blessed the Board of Deacons and our church.

She serves as liaison to the Nominating Committee and Secretary for the Deacons. Cathy is also a member of the Missions Team and has sung in the choir. In addition, she takes minutes for the community group Redmond Service Providers, which is involved with issues faced by our unhoused neighbors.

Cathy loves exploring the outdoors and enjoys hiking, kayaking, and biking. You may have seen her riding her recumbent tricycle around town.

Thank you, Cathy, for being a bright light!



Pictures from our Kisauni partners providing girls with hygiene products.



Love in action!



Wellness Ministry Update

WELLNESS MISSION STATEMENT:

To help the congregation attain, maintain, and/or regain the best possible health, wellness of mind, body, and spirit that can be experienced. This is realized through education, guidelines, screenings, and providing ongoing support.

Lois Millspaugh, Chairman

Wellness Ministry

The Wellness Ministry of Community Presbyterian Church strives to support members and friends, of all ages in our church, by 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. The next Wellness Ministry meeting will be held at the church on Tuesday, April 11th, at 1:00 pm in the Eby Room. Thank you for your willingness to do good works in our church. If you would be interested in participating in this special ministry, please contact Lois Millspaugh.

Free Blood Pressure Screenings

Our Free Blood Pressure Screening for the month of April will be held on the **first** Sunday of the month from 9:30 – 10:00 am 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 your blood pressure levels and see your doctor with any concerns. If you are a nurse and are interested in helping with this program, please contact June Isaak (her contact info is in the directory).

Hospital Equipment

The Wellness Ministry has an inventory of equipment to be loaned out to anyone needing assistance following a health issue. We have walkers, crutches, shower chairs, and numerous other items to support our church members and friends. **All equipment must be checked out by contacting Lynda Talbot (her contact info is in the directory).* We are also missing equipment that was not checked out. If you have any of these missing items, please return them to the church office. Thank you for your thoughtfulness.

Parkinson's Support Group

The Parkinson's Support Group will be meeting on Monday, April 10th at 1:00 pm in the Fellowship Hall. For additional information, please contact Ginny Weeber (her contact info is in the directory).

Dementia Interaction Group

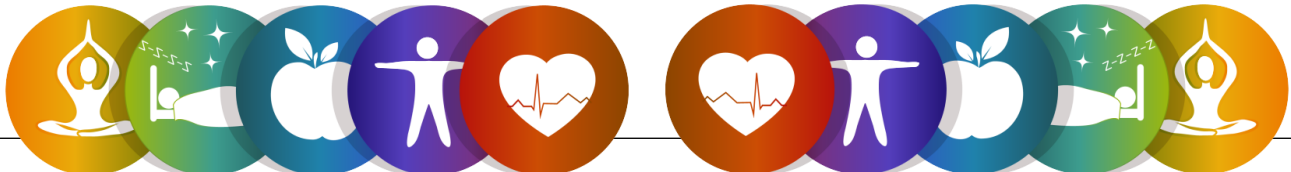
The Dementia Interaction Group will meet on Thursday, April 20th at 3 pm in the Fellowship Hall. Both care givers and persons with dementia are invited to attend. All are welcome. For questions, please contact Steve Thorp (his contact info is in the directory).

Attention All Singles – Note The Time Change

The Singles Dinner Group will be meeting in April at the restaurant Cascade Lakes at 7th Street (aka 7th Street Brew Pub) at 855 7th Street by Fred Meyers for LUNCH. We will meet on Thursday, April 20th at 12:00 with lunch at 12:30 pm. Please be sure to add your name to the sign-up sheet in the Narthex of the church. *In the month of May we will return to our evening dinner at 6:00 pm.*

Fun On The Pickleball Court

Calling all CPC members interested in learning more about playing the game of pickleball. Our star pickleball member, Truman Grandey, plans to start a CPC pickleball team. The Wellness Ministry has a complete set of equipment to play this fun sport. If you are interested in learning more about pickleball, Truman will be at the Redmond Senior Center on Mondays at 1:00 pm to demonstrate the fundamentals of the game. It is an excellent form of exercise. Join Truman and see all the enjoyment in this sport.



Health Tip - MAKE YOUR DIET A WAY OF LIFE

Health is a choice we make each day, many times a day. And a big part of that is the food we choose. Do we order fast food or make time to cook together? Do we shop for fresh produce and meats, or do we buy highly processed industrial foods? Do we have a cup of herbal tea after dinner to ease the stress, or eat a pint of ice cream?



Making fruits and vegetables the focal point of every meal will help you meet your daily recommended amount. Fill half your plate with non-starchy produce, 1/4 whole grains or starchy vegetables, and 1/4 lean protein. (Beans, legumes, and lentils fit both the wholegrain and lean protein groups). Choose wisely, and you will feel much better and have more energy!

**Want More Coffee Hours? We need you!**

The Food & Fellowship Team would like to have an abbreviated version of our coffee hour every Sunday after the service but need more volunteers to make that happen. A very minimal amount of time is required. Call Luann Johnson for more information (her contact info is in the directory).

Attention All Cookie Bakers!

Food & Fellowship would love to feature your creations at our next Fellowship Hour on the 1st Sunday of every month. So bake away to your heart's content and bring your goodies to the kitchen any time, marked "Sunday Fellowship." Yum! Call Luann Johnson for more information (her contact info is in the directory).

**Mission Moment**

But seek the welfare of the city where I have sent you into exile, and pray to the Lord on its behalf, for in its welfare you will find your welfare. Jeremiah 29:7

Secure gun storage saves kids' lives. This message is important to all of us as a church community, regarding our children and grandchildren, whether or not we have a firearm in our own homes. It also plays a role in suicide prevention and mass shootings, which have happened here in Central Oregon.

The Mission team is sponsoring an Everytown USA Be SMART adult firearm safety awareness presentation. Rebecca Miller and Andrea Bateman, M.D. pediatrician, will present. This will be followed by information from Ken Kerfoot, a retired police officer and long-time member of our CPC congregation. We will take time to share our thoughts on how we can, with love and compassion, possibly stop even one tragedy from occurring.



Please seriously consider attending on Sunday, April 23rd, after service, in the Fellowship Hall. Refreshments will be served. This meeting will be for our CPC congregation and friends and will not be publicized in the community.

Quilters Quips April 2023

Spring has sprung, so some of you are starting to garden as well as quilt. We will meet throughout the year to keep others warm when the cold weather comes again. So far, we have put 61 new quilts into the cupboard for distribution later this year.

We will be starting a new project for Shepherds House! They will require covers for about forty beds as they open their doors in the near future. We will make a quilt for each bed in the new facility.

We meet every Thursday from 10:00 to 3:00, breaking for lunch at noon.



Becky Dennis

Cascades Presbyterian Women

Hybrid Spring Gathering
Saturday, April 29
10 am – 12:30 pm

In Our Backyard: Cascades

What churches are doing in their communities.



*Each of you has been blessed with one of God's many wonderful gifts to be used in the service of others. So, use your gift well.
1 Peter 4:10 (CEV)*

Program: Outreach in our local communities. What four churches are doing to help their neighbors.

Presbyterian Church of the Siuslaw, Florence
Community Presbyterian Church, Lakeside
Community Presbyterian Church, Yachats
1st Presbyterian Church, Cottage Grove

In-Person Gathering Time: 9:30 am
Zoom begins: at 9:55 am
The program will begin at 10 am

The CPC women will meet in Teddy's Hall for coffee and pastries during the program. Please reserve your space by contacting Linda Jackson-Shaw (her contact info is in the directory).



Walk with NAMI in 2023

NAMI Walks Central Oregon Event
May 20th @ 9:00 am - 11:00 am

Join us to make the event a success! Sign up at namiwalks.org/centraloregon.

You can also join the Presbyterian for Mental Health team. Join by clicking [here](#).

To volunteer for the event, contact us at recruiting@namicentraloregon.org.

The power of our mission is being felt as never before. The achievement of "Mental Health for All" has never felt this critical yet closer to being realized.

It's not how far we walk along the Dry Canyon Trail at NAMI Walks Central Oregon on May 20th, starting and ending at the American Legion Community Park, but how far we've come to make our milestones count. With your support and high spirits, we intend to make an unprecedented impact on mental health in our community.

NAMI Walks 2023 represents a powerful chance to leave a significant mark on the local mental health landscape. Whether you're a previous participant or a new voice waiting to be heard, we're sure you'll find the festivities inspired and inspiring.

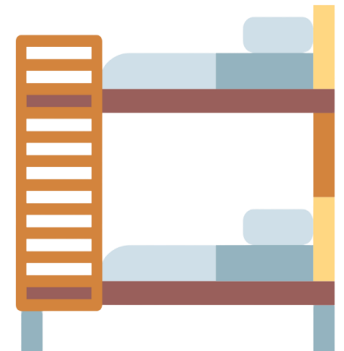
This year, changing the world begins at American Legion Community Park. See you there!

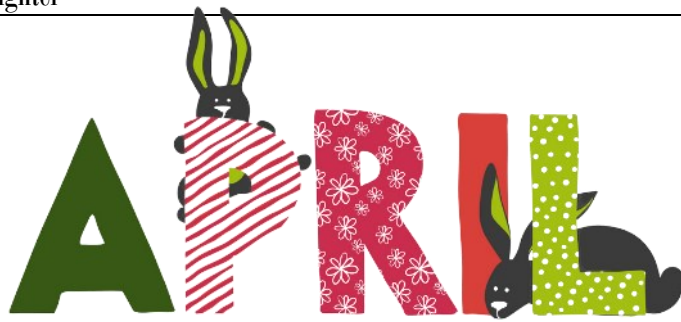
The digital version of the Lamplighter on our website has access to all the links.

Help Redmond's Homeless - Buy a Bed

Shepherd's House is building our town's first year-round low-barrier shelter. CPC hopes to give \$1,000, the cost of a fully furnished bunk bed, by 4/16. Place donations in the offering plate or collection box next to the model bunk bed in the lobby.

Make checks out to CPC & write Shepherd's House on the memo line, or put cash in a pew envelope with your name & "S.H." written on it. All funds will stay in Redmond. Thank you for your generosity!





2023

Sun

Mon



Tue

Wed

Thu

Fri

Sat

2	3	4	5	6	7	8
<p>9:30 Blood Pressure Check 10:00 Palm Sunday 11:00 Fellowship 12:00 PW 5:00 Sermon Zoom Discussion</p> 	<p>1:00 Art</p>	<p>9:00-4:00 Oregon Family School 9:30 Women's AA 7:00 Boy Scouts</p>	<p>9:00-4:00 Oregon Family School 6:30 Cub Scouts</p>	<p>9:30 Women's AA 10:00 Quilters 7:00 Maundy Thursday Service</p> 	<p>Office Closed 8:00 Men's Bible Study</p>	
<p>10:00 Easter 5:00 Sermon Zoom Discussion</p> 	<p>10 Office Closed 8:00 Property Mtg 1:00 Art 1:00 Parkinson's 3:00 Deacon Mtg</p>	<p>9:00-4:00 Oregon Family School 9:30 Women's AA 1:00 Wellness Mtg 2:00 Mission Mtg 3:00 Worship Mtg 4:00 Finance Mtg 7:00 Boy Scouts</p>	<p>9:00-4:00 Oregon Family School 6:30 Cub Scouts</p>	<p>9:30 Women's AA 10:00 Quilters 4:30 Spiritual Growth Zoom</p>	<p>Office Closed 8:00 Men's Bible Study</p>	
<p>10:00 Worship 5:00 Sermon Zoom Discussion</p>	<p>1:00 Art</p>	<p>9:00-4:00 Oregon Family School 9:30 Women's AA 6:00 Session 7:00 Boy Scouts</p>	<p>9:00-4:00 Oregon Family School 6:30 Cub Scouts</p>	<p>9:30 Women's AA 10:00 Quilters 12:00 Lamplighter Articles Due 12:00 Singles Lunch 3:00 Dementia Interaction 4:30 Spiritual Growth Zoom</p>	<p>Office Closed 8:00 Men's Bible Study</p>	
<p>10:00 Worship 5:00 Sermon Zoom Discussion</p>	<p>1:00 Art</p>	<p>9:00-4:00 Oregon Family School 9:30 Women's AA 7:00 Boy Scouts</p>	<p>9:00-4:00 Oregon Family School 6:30 Cub Scouts</p>	<p>9:30 Women's AA 10:00 Quilters 4:30 Spiritual Growth Zoom</p>	<p>Office Closed 8:00 Men's Bible Study</p>	
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April Anniversaries
 4/4 Don & Roxanne Duman
 4/14 Don Shaw & Linda Jackson-Shaw

April Birthdays
 4/2 Betty McCormick
 Don Sheets
 Bruce Smith
 Katie Smith
 4/6 Judy McKinney
 4/8 Maddox Barr
 4/9 Gloria Irwin
 4/12 Jack Nelson
 4/14 Greg Lundgren
 4/16 Rita Phillips
 4/17 Barbara McDaniels
 Alyssa Nitschelm
 4/23 Olivia Duff
 Amanda Glasser

Can & Bottle Return

Thank you for all the offerings. In January & February \$199 was collected for the CPC Mission Team!

There are three ways to give cans and bottles to the Mission Team.

- 1) Drop them off at the north end of the church near the basement door.
- 2) Drop them off at Walt Taylor's home at 1849 SW Canyon Drive (leave on the north side of the house on the sidewalk)
- 3) Call 541-548-4472 and he will come and them up at your location.



pick

Thank you for your continued support of the CPC Mission Team!
 Walt Taylor

Quick Oat Bread from Candy Peplin

- 2 cups all-purpose unbleached flour
- 1 cup whole wheat flour
- 1/2 cup quick cooking rolled oats
- 1/4 cup sugar
- 3 tsp baking powder
- 1/4 tsp salt
- 2 egg whites
- 1 1/2 cups skim milk.
- 3 T extra virgin olive oil
- 1-2 tsp quick cooking rolled oats



Directions ~ Makes 1 Loaf

Heat the oven to 350° and grease an 8-inch round pan. Combine the flours, 1/2 cup of oats, sugar, baking powder, and salt in a large bowl. Mix well. Beat egg whites in a small bowl. Then add milk and oil; mix well. Add Liquids to dry ingredients all at once. Stir until just mixed. Spread dough in pan. Sprinkle 1-2 tsp oats. Bake 42-45 minutes or until golden brown. Cool for 5 minutes and then remove from pan.

*There's no reason to be afraid.
 I know you're here
 looking for Jesus, who was crucified.
 He isn't here - he has risen victoriously,
 just as he said!*

~ Matthew 28:5-6 tpt



The next Lamplighter news **due date** for the May issue is **Thursday, April 20th, at noon.** Articles for publication should be sent to Gina via email at: frontdesk@redmondcpc.org. You will receive a reply letting you know your contribution was received. Thank you to all who contribute!