

The Lamplighter

A Newsletter of **Community Presbyterian Church**
529 NW 19th St. ~ PO Box 1689
Redmond, OR 97756
541-548-3367 www.redmondpc.org



SEPTEMBER 2022

Growing In Christ and Loving One Another

After a brief midsummer break, the session met again in August. Unfortunately, the coronavirus continues to have us in its grasp, and Reverend Heath had to excuse himself from the meeting. Fortunately, Reverend Brad Kent took his place and moderated the Session meeting. Please keep Reverend Heath in your thoughts.

Our Pastor search continues; please keep the search team in your prayers.

The Wellness Team has started meeting again. They provide blood pressure screenings on the second Sunday of the month. They also support the Singles group, which celebrated another dinner in July. Wellness plans to host a September seminar for those interested in or caring for someone with dementia. The deacons continue to care for our congregation in many ways.

The Mission Team would like our church to sponsor one or two homeless families by providing them with a safe place to park. Please see Connie Stoaks article on page three in this Lamplighter for further information.

Unfortunately, our youth and children director Diane Wilson has suffered an illness, forcing her to resign her position while undergoing treatment. Our Personnel Team will search for credentialed folks to fill this important position. Please keep Diane in your prayers as she faces her health challenge.

Our Kisauni Parking Lot Sale needs more volunteers to help with another successful mission project this year. Please take note of the sign-up sheet in the Narthex and help if you can.

In addition, look at your fellow congregants, feel grateful for their presence, and thank them for their continued generosity, leadership, talents, and more as we begin a second year without a pastor. Without the help of all of us, each with their talent as a hand, eye, foot, or nose of God, the Body of Christ (us) here on earth could not function. Praise each other as we continue to worship and praise our Creator, Redeemer, and Savior, God Almighty.



Steve Cross

God has provided many opportunities reminding me of the importance of building and maintaining community. Most recently, the idea of staying strong as a community, through challenging times, was brought home through our “Singing Our Gratitude” service. Thank you to Julie St. Peter for conceptualizing this service and for all you have done over this past year to keep our pulpit filled with excellent pastors. Thank you to the choir, praise team, and Peggy for leading in worship. Thank you to our office secretary, Gina, and operations manager, Ryan, for helping get everything arranged for the service. Thank you to ushers, sound technicians, livestream coordinators, projectionists, music leaders, and many more who give of your time and talents every week. This service had more moving parts than usual, but every week it takes a village (community) to make our programs happen.

So what can you do? Many of you are already active leaders, but maybe want to try something new; some want to get back into a more active role; some are looking for ways they can join the CPC community; some want to reach out into Redmond and beyond to show Christ’s love. Let’s build our community by reaching out, inviting others, listening for God’s calling, and joining the CPC community as we grow in Christ and love one another.

Can you play an instrument, sing in the shower, love to praise God through music? If he is calling you to leadership through music, we would love to have you come join choir, especially at our choral workshop on [September 10th](#) from 9:00 am-noon, followed by a free lunch afterwards. Then, beginning on Sunday, [September 11th](#), the Choir will meet for one hour after church on Sunday mornings to practice our anthems. We are also looking for people to join the Praise team in leading worship on Sunday mornings. Please email Karen at karen@redmondcpc.org to let her know if you plan to attend the choral workshop, join choir, or serve on the praise team. Come share your talents and see how you can help your CPC community.



Blessings, *Karen Baldwin-Kuntz*
karen@redmondcpc.org
 “The Lord is my strength and my song.”

PARKING LOT SALE – A New Look!

After a 2-year hiatus due to Covid, the Parking Lot Sale is on again, with a different strategy. CPC will once again provide its parking lot on Saturday, [September 24th](#), for a one-day sale from 9 am to 3 pm. This year we are asking our members who are able, along with our committee, to bring your items for sale, along with a table (or use the trunk of your car) and participate in the sale with us.

Some of you remember the hours it took to place pricing stickers on each item. This year on items estimated at less than \$20, we will ask the purchaser to pay what they believe the item is worth. We want the community to feel they have benefited and are part of our fundraising efforts.

The beneficiary of this fundraising is the Kisauni Parish in Mombasa, Kenya. We have had a partnership since 2014, helping their efforts to feed children attending their schools, and a hygiene program for girls in communities surrounding the Kisauni parish churches.

More details will follow, but feel free to call Rocky or Luann Johnson with questions (their information is in the directory). A sign-up sheet is available in the narthex at the Kisauni Display for those interested in participating by bringing your own table/car trunk along with items to sell.

If you have just a few items and aren’t able to staff a table, please look at our sign-up sheet and ask someone if they are willing to sell your items. We will also need volunteers to help. We hope you will help us with this ‘New Look’ Parking Lot Sale!



Pastoral Nominating Committee Report

The PNC is working very hard on the items needing attention before us. We are praying that all the work needing to be completed currently is also receiving its due attention. God has made a way when their seemed to be no way! He has been so faithful in making a way that the PNC remains bold with God, keeping faith with His way!



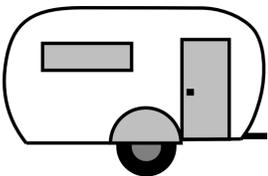
We invite you to join us in prayer, keeping faith in God's way. For this writer, it is an opportunity to work on my lacking skill of patience, a fruit of the Spirit that can often taste bitter, but, oh, can our God turn it sweet in the learning.

Julie St. Peter

Let me close with this:

“But the fruit of the Spirit is love, joy, peace, forbearance (patience), kindness, goodness, faithfulness, gentleness, and self-control. Against such things, there is no law. Those who belong to Christ Jesus have crucified the flesh with its passions and desires. Since we live by the Spirit, let us keep in step with the Spirit.” Galatians 5: 22-25

Safe Parking Program



The Mission Team has presented to Session a proposal that our church participates in Redmond's Safe Parking Program. This program is operated by Mountain View Community Development and partially funded by the City of Redmond. The goal is to provide one or two homeless families with a safe place to temporarily park and live in their RVs or trailers while they work with the program's Case Manager to transition to stable housing.

Participants are carefully screened and given background checks, and they must follow a strict set of contract rules to live on the host site. These rules include no contact with church people (other than a small team of volunteer contacts) or program participants on site like schools or Scouts; no alcohol or illegal drugs; no weapons; no outside storage of possessions; no fires; and adherence to quiet hours.

The Safe Parking Program provides insurance, a portable toilet, and garbage service. Most participants at Safe Parking locations have jobs and just need a safe place to live temporarily until they can get into permanent housing. Other churches in Redmond and Bend have hosted some of these families successfully during the past two years without impacting the church or outside programs like schools that use the church space.

Families have a time limit of 90 days, which they can extend if they have shown progress in reversing their homelessness. The Mission Team feels that providing parking spaces for the homeless meets the goals outlined for us in Matthew 25 by helping the least of these. Our church can provide these spaces easily, at little or no cost to us, and with the knowledge that safety is a primary focus of the program. Please contact Session members if you want to know more.

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, September 13, at 1:00 pm in the Eby Room. Thank you for your willingness to do good works in our church.

Free Blood Pressure Screenings

Our Free Blood Pressure Screening for the month of September will be held on the second Sunday of the month, [September 11th](#), 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.

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, please contact Lynda Talbot, our equipment coordinator.

Parkinson's Support Group

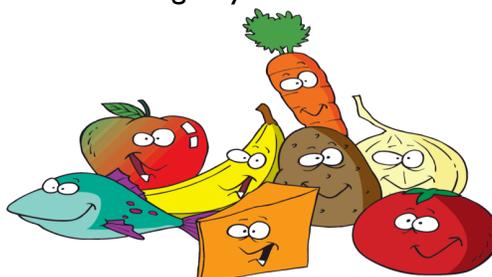
The Parkinson's Support Group will be meeting on [Monday, September 12th](#) at 1:00 pm in the Mountain Room. For additional information, please contact Ginny Weeber.

ATTENTION ALL SINGLES

The Singles Dinner Group is planning our next dinner on [Thursday, September 15th](#) at E Bar Grill (314 SW 5th Street in Redmond). We want to welcome all singles for a fun evening (invite a friend to come along). We will gather at E Bar Grill at 4:30, with dinner at 5:00 pm. Please indicate your interest in attending this fun evening by registering on the sign-up sheet in the church narthex. For more information, please contact Lois Millspaugh.

First Aid Stations

Do you know that our church has two First Aid Stations and AED Defibrillators stations in our facility? In an emergency, knowing where to go for First Aid Supplies and equipment for heart-related incidents is always important. One location is on the church's main level on the outside wall near the Eby room. The second location is downstairs in the Youth room on the outside wall of the kitchen. Our Wellness Team fully stocks these kits, so please use them in an emergency.



Dementia Workshop



A workshop on early and mid-stage dementia was held at CPC on June 17th. The event was well-attended with 12 CPC members present. Information regarding dementia, available resources, and upcoming events in the community were provided. After a short opening talk, there were break-out discussion sessions for both the caregivers and persons with dementia. Feedback from the workshop was positive.

On [Tuesday, September 13th](#), CPC will offer a dementia and dementia care workshop at 2 pm in the Fellowship Hall. Steve Thorp will lead the workshop titled: "How Long? What Next?" There will be Q&A and an opportunity to share experiences after a brief presentation.

Attendance is limited to caregivers and persons wanting to learn more about dementia and dementia care. Please respond to Gina in the church office if you plan to attend, and contact Steve Thorp if you have any questions about the workshop. His contact information is in the directory.

The Journey with Suicide

"Despite progress, one person still dies every 40 seconds from suicide," said WHO Director-General Dr. Tedros Adhanom Ghebreyesus. "Every death is a tragedy for family, friends, and colleagues." For years, Oregon has ranked between seventh and ninth in the country for suicides. In 2011, 685 Oregonians killed themselves, twice the number who died in vehicle crashes and six times the homicide rate. In 2012, the number climbed to 709 people who took their own lives. Oregon's suicide rate has been increasing since 2000.

Suicide guilt and stigma continue to be a struggle for loved ones left behind after the journey of suicide with a friend or loved one. As a family support facilitator for the National Alliance on Mental Illness and a life coach, I hear and read stories of families struggling with the loss of their loved one to suicide. My toolbox includes reading, cooking, and long periods of self-reflection. I have discovered the journey with mental illness crosses all boundaries and cultures. For instance, *The Sacred Journey*, written by Buechner, reflects at length on his father's suicide. Self-care is the first step to healing.

Linda Jackson-Shaw

Tools and resources for your self-care on the journey with suicide:

The CPC Wellness Team will offer a [Suicide Prevention Workshop on Saturday, September 10, 2022](#), 10-12 where Joan Sheets will focus on creating a self-portrait.

Email Linda Jackson-Shaw for additional information: Longjourneyhome40@gmail.com

This workshop is partly funded by a grant from the Presbyterian Bisbee Grant.

Donations accepted.

Suicide Prevention Deschutes County www.deschutes.org

Youth Suicide Publication www.oregon.gov

Gloria mental health resources www.ourfaithjourneyhome.blogspot.com



Dry Canyon Cleanup Day September 18th

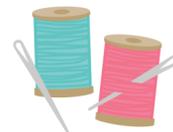
The Mission Team is sponsoring a [Dry Canyon Cleanup Day on Sunday, September 18th](#), from 1:00-3:00, and we hope to have a lot of congregational involvement! We will meet at the parking lot on the south side of Antler Ave., just past the skateboard park. Gloves, bags, and snacks will be provided, and we will work south through the park. Grabber tools are handy for saving your back, so think about borrowing or buying one (about \$10).

Please come, chat with friends as you work, represent CPC to the Redmond community, and remember that you will literally be the hands and feet of God while you work! A sign-up will be available in the narthex, or you can call Diane Putnam to sign up or have questions answered.



Quilters Quips September 2022

Quilt camp 2022 was a success. We gathered for four days of sewing, eating and fellowship. Rose Gallant demonstrated a jelly roll quilt which was fun to do. Several finished, and others of us are still working on them. Sandy Wallace presented a four-fat quarter placemat set. Another fun pattern to do. Much was accomplished, but most of all it was a great time of fellowship with friends from near and far.



We placed five quilts in the Sisters Outdoor Quilt Show this year. Four of them sold. Thank you to Paula and Luann for making that happen. The quilters met their goal of 100 quilts for Bethlehem Inn! We started the first of the year and celebrated with cake at quilt camp. I'm so proud of these ladies!

We will continue to meet on Thursdays in Teddy's Hall from 10:00 to 2:00 or 3:00. You are welcome to come to see what we are doing or join us as we work on quilts for the benefit of others.

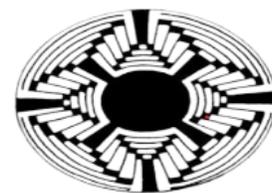
Becky Dennis

Native American Day

Native American Day in the Presbyterian Church USA is celebrated on September 22nd or 23rd (Fall Equinox). You may celebrate the day on the Sunday before, or after, or on another appropriate day. Worship resources follow.

Since 1994, Native American Day has appeared on the Presbyterian calendar as the day to recognize and celebrate the contributions of Native Americans/American Indians to the life of the church and community. September 22nd or 23rd was selected and established as the date for Native American Day. Ironically, Fall Equinox is noted on one or the other date. The Fall Equinox has marked "harvest time" for many Native American tribes for centuries and is a time of celebration and preparation for winter.

Cascades Presbytery will be celebrating Native American Day on Saturday, September 17th, 2022, 10:00 am - 4:00 pm at Warm Springs Presbyterian Church. The Warm Springs Task Force includes Bev Crow, Pat Berger, Brad Kent, Nancy Patterson, Linda Jackson-Shaw and Gail Black. Please get in touch with Nancy Patterson or Linda Jackson-Shaw for additional information about Native American Day.



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

The Deacon of the Month for September is Nancy Patterson

Nancy served CPC for ten years in office administration and has been involved in Presbytery of the Cascades. She served as Associated Stated Clerk, Commission on Ministry, and Vice Moderator for the Central Region. Nancy is also a member of the Administration Personnel Association PCUSA. She is currently co-leader of the Presbyterian Women's Bible Study here at CPC.



Nancy is an avid gardener and enjoys quiet time in her garden, canning, and preserving the fruits of her labor to share with family and friends. Nancy and Gary have four children, twelve grandchildren, and one great-grandchild. Nancy's experience and heart for serving our CPC community are a blessing on our Board of Deacons.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 9:30 Sisters 4 Serenity 10:00 Quilters 4:30 Spiritual Growth Zoom	2 8:00 Men's Bible Study	3
4 10:00 Worship 11:00 Coffee Hour 12:00 PW 2:00 Iglesia Betsaida 5:00 Sermon Zoom Discussion	5 6:00 Cub Scouts	6 9:30 Sisters 4 Serenity 7:00 Boy Scouts	7 9:00-4:00 Oregon Family School	8 9:30 Sisters 4 Serenity 10:00 Quilters 4:30 Spiritual Growth Zoom	9 8:00 Men's Bible Study	10 9:00-1:00 Choir Work- shop 10:00-12:00 Suicide Prevention Workshop
11 9:30 Blood Pressure Check 10:00 Worship 11:00 Choir Practice 2:00 Iglesia Betsaida 5:00 Sermon Zoom Discussion	12 1:00 Parkinson's Support 6:00 Cub Scouts	13 9:00-4:00 Oregon Family School 9:30 Sisters 4 Serenity 2:00 Dementia Workshop 7:00 Boy Scouts	14 9:00-4:00 Oregon Family School	15 9:30 Sisters 4 Serenity 10:00 Quilters 4:30 Singles Dinner 4:30 Spiritual Growth Zoom	16 8:00 Men's Bible Study	17 9:00-12:00 Grief & Loss Workshop
18 10:00 Worship 2:00 Iglesia Betsaida 5:00 Sermon Zoom Discussion	19 6:00 Cub Scouts	20 9:00-4:00 Oregon Family School 9:30 Sisters 4 Serenity 7:00 Boy Scouts	21 9:00-4:00 Oregon Family School	22 9:30 Sisters 4 Serenity 10:00 Quilters 4:30 Spiritual Growth Zoom	23 8:00 Men's Bible Study	24 9:00-3:00 Parking Lot Sale
25 10:00 Worship 11:00 Choir Practice 2:00 Iglesia Betsaida 5:00 Sermon Zoom Discussion	26 6:00 Cub Scouts	27 9:00-4:00 Oregon Family School 9:30 Sisters 4 Serenity 7:00 Boy Scouts	28 9:00-4:00 Oregon Family School	29 9:30 Sisters 4 Serenity 10:00 Quilters 4:30 Spiritual Growth Zoom	30 8:00 Men's Bible Study	PW = Presbyterian Women



September Birthdays

- 9/2 Gloria LaBore
Paul Whitaker
- 9/5 Raydene Heitzhausen
Adam Hucke
Carol Noyes
Lee Rondema
- 9/9 Bill Creach
- 9/14 Cheryl Adams
Lynda Talbot
- 9/16 Carol Johnston
- 9/17 Nancy Eskeldson
- 9/18 Gerald Barney
- 9/21 Luke Lundgren
John Seitter
Kathy Touchon
- 9/23 Julie Leutschaft
- 9/24 Diane Putnam
- 9/25 Curt Nitschelm
- 9/26 Ann Gilliland



- 9/3 Jay & Alyce Jantzen
- 9/6 Bruce & Nancy Smith
- 9/8 Karen & Mike Rooney
- 9/13 Jim & Kathi Hayward
- 9/19 Don & Joan Sheets

Attention All Arts & Crafts Lovers

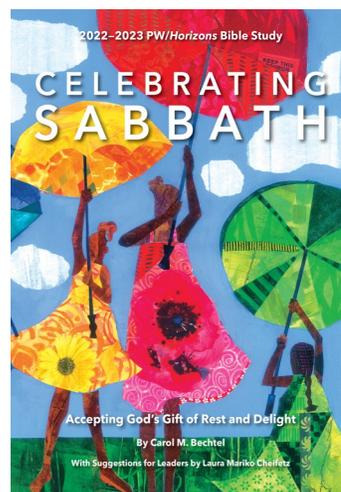
Monday, September 12th at 1:00 pm, a time for being creative in painting, coloring, drawing, and crafts downstairs in the Youth Room will resume. We will be meeting weekly for a time to be creative in whatever you feel like doing. It's an excellent time for being artistically creative and a time for fun and fellowship with church members and friends. We look forward to seeing you!



Presbyterian Women

Presbyterian Women Starts Sunday, September 4th. The PW will begin their new study "Celebrating Sabbath: Accepting God's Gift of Rest and Delight" at noon in the Eby Room. Contact Nancy Patterson or Linda Jackson-Shaw with questions or to sign up.

Click [HERE](#) or contact the office for more information or to learn about the Fall Gathering in October.



Mental Health Awareness

September is Suicide Prevention Month

Our Wellness Team will share resources and training for suicide prevention and mental health resources for the month of September.

Grief and Loss Workshop:
[Saturday, September 17th 9-12](#)

For additional information contact:
Linda Jackson-Shaw
longjourneyhome40@gmail.com

Can & Bottle Return

Thank you for all the offerings. In June \$211.00 and in July \$244.00 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 and Norrie 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 they will come and pick them up at your location.

Thank you for your continued support of the CPC Mission Team and their activities. *Walt & Norrie Taylor*



The next **Lamplighter** news due date for the October issue is **Thursday, September 15th, 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!