

The Lamplighter

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

CPC Friends,

It's with deep sadness that I need to announce that Sunday January 28th will be my last day in the building, and the beginning of my process of leaving CPC. If not for the health challenges that compel this decision, it would be my privilege to continue with you in discerning Christ's call to renewed ministry and mission in 2024 and beyond.

For the last 14 years my allergic asthma diagnosis has been "moderate persistent" and I've been able to maintain consistently good control. A couple months ago at an allergy/immunology checkup, my diagnosis changed to "severe persistent" and my asthma has in recent months become less responsive to ultra-high dose inhaled steroids and another control medication I take daily. Avoiding any further exacerbation from being in the building and focusing on renewed health has taken on new urgency over the last month. A viral infection (in hindsight, probably Covid) between Dec. 28 and Jan. 6 made matters worse and pushed me to speed up this decision.

A process of discernment is underway with Session and Presbytery, including evaluation for temporary (90-day) disability coverage via denominational insurance. There is a team working responsibly, collegially, and prayerfully toward a transition plan. This is when our Presbyterian form of government is often at its best - in challenging circumstances where pastors and churches alike depend on the specialized support and care offered by the larger Body of Christ. As soon as a firm plan is in place, you will know about it.

I want to thank the Session and staff of CPC for being wonderful colleagues as we've worked together over the last year+ to sustain and renew the congregation's worship and witness to Christ in a variety of ways. I had held out hope until the final month of 2023 that all the efforts in the building would eventually mitigate against my asthma issues, among other obvious benefits. I also want to thank the Deacons who minister with exemplary commitment and compassion, and a deep love for God and neighbor. I've been blessed to learn from them, and also from so many of you who are following Jesus in unique and inspiring ways. I know Tina would say the same.

I know that the triune God called us to serve Christ's kingdom together for a season, and even if that season ends up being shorter than envisioned, nothing is lost in God's economy. I pray that the work we've accomplished and the Gospel seeds we've planted and scattered, known and unknown, will bear fruit in the months and years ahead. And I pray the congregation will be empowered afresh by God's Spirit to be the Body of Christ in new ways in this time of transition, for one another and for the world outside CPC's doors. Leadership transitions can be challenging, as you well know, but they can also be opportunities for a congregation to pull together and find new spiritual strength and gifts from our connectedness to one another in Christ, and from our connectedness to the larger Body of Christ. You know this as well.

While my last Sunday in the building is January 28th, I will continue to work the following week and I would welcome the opportunity to talk or pray with members in-person or over the phone, or be in touch over email. Tentatively, I plan to begin a prerequisite 14 days of sick leave on Feb. 4th, after which I am eligible to apply for the PC (USA) temporary disability plan. I may or may not be a good candidate for that plan but I've been strongly urged to explore it, so I will, and we'll go from there to discern next steps.

Tina and I will keep you all in prayer, as I know you will keep us in prayer.

In Christ, Kevin

Music Ministry February 2024



THANK YOU to the choir, guest musicians, slide creator, narrators, and AV crew who helped to present “The Promise of a King” on Dec. 31st . It was a wonderful way to end 2023 and begin 2024.

Shortly after this presentation, I read through the newsletter from my former church in Spokane, and these words by Heather Thomsen Tang, their co-pastor, touched my soul, so I wanted to share them with you.

“Worship always begins and ends with God. Worship is to God, for God, and about God, and it constitutes the most central activity of the Christian community: to give thanks and praise to the God who is for us. Worship is not just a song we sing; it is an entire life poured out to God.

But music is certainly a robust expression of worship. There is something unique about music that reaches into the deepest corners of our being. It resonates in those hidden places where mere words cannot penetrate.”

In worship we are invited to “sing a new song”. Even if it isn’t the style we prefer, we are invited to sing to our God and to worship him. There is something about singing songs that have been in our hearts, minds, and voices for many years. These long-beloved songs have a special place in worship, but there is also something special that happens when we embrace a song that is new to us. It gives us the opportunity to worship in a new way.

We are a community with many different experiences. May we embrace our history and future as we worship God through music.



Blessings, Karen Baldwin-Kuntz
Director of Music Ministries

Congregational Report on Building Repairs

Such a busy year for so many of us as we worked together to make much needed repairs and upgrades to our aging building. Our Property team has worked to develop flow planning to make the process as manageable as possible. Multiple bids were sought for each phase of the work, and many hours were spent finding the best materials and colors for surface coverings. Surface painting was done by Property team and other members of our congregation.

Finance team gave input on bidding and contract selection. In addition, contracts and expenditures were monitored by Garry Wilson and Rocky Johnson, using a flow chart of which we are providing a summary in this Lamplighter.

To date, we have invested \$210,000 on these repairs and remediations. Our recent insurance analysis places a value of over \$6 million on our 44 year old building. These expenses represent a 3.5% investment to the long life of the building we call our church home.

CPC Renovation Project, 2023

Phase I Remediation

Choir, Nursery, Eby , Halls, Fellowship \$20,575

Flooring

Choir, Nursery, Halls, Fellowship \$39,413

Phase II Remediation

Narthex, Sanctuary \$12,515

AV Systems \$36,177

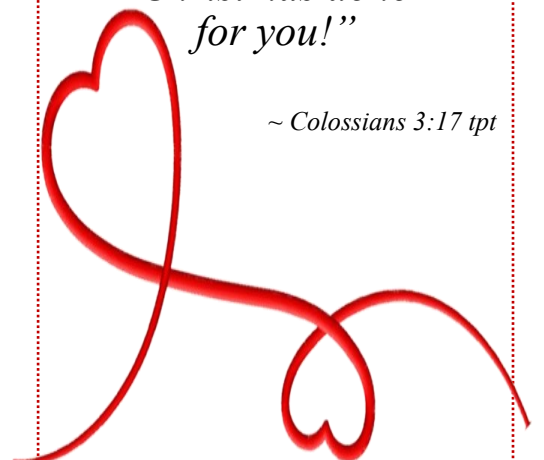
Floor Leveling, sanctuary \$656

Flooring, materials \$101,987

TOTAL Phase I,II \$210,352

*“Let every activity
of your lives
& every word that comes
from your lips
be drenched with the
beauty of our
Lord Jesus,
the Anointed One.
Bring your constant
praise to God the Father
because of what
Christ has done
for you!”*

~ Colossians 3:17 tpt





Quilters Quips February 2024

The CPC quilters are gearing up for the Winter Quilt Bee this month. This is a week to come and spend all day quilting, chatting, and/or eating! February 5th - 8th will see Teddy's Hall full of quilters making more quilts for the cupboard or working on a project of their own. Jean will also show us the second month of the year-long block-of-the-month project for those interested. It is a time to be together doing what we love to do.

During 2023, the quilters made 236 quilts! We also made nearly 100 pet beds, throws, chemo pillows, table runners, burp cloths, and bibs. We sold 17 quilts for about 1,600 dollars. Most of our work stays local, with 32 quilts going to Quilts Beyond Borders, which distributes worldwide. Locally, we gave 159 to the following agencies, which distributed them as they saw the need: Redmond Police and Fire, Grandma's House, Pregnancy Resource Center, Redmond Dialysis Center, St. Charles Cancer Center, St. Charles Birthing Center, Seventh Day Adventist Community Outreach, Central Oregon Veterans Outreach, Healthy Families for Tummy Time, Hospice of Redmond, and to the new Redmond Shepherds House. We met our goal of giving 50 twin bed-sized quilts to Shepherds House. We keep several quilts in our cupboard in case they are needed during the year and for sale.

A big shout out to Gina for all the help and support she gives the quilters. Thank you, Gina! We have received several generous donations of money and fabric. Thank you to who provided us with supplies, purchased quilts, and encouraged us to keep on quilting for the warmth and comfort of others.



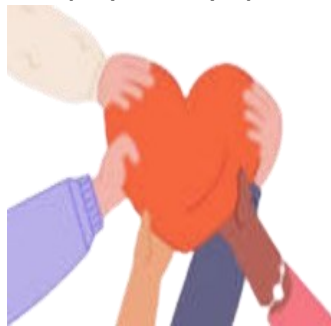
Becky Dennis

Notes From the Deacons

Your deacons continue to try to meet some of the congregation's unique needs. In addition to planning and helping prepare for the upcoming Lenten soup suppers, the deacons meet regularly with those who have difficulty leaving their homes, help minister to folks who have illnesses, prepare meals when needed, visit people in the hospital, and serve home communion.

In conjunction with the Worship Team, the Deacons help prepare communion each month. We help provide transportation to and from medical appointments. We send "sunshine" cards to people who may need extra cheer. In conjunction with the Wellness Team, we help with blood pressure management.

If you need or know of another parishioner who needs help in any of these areas, please let a deacon know. We also hold all of you in prayer and will pray for any special needs you might have.



Thank you for electing us as deacons; we find it a special privilege and want to live up to the confidence you have placed in us.

*Blessings,
Steve Cross*

Mission Tree Thank You

Thank you for your generous gifts for the Redmond children!

- 6 Youth Gloves
- 2 Leather Gloves
 - 1 Man's
 - 1 Woman's
- 3 Ski Gloves
 - 2 Large sizes
 - 1 Youth size
- 4 Scarves
- 7 Sock Hats
- 2 Ski masks
- 1 Youth Ski Hat & Scarf
- 4 pairs of Socks



Mission Team will deliver your kind gifts to the Redmond Family Access Network (FAN) to be distributed to our Redmond children.

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, February 13th, at 1:00 pm in the Eby Room. If you would be interested in participating in this special ministry, please contact Lois Millspaugh .

Attention All Singles ~ Singles Lunch Group

For February, we will enjoy a wonderful lunch at the Baldy's Restaurant in Redmond on February 15th. (Due to bad weather, we could not have our luncheon in January.) We will be meeting at noon with lunch at 12:30 pm. Please sign up in the narthex so that we have adequate seating planned. For additional information, please contact Lois Millspaugh.

Free Blood Pressure Screenings

Our Free Blood Pressure Screening will be held on the second Sunday of the month from 9:30 – 10:00 am in the Eby Room. If you are interested in knowing your blood pressure, our nurse is there to help you.

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. If you find you need equipment or would like an additional walker, please get in touch with Lynda Talbot our equipment coordinator.

Wellness Ministries has purchased a second knee scooter to replace the scooter that was taken without being checked out. We also have purchased an infant car seat to be loaned out to anyone having a small visitor and needing proper seating for a short amount of time. **** All equipment loans needs to be coordinated with Lynda Talbot. She is willing to deliver and pick it up if you need assistance in this matter.

Parkinson's Support Group

The Parkinson's Support Group will be conducting their regular meeting on Monday, February 12th at 1:00 pm in the church Fellowship Hall. Reach out to Ginny Weeber for more information.

Dementia Support Group is taking a break for a few months.



Health Tip

If you want to boost your health and well being, there are plenty of natural and home remedies to choose from, ranging from avoiding charred meats and added sugars to practicing meditation. When it comes to knowing what's healthy even qualified experts often seem to hold opposing opinions, This can make it difficult to figure out what you should actually be doing to optimize your health. Yet, despite all the disagreements a number of wellness tips are well supported by research.

Here are 21 health and nutrition tips that are based on science:

1. Limit sugary drinks
2. Eat nuts and seeds
3. Avoid ultra-processed foods
4. Don't fear coffee
5. Eat fatty fish
6. Get enough sleep
7. Feed your gut bacteria (yogurt, sauerkraut, probiotics)
8. Stay hydrated
9. Don't eat charred meats
10. Avoid bright lights before sleep
11. Take Vitamin D if your deficient
12. Eat plenty of fruits and vegetables
13. Eat adequate protein
14. Get moving
15. Don't smoke or use drugs and only drink in moderation
16. Use extra virgin olive oil
17. Minimize your sugar intake
18. Limit refined carbs
19. Avoid artificial trans fats (man made fats)
20. Use lots of herbs and spices
21. Eat whole eggs

Still if you are trying to live a healthier life, do not just focus on the foods you eat. Exercise, sleep and social relationships are also important



2024 Lenten Soup Supper's

**Join us for our Lenten Soup Supper Program.
Mark your calendars! Soup suppers begin
Ash Wednesday, February 14th, at 5:00 pm.
Ash Wednesday worship will start at 5:45 pm.**

Soup Suppers will continue every Wednesday for six weeks during Lent at 5:00 pm, and a Lenten devotional will be included.

Church Teams will be responsible for clean-up following soup and devotional.

Deacons: February 14th Mission Team: March 6th
Worship Team: February 21st Choir: March 13th
Property Team: February 28th Session: March 20th

The board of Deacons is sponsoring the cost of food supplies for soup making.

Volunteers Needed: Are you a soup maker?

Do you have a heart for cooking? Sign up for making soups on a Wednesday afternoon; please sign up in the church narthex/lobby.

For details or questions, call or email Lynda Talbot or Sharon Lynch.

Transition for Kisauni Parish

Beatrice's message below marks the end of a transition for the Kisauni Parish that included the addition of a new Parish, with Rev. Kevis moving from being Pastor of Kisauni to the new Bamburi Parish. The Presbyterian Church of East Africa selected Rev. Peter as Kisauni's new Pastor on January 3rd.

"Hello, our Oregon family. I introduce to you our Kisauni Parish Minister, Reverend Peter Mbindyo, whom we received today in a very colourful occasion held at PCEA Kisauni Church. Please welcome him to this lovely forum."

Beatrice



Rev. Peter is pictured in the dark suit.

Mount Angel Prayer Retreat

The Mt. Angel Prayer Retreat is scheduled for Tuesday, March 5th, to Thursday, March 7th, at Mt. Angel Abbey and Retreat Center. For the last 13 years, we have made the journey to Mt. Angel, bringing prayer requests from CPC and for personal renewal. The Abbey and Seminary provide an excellent retreat environment, surrounded by fields of hops and overlooking the Willamette Valley.

Your time is mostly up to you during this retreat. The Benedictine Monks pray (chant) six times daily; you can visit the award-winning library, the coffee shop and book store, or stroll the grounds. The recently remodeled guesthouse with updated rooms and dining area all add to the Mt. Angel experience. Two nights and five meals for a single is \$330, and for a double is \$450. For more information, call Luann or Rocky Johnson.





February 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<p>1 9:30 Women's AA 10:00 Quilters 4:30 Spiritual</p>	<p>2 <i>Office Closed</i> 8:00 Men's Bible Study</p>	<p>3</p>
<p>4 10:00 Worship 11:00 Bible Study 5:00 Sermon Zoom Discussion</p>	<p>5  9-4 Quilting Bee </p>	<p>6  9-4 Quilting Bee 9:30 Women's AA 7:00 Boy Scouts</p>	<p>7  9-4 Quilting Bee 6:30 Cub Scouts</p>	<p>8  9-4 Quilting Bee 9:30 Women's AA 4:30 Spiritual Growth Zoom</p>	<p>9 <i>Office Closed</i> 8:00 Men's Bible Study</p>	<p>10</p>
<p>11 9:30 Blood Pressure Check 10:00 Worship 11:00 Bible Study 5:00 Sermon Zoom Discussion</p>	<p>12 7:30 Property Mtg 100 Parkinson's Group 3:00 Deacons Mtg</p>	<p>13 9:30 Women's AA 1:00 Wellness Mtg 3:00 Worship Mtg 7:00 Boy Scouts</p>	<p>14  3:00 Finance Mtg 5:00 Lenten Soup Supper & Ash Wed Service 6:30 Cub Scouts </p>	<p>15 9:30 Women's AA 10:00 Quilters <i>12:00 Lamplighter Articles Due</i> 12:00 Singles Lunch Group 2:00 Mission Mtg 4:30 Spiritual Growth Zoom</p>	<p>16 <i>Office Closed</i> 8:00 Men's Bible Study</p>	<p>17</p>
<p>18 10:00 Worship 11:00 Bible Study 5:00 Sermon Zoom Discussion</p>	<p>19</p>	<p>20 9:30 Women's AA 6:00 Session 7:00 Boy Scouts</p>	<p>21 5:00 Lenten Soup Supper & Devotion 6:30 Cub Scouts </p>	<p>22 9:30 Women's AA 10:00 Quilters 4:30 Spiritual Growth Zoom</p>	<p>23 <i>Office Closed</i> 8:00 Men's Bible Study</p>	<p>24</p>
<p>25 10:00 Worship 11:00 Bible Study 5:00 Sermon Zoom Discussion</p>	<p>26</p>	<p>27 9:30 Women's AA 12:30 PW 7:00 Boy Scouts</p>	<p>28 5:00 Lenten Soup Supper & Devotion 6:30 Cub Scouts </p>	<p>29 9:30 Women's AA 10:00 Quilters 4:30 Spiritual Growth Zoom</p>		



CPC's Presbyterian Women's Bible Study Circle
 Tuesday, February 27th
 12:30 pm in the Youth Room

Deacon of the Month for February is Cathy Edgerton

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

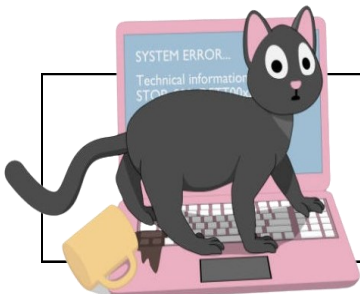
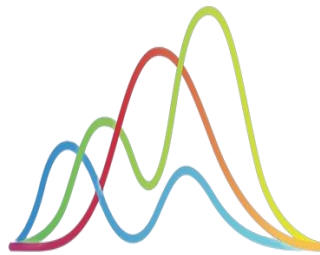
Cathy is serving her fourth year as a deacon. Her versatility and willingness to help have significantly blessed the Board of Deacons and our church. She serves as liaison to the Nominating Committee. Cathy is also a member of the Missions Team and has sung in the choir. In addition, she takes minutes 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.

2024 Per Capita

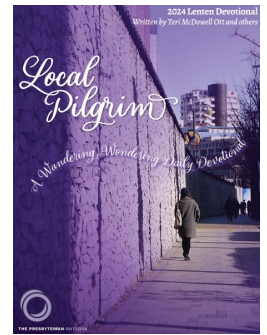
The per capita apportionment for each member is \$45.60 and shared:
 The General Assembly \$9.80
 The Synod Of The Pacific \$5.22
 The Presbytery of the Cascades \$30.58
TOTAL \$45.60 Per Capita



The next Lamplighter news **due date** is **Thursday, February 15th, at noon**. Articles for publication should be sent to Gina at: frontdesk@redmondcpc.org. You will receive a reply letting you know your contribution was received. Thank you!

Local Pilgrims Lenten Devotional

This daily Lent devotional invites you to explore and observe new and familiar places in our community. What will God reveal to you when you pause, ponder, reflect? What do these places have in common: a cemetery, a library, a hospital, a bar? In Local Pilgrim, we'll explore what God might reveal to us if we intentionally explore our community. Who do we see? What do we hear? God is revealed when we look.



Lent is the perfect season for a pilgrimage such as this, leading to meaningful contemplation and sacred discoveries.

February Birthdays

- 02/01 Gerry McRae
Lauren Peterson
- 02/04 Gary Hucke
Barbara Palmer
- 02/05 Lori Nitschelm
- 02/07 Sherry Verbeck
- 02/10 Nancy Barney
Irv Nygren
Sandy Sutherland
- 02/18 Ed McKinney
- 02/19 Jim Booth
- 02/21 Steve Lundgren
- 02/25 Nancy Smith
- 02/26 Margo Menown



February Anniversaries

- 02/15 Peggy & Jim Waggoner
- 02/29 Carl & Ginger Vertrees

