

The Lamplighter

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



FEBRUARY 2023

Growing In Christ and Loving One Another

Greetings, CPC! To paraphrase the writer Anne Lamott, at bottom there are only a few different prayers: "thank you!", "help me!", "I'm sorry", and "Wow." Now that may be an oversimplification, but you have to confess, there is a simple elegance and undeniable truth to Lamott's words. They capture the contours of prayer we all recognize: gratitude, cries for help, requests for forgiveness, and pure wonder at who God is and what God has done.

Some have said that learning to pray is like the dynamic of a toddler learning to talk. While the explosion of speech in young children is miraculous, healthy speech habits don't come naturally to children. Children only learn to say "thank you," "I'm sorry," "please" and the like with much prompting and reinforcing. These words become the building blocks of healthy relationships. Every healthy relationship depends on them. When they are left unpracticed, relationships of all sorts--marriages, friendships, business partnerships, and congregational bonds--erode and even fail. The best advice Tina and I received on our wedding day was in some ways the simplest: "Communicate, communicate, communicate!!!"

A primary way we learn good communication habits with God is by participating in public worship. When gathered in worship we practice corporate disciplines of saying to God, "We love you. We're sorry. We're listening. Help. Thank you. I will serve you." As with children, these speech habits take practice, repetition, and intention. We learn words, and then, by God's grace, we learn to live into these words with more of our lives. For example, most of us learn the words of the Lord's Prayer as young children, and then we spend a lifetime living into them, figuring out more and more what it means to pray these words, to live these words, and to long for them to become incarnate in our lives and in our world, in specific relationships and situations (which, by the way, is why we end our prayers with "Amen" which simply means "may it be so").

Public worship helps us to pray and give voice to all the different experiences we bring on any given Sunday. Some of us might come to worship ready to tell God "thank you!" Others of us come wanting to cry out "why?" or "how long?" (Lament is probably one of the worship expressions we neglect most). Still others come ready to say, "I'm sorry." In worship we are able to express our particular experience, but we're also challenged to practice forms of speech we're still growing into. We may not feel like confessing our sins, for example, but there is no question we desperately need to learn to do so. We don't simply pick and choose the kind of communication with which we are most comfortable, but we learn to communicate (to pray) in ways that are sometimes unfamiliar or difficult.

And the good news is we're not engaged in a one-sided conversation!! We talk to God, but God also speaks to us. In truth, God always speaks first; God's speech always graciously calls forth our response, inviting us into conversation. This is why our worship services always begin with God's voice from Scripture inviting us, calling us into His presence and into holy conversation. And as we seek to respond--so often in halting, stumbling, awkward ways--the Holy Spirit is there prompting, nurturing and encouraging that speech, like the best parent you could ever imagine. Even as Jesus taught his first disciples to pray, so he is teaching us to pray.

Thanks be to God! *Kevin*

Deacons February 2023

Happy February from your Board of Deacons. We have been actively planning for 2023. The following list reflects our Deacons and their responsibilities for 2023.

Moderator: Nancy Patterson
 Vice Moderator: Mary Lou Hall
 Secretary: Cathy Edgerton
 Treasurer: Carol Johnston
 Memorials: Peggy Waggoner
 Nancy Patterson

Food Bank: Candy Peplin
 Nominating: Cathy Edgerton
 Communion Coordinator: Steve Cross
 Sunshine Coordinator: Raydene Heitzhausen
 Angel Tree: Roxanne Duman
 Raydene Heitzhausen

Lenten Soup Suppers

We welcome back our Lenten Soup Supper Program. Mark your calendars! Soup Suppers begin Ash Wednesday, February 22nd at 6:00 pm. Ash Wednesday worship will begin at 7:00 pm. Soup Suppers will continue every Wednesday for 6 weeks during Lent, at 6:00pm; and a Lenten devotional will be included.

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

Deacons: February 22

Worship Team: March 1st

Property Team: March 8th

Mission Team: March 15th

Choir: March 22nd

Session: March 29th



Deacons are sponsoring the cost of food supplies for soup making. Volunteers Needed: Are you a soup maker? If you have a heart for cooking? Sign-up for making soup on a Wednesday afternoon; please see the sign-up list in the church narthex/lobby. For details or questions please call or email Nancy Patterson (her contact information is in the church directory).

Deacon of the Month for February is Steve Cross

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



Steve joined Community Presbyterian Church in 1979. He received ordination as an Elder in 1983. He practiced medicine in Redmond until age 64. Steve has been the Clerk of Session since 2020 and received ordination as a Deacon last year. He enjoys having the opportunity to serve as needed.

CPC Presbyterian Women

As disciples of Jesus Christ and empowered by the Holy Spirit, Presbyterian Women are committed to finding, nurturing, and building community in our circles, cities, and, indeed, throughout the world!

The CPC PW Group community-building efforts extend to the Warm Springs Presbyterian Church. For example, during the Warm Springs Bazaar and food distribution, CPC PW collected funds from our group. As a result, Nancy Patterson purchased and delivered bottled water, women's hygiene products, and cold weather items.

"As each has received a gift, use it to serve one another as good stewards of God's varied grace."

1 Peter 4:10

CPC PW is building community and sharing our gifts. Look for exciting opportunities in 2023 to help build community with the warm springs church.

Please join the PW Bible Study. It meets the first Sunday of each month at noon in the Eby Room after morning worship. Please get in touch with Nancy Patterson or Linda Jackson-Shaw for more information (their contact information is in the church directory).



Singing is an important part of who we are and of how we relate to God and others. We are all unique individuals with different gifts, strengths, weaknesses, likes, dislikes, and favorite styles of music. In this new year I encourage you to find the music that allows your hearts to sing and brings you closer to God. What touches your soul may be Gregorian chant, traditional hymns, gospel, spirituals, jazz, contemporary Christian, or a variety of other possibilities.



Music that honors God will cause our hearts to sing. When our hearts sing, worship happens. We're transformed on the inside as we're filled with the Spirit, causing us to devote everything we are to worship, praise, and thanksgiving of our heavenly Father.

Has God used music in our worship service, or in your daily life, to touch your heart in a special way? I'd love to hear about it! For me, selecting music for worship on Sunday, practicing with the Praise team and Choir, or hearing a song on the radio that brings up a memory are times when I feel God the most. Please send me a quick email at karen@redmondpc.org with how music has touched your life or brings you closer to God. I would love to share some of your responses next month. Blessings,

Karen Baldwin-Kuntz
Director of Music Ministries

Angel Tree Update

A Huge Angel Tree "Thank You" for your very generous donations to our Deacons fund in December. With your help, we fed 17 families a holiday dinner & gave Christmas gifts to over 40 children in the Head Start program. May God bless You richly for your giving.



Roxanne Duman,
Angel Tree Coordinator

Mitten Tree Update

Thank you for your generous gifts for the Redmond children!

23 Gloves
12 Scarves
23 Hats
29 pairs of Socks
1 pair of Boots
1 pair of Shoes



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

Notes From Session

Your Session met on January 17 for a lengthy meeting, but I won't make this report three hours long. The deacons reported on their ability to provide care for our shut-ins and the community at large. They also plan to start having Lenten soup suppers again, beginning Ash Wednesday on February 22, 2023. Plan on keeping your Wednesday nights free during Lent for food, fellowship, and Lenten devotions.

Rick Hoffman told us about our financial position and presented the budget for 2023. We will face another deficit budget, but we hope to improve that this year. Our pastor and mission team plan on exploring some interesting ideas that include solar carports to make us less dependent on energy provided by our utilities, plans for a community garden, and considering building affordable housing on our extra land. Our property team has made some necessary repairs and plans for an all-church clean-up on April 1, 2023 (no fooling).



Our church survived and thrived in 2022 despite our many challenges. So, as we all plan together for 2023, let us continue to worship together as we continue to grow in Christ and love one another.

Steve Cross, Clerk of Session

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 14th, at 1:00 pm in the Eby Room. Thank you for your willingness to do good works in our church.

Health Tip

February is National Heart Month, Black History Month, Women's Heart Week, Burn Awareness Week, Congenital Heart Defect Week, National Women's Heart Day, National Donor Day, National Caregivers Day, and Rare Disease Day. Please help us celebrate these observances. Be aware of your body, and it's needs. Take care of your heart; it's the pump that keeps you going! Sign up and be a tissue and organ donor. It will save someone's life!

Free Blood Pressure Screenings

Our Free Blood Pressure Screening for the month of February 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 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. If you find you need equipment, please contact Lynda Talbot, our equipment coordinator. **All equipment that is being loaned out must be checked out by contacting Lynda Talbot (her contact info is in the directory).* Thank you for your thoughtfulness.

Parkinson's Support Group

The Parkinson's Support Group will be meeting on Monday, February 13th at 1:00 pm in the Fellowship Hall. For additional information, please contact Ginny Weeber (her contact info is in the directory).

Dementia Workshop

The Dementia Support Group will meet on Thursday, February 9th at 3 pm in the Fellowship Hall. Both care givers and persons with dementia are invited to attend. For further information, please contact Steve Thorp (his contact info is in the directory).

ATTENTION ALL SINGLES - NOTE THE CHANGE!

The Singles Dinner Group will be meeting in February at the E Bar Grill at 314 SW 5th Street in Redmond for **LUNCH**. We will meet on Thursday, February 16th, at noon, with lunch at 12:30 pm. Please add your name to the sign-up sheet in the Narthex of the church.



Mt Angel Prayer Retreat 2023

This year's Mt Angel Prayer Retreat is scheduled for March 28-30, 2023, at the Mt Angel Abbey and Retreat Center in Mt Angel, Oregon. Mt Angel is the home of the Benedictine Monks, and Monastery founded in 1882 from an Abbey in Switzerland. Located on a hilltop overlooking the Willamette Valley, the monks focus on prayer, hospitality, education, and reflection.



Over the years, CPC has had a small gathering of members to participate in the 'Prayer of Liturgy of the Hours,' which the monks provide in choir five times per day. Much of our time is spent in personal reflection and prayer, walking the stations of the cross, or sipping a Black Habit Ale produced by the Abbey Brewery. Recently remodeled accommodations provide comfortable lodging with meals supplied by campus catering Bon Appetite.

We have ten rooms available this year at the cost of \$270 per person for single occupancy for two nights and five meals, or for double occupancy, the two-night charge is \$390, including five meals. For more information, visit the Mt Angel website. www.mountangelabbey.org

Please call Luann or me with any questions or if there is a need for scholarship funds (our info is in the directory). It would be helpful to know of your interest by early February. Funds can be paid to reserve your room any time up to March 1 by check made payable to CPC with identifying "2023 Prayer Retreat" on the memo line and can be turned in to Gina at our church office.

Rocky Johnson

Quilters Quips February 2023



The CPC quilters are gearing up for the Winter Quilt Bee this month. February 6th-9th will see Teddy's Hall turned into a busy place, full of quilters making more quilts for the cupboard or a project of their own. It is a time to leave stress behind and enjoy the camaraderie of other quilters.

In 2022 the quilters made 252 quilts! That is a record! We also made nearly 100 pet beds, throws, chemo pillows, quillows, table runners, burp cloths, and bibs. We sold 14 quilts for about 1,000 dollars. Most of our work stays local, with 20 quilts going to Quilts Beyond Borders, which distributes worldwide.

Locally we gave 125 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, COVO, Tummy Time, Hospice of Redmond, and to the new Redmond Bethlehem Inn. We met our goal of giving 100 twin-bed-sized quilts to Bethlehem Inn. We keep some quilts in our cupboard in case they are needed, and they are also for sale.

Ryan and Gina have been a tremendous support; THANK YOU! We have received several generous donations of money and fabric. Thank you to all who provided us with supplies, purchased quilts, and encouraged us to keep on quilting.

Becky Dennis

Food on the First!

Do you wonder why a green wagon sits in the Narthex? It's awaiting donations for our local food bank! As a way to remember, it's suggested that we bring "meal" items for families in need on the first Sunday of the month, when we share our communion "meal" as a church family. Items most appreciated are quick-cooked meals and proteins.

A plaque above the wagon gives examples of foods to consider. Personal care products are also welcome. Thanks for your help with keeping the green wagon and the food bank supplied!



Cathy Edgerton for the Deacons

The Cold Weather Shelter

The Cold Weather Shelter (at Mountain View Fellowship) needs volunteers some evenings to serve meals to shelter guests. It involves about 1 hour, from 5:30 to 6:30 pm. Call/text Cathy Helis, (541) 749-8629 if you are interested.



Thanks, *Richard Lance*

Report of the General Assembly Commissioners

The Presbytery of the Cascades met via zoom on January 18, 2023, at 7:00 PM to consider the proposed amendments to the Constitution with 94 pastors and ruling elders in attendance. Thirty-three amendments covered various topics, from expanding inclusive languages such as replacing men, women, and children with “all peoples” to including a sentence on the importance of household worship and other topics dealing with meetings and communion pastoral care. With the consent agenda, each amendment was considered, and if anyone wanted it to be considered at the next Presbytery meeting, it would be flagged. There were twelve so indicated. The Constitution will not be altered until all the presbyteries have reviewed the changes, and there will be a discussion about the amendments at the next General Assembly meeting.



The other business before the body was the consideration of the dissolution of two churches. The first was the Colonial Heights Presbyterian Church in Portland, and the second was the Cherry Park Presbyterian Church in Troutdale. After discussion as to the reasons why these two churches no longer had a viable congregation, the motion was passed to commit these churches to the history books. It is most regrettable that these churches no longer have a viable ministry in their community.

A task force was formed to authorize an administrative commission to take the original jurisdiction of the Warm Springs Presbyterian Church. Two task force members from our church were Linda Jackson-Shaw and Nancy Patterson. This means that the Committee of Ministry (COM) in Portland will be responsible for the functioning of the Warm Springs church. This church has not been able to constitute a viable congregation for many years and has had to be financially supported by the Presbytery. Rick Rivero has been the church’s pastor since 1985 and has worked hard in the community to fashion an ongoing ministry. Many individuals from our church have worked with the good people at Warm Springs at various times, but it looks like the “Presbytery model” does not strike a response record in the community. I hope that COM can adopt a process whereby two cultures can find a happy medium where God’s will can be articulated.

Bruce Smith, Presbytery delegate

*Above all, constantly echo God’s intense love for one another,
for love will be a canopy over a multitude of sins.*

~ 1 Peter 4:8-11 TPT

Homeless Outreach Services Team (Host)



Bend: Katie DeVito (458) 292 - 6160

Kolette Schneyder (458) 292 - 7878

LaPine/Sisters: David Fox (541) 213 - 5668

Redmond: Solimar Fiske (541) 213 - 6798

David Sonnier (541) 419 - 6710

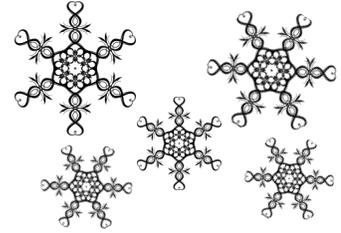
Peer Support: Jeromy Willden (541) 213 - 6698

The Homeless Outreach Services Team (HOST) offers Behavioral Health treatment and outreach services to individuals experiencing literal homelessness with a Serious Mental Illness and/or Substance Use Disorder diagnosis. The team is able to offer community based support and resource guidance to individuals experiencing homelessness in Deschutes County.

If an individual is in crisis please contact 541-322-7500 and push #9 to be connected to 24/7 crisis services.

For more information and questions: (541)317-3153 homelessoutreach@deschutes.org

FEBRUARY 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 9:00-4:00 Oregon Family School 6:30 Cub Scouts	2 9:30 Women's AA 10:00 Quilters 4:30 Spiritual Growth Zoom	3 Office Closed 8:00 Men's Bible Study	4
5 10:00 Worship 11:00 Fellowship 12:00 PW 5:00 Sermon Zoom Discussion	6 9:00 Quilting Bee 1:00 Art 6:30 Cub Scouts	7 9:00 Quilting Bee 9:00-4:00 Oregon Family School 9:30 Women's AA 7:00 Boy Scouts	8 9:00 Quilting Bee 9:00-4:00 Oregon Family School 6:30 Cub Scouts	9 9:00 Quilting Bee 9:30 Women's AA 3:00 Dementia Support Group 4:30 Spiritual Growth Zoom	10 Office Closed 8:00 Men's Bible Study	11
12 9:30 Blood Pressure Check 10:00 Worship 5:00 Sermon Zoom Discussion	13 8:00 Property Mtg 1:00 Art 1:00 Parkinson's 3:00 Deacon Mtg 6:30 Cub Scouts	14 9:00-4:00 Oregon Family School 9:30 Women's AA 1:00 Wellness 2:00 Mission 3:00 Worship 7:00 Boy Scouts	15 9:00-4:00 Oregon Family School 4:00 Finance Mtg 6:30 Cub Scouts	16 9:30 Women's AA 10:00 Quilters 12:00 Singles Dinner 4:30 Spiritual Growth Zoom	17 Office Closed 8:00 Men's Bible Study	18
19 10:00 Worship 5:00 Sermon Zoom Discussion	20 Office Closed President's Day 1:00 Art 6:30 Cub Scouts	21 9:00-4:00 Oregon Family School 9:30 Women's AA 6:00 Session Mtg 7:00 Boy Scouts	22 9:00-4:00 Oregon Family School 6:00 Lenten Soup Supper 7:00 Ash Wed Service 6:30 Cub Scouts	23 9:30 Women's AA 10:00 Quilters 4:30 Spiritual Growth Zoom	24 Office Closed 8:00 Men's Bible Study	25
26 10:00 Worship 5:00 Sermon Zoom Discussion	27 1:00 Art 6:30 Cub Scouts	28 9:00-4:00 Oregon Family School 9:30 Women's AA 7:00 Boy Scouts		PW = Presbyterian Women Bible Study		



Thank You Deacons!

Rebecca Parker expressed her gratitude to the Deacons “for their generous and cheerful help in getting my home packed ahead of my move to Sacramento. I could not have done it without you. I miss you terribly and hope to find similarly generous and thoughtful friends in Sacramento.”

“Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others. In your relationships with one another, have the same mindset as Christ Jesus.”
 ~ Philippians 2:3-5

February Anniversaries

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



A heartfelt thank you to all who have helped Don & Roxanne Duman get through the effects of Don's illness & Roxanne's knee replacement surgery in recent weeks. The loving delivery of meals plus much-needed transportation, cards & phone calls have been so appreciated. We love you all.
 The Dumans



February Birthdays

- 02/01 Gerry McRae
Lauren Peterson
- 02/04 Gary Hucce
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

Worship Team thanks the following people for your generosity of time, talents, and assistance with the Unhanging of the Greens on Saturday, January 7th, 2023! Many hands made this project proceed easily and quickly!

Ken and Paula Kerfoot, Chris Slabaugh, Lynda Talbot, Connie Stoaks, Roger Palmer, Nancy Patterson, Todd Peplin, Truman Grandey, Dave and Diane Putnam, Spike Biggers, Craig and Becky Dennis, Luann Johnson, Rick and Jean Hoffman, and Karen Baldwin-Kuntz.

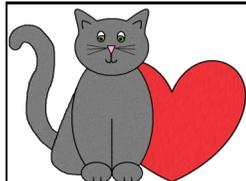
Can & Bottle Return

Thank you for all the offerings. In December \$116.00 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!
 Walt & Norrie Taylor

The next Lamplighter news **due date** for the March issue is **Thursday, February 16th, at noon**. Articles for publication should be sent to Gina via email at: frontdesk@redmondcp.org. You will receive a reply letting you know your contribution was received. Thank you to all who contribute!