

The Lamplighter

A Newsletter of **Community Presbyterian Church**
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DECEMBER 2022

Growing In Christ and Loving One Another

Hello all. You won't really get notes from the Session this month because I traveled to the Southeast to watch my grandson run in the NAIA cross country National finals in Tallahassee, Florida. Nancy Patterson served as the Clerk pro-tem, but I will send a message this month. Go, Mountaineers!

We started Advent in late November in preparation for the coming of the Christ child. We get to vote on a pastoral candidate provided by our pastoral nominating committee on December 4th. We waited 16 months for that to happen, but that is not a long time between pastors; it seemed longer because we did not have pastoral leadership during the wait.

Nevertheless, our congregation pulled together, giving generously of their time and money, so that we could pay all of our bills and our wonderful staff, and face the New Year with a positive cash flow. Thank you to all who are too numerous to name (plus, I might forget someone important while trying to name them all). God has blessed us with a wonderful congregation. It took all of us working together to see us through our time of waiting.

As we wait in this dark time of the end of fall and the start of winter, we anticipate a new beginning of the church year. Ordinary time has ended, and we start a new year with the Advent season. We will expectantly await the celebration of the birth of our Savior as we welcome a new leader for our flock. Let us face the anticipation of getting to know a new leader with the same wonder and expectation we always have this time of year.

I can remember my first Christmas Eve spent in Oregon. My two brothers and sister and I could barely get through that day. Our family had the custom of opening gifts on Christmas Eve, and the day would not end! My mother finally let us open an unexpected gift from my dad's sister, which rattled curiously. That allowed the three of us boys to wait until after dinner when evening finally arrived, and we could open all the gifts from the family we left behind in California.

Of course, all of that does not compare with the anticipation we feel for the incarnation of God in our midst. We impatiently light our Advent candles, re-read the familiar scriptures with fresh eyes, and eventually can light our candles as we sing Silent Night on Christmas Eve and wish each other a Merry Christmas after the glorious anticipation felt during Advent.

Gaze on your fellow congregants this Advent season, and see the face of God in each of them while you let your light shine as you do. We have much to celebrate as we anticipate this Advent season. Greet one another with a holiday spirit. Give to your neighbors generously, even if it consists of a fruit cake or homemade cookies.

I have seen that we all have giving hearts and welcoming arms. Let us all treasure this very special Advent as we welcome newcomers in our midst. Give, share, and love this Advent as never before. We get to experience God in human form so that we might not die but have eternal life.

Humbly, Steve Cross, Clerk of Session



The frost on the trees outside my window is a clear indication that winter is on its way and with that, one of my favorite times of the year, Advent. I love how each week builds anticipation for the arrival of the miracle of God incarnate, through His son Jesus Christ. This year, the theme of "You're Invited" will give us the opportunity to focus on each of the four Advent candles and the Christ candle (Hope, Peace, Joy, Love and the Miracle).

The Choir will be leading us in worship throughout the Advent season. Please join me in thanking these talented volunteers for their willingness to serve the church. Also, feel free to come and join us in this Advent season. We practice for one hour after the church service on Sunday. Perhaps you love to sing, but can't participate every week throughout Advent, then here is an opportunity for you:

On December 18th, you're invited to "Carol the Community." More details about this new event will be announced soon, but here is a brief description of the event:

- Sign-up to participate and list the food item you will bring for the meal afterwards (crockpot of meat or vegetarian chili, large bags of grated cheese, chopped onions, Fritos, saltine crackers, rolls, green salad/dressing, cookies/dessert).
- Meet in the fellowship hall after church to get into caroling groups (ideally each group will have 8-12 people).
- Receive a caroling book and your assigned street or residences (if you have a specific location, please note it on the sign-up sheet).
- Head out for one hour to "Carol the Community" and handout postcards inviting the community to Christmas Eve and Christmas services at their Community Presbyterian Church.
- Return to the church between 12:30-12:45 to enjoy a chili luncheon.



We hope you will join in this community-building event. Please sign-up by December 11th so we can organize our caroling teams. As always, thank you for your support of the music ministry at CPC. Happy Holidays,

Karen Baldwin-Kuntz, Director of Music Ministries

Rooted in God's Love: Stewardship 2023 Update

Pledges to date 52
(same time last year, we had 56)

Pledge amount of \$196,000

(at the same time the previous year, we had \$208,000 in pledges)

The Pledge goal for 2023 is \$250,000.

We are grateful to those that have made pledge commitments, and we are hopeful that those still considering a pledge will join us.

Pledge cards are available in the church lobby, church office, and the CPC website.

Redmondcpc.org/stewardship

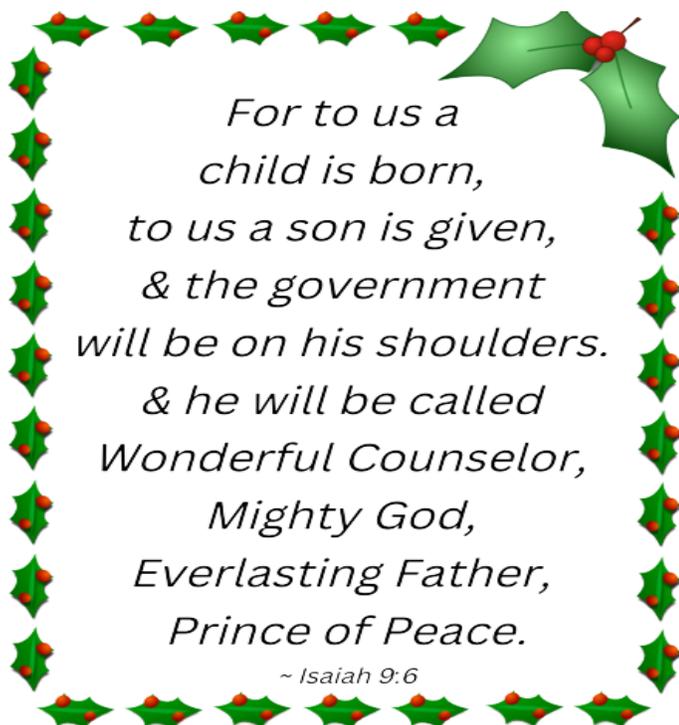
It's not too late; consider pledging before the New Year!!!

Giving thanks for God's work through CPC, Rooted in God's Love!
The Stewardship Committee



Mission Team Mitten Tree Project

Would you please help CPC collect new waterproof gloves (snow gloves), scarves, and hats? Please leave your donations on the Mitten Tree in the lobby. We will give the hats and gloves to the Family Access Network (FAN), which supports children in need within the Redmond School District. This is such a practical blessing during our cold Central Oregon winter! Thank you so much.



Quilters Quips December 2022

December is our distribution month. We will take over a hundred quilts to various agencies on December 8th. We give them to the following agencies, and then they distribute them over the year as they see where the need is. The places are St Charles Cancer Center, Redmond Dialysis Center, Redmond Fire, Redmond Police, Pregnancy Resource Center, St Charles Pediatrics, Healthy Families, Seventh Day Adventist, and Central Oregon Veterans.



We have already taken over a hundred quilts to Bethlehem Inn, given nearly two dozen quilts to Quilts Beyond Borders, and several gifts. We also have made and distributed chemo pillows, pet beds and blankets, bibs, and burp cloths.

The following Thursday, we will have a year-end luncheon. We are planning to have it catered by a local restaurant. So quilters, if you will be present on December 15th there will be a sign-up sheet, or email me at ra.dennis@hotmail.com. More details will be sent out by email.

Don't forget to mark your calendar for our winter quilting bee on February 6th - 9th. There will be a sign-up sheet in the narthex after the first of the year. This is a time to come set up your machine and sew for four days. We also do a bit of chatting, eating, sharing ideas and showing off finished projects.

Becky Dennis

Attention All Arts & Crafts Lovers

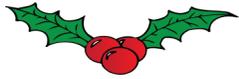
Each Monday, the art group meets at the church at 1:00 pm. This is a time of creativity in painting, coloring, drawing, and crafts downstairs in the Youth Room. It's a great opportunity for being artistically creative and a time for fun and fellowship with church members and friends. We look forward to seeing you!



Hint from the Finance Secretaries

If you want to ensure an end of the year donation is credited to 2022, make sure it is in the CPC office by Christmas. December 26th is the last official deposit of 2022.





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, December 13th, 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 December will be held on the second Sunday of the month, December 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 (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 through the church office or contacting Lynda Talbot. Please adhere to this request* (her contact info is in the directory).

Parkinson's Support Group

The Parkinson's Support Group will be meeting on Monday, December 12th at 1:00 pm in the Fellowship Hall. For additional information, please contact Ginny Weeber (her contact info is in the directory).

Dementia Workshop

There will be no Dementia Support group meeting in December. Regular meetings will resume in 2023. Thanks to everyone for your support.

ATTENTION ALL SINGLES

The Singles Dinner Group was not able to have its November gathering at Baldy's Restaurant in Redmond, due to winter weather conditions. We will not meet again until after the New Year. An announcement will be forthcoming in the January Lamplighter.



How Are You Dealing With Holiday Stress?

Have you ever wondered why traditional holidays are so stressful? Instead of being called the “Most Wonderful Time Of The Year,” it seems to be more accurately the “most difficult time of the year.” There are many factors to cause our stress levels to build. I believe God designed you to have a healthy and balanced lifestyle and will always provide a way to move past daily pressures and live out your real purpose. Here are the four most common factors: Loneliness, Unfulfillment, Stress, and Exhaustion. There are several steps you can take to move from feeling holiday stress to experiencing a memorable experience of holiday success:

CELEBRATE - Laugh, rejoice, giggle, sing and count every blessing as you enjoy things in your life instead of just focusing on the pressure and problems.

CONNECT - Connect with people instead of being alone. There are more community activities this time of year than you could ever imagine. Ask friends and family what they are doing or where they are going. Do they have an extra seat? We are designed for relationships instead of isolation.

CARE - Care about people instead of caring about material things.

CHOOSE - Choose to be healthy with your intake of food, sugar, caffeine, and alcoholic beverages, which are more common during the holiday season’s festivities. In addition, get enough sleep and protect your body from wearing out, from exhaustion, or getting weaker from sleep deprivation which makes you more prone to catching a cold or the flu this time of year.

CONTACT - Use the holidays to reconnect with the people you may have lost touch with throughout the year.

CREATOR - The holiday season is rooted in rich spiritual traditions. The best strategy to overcome holiday stress is to replace it with the deepest level of meaning that a person can experience in their heart, soul, and spirit. Use this time to draw closer to God in a new way so you might experience what choirs of angels sang over a stable thousands of years ago, “Peace on earth and goodwill to men.” This is the real reason hundreds of millions of people on this planet will stop everything to bow their heads and quietly pray on Christmas Eve. Enjoy the season with your family and friends. **MERRY CHRISTMAS!**

CPC Wellness Ministry

Self-Care During The Holidays

“Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul.” 3 John 1:2

Resources for your journey of self-care:

Council on Aging of Central Oregon
www.councilonaging.org



NAMI

<https://namior.org>

Bipolar Magazine
bpHope.com

Hope & Harmony for People with Bipolar

Gloria Healing
<https://Ourfaithjourneyhome.blogspot.com>

Community Presbytery Wellness Team



“Look, the virgin shall become pregnant and give birth to a son, and they shall name him Emmanuel,” which means, “God is with us.”

Matthew 1:23



Deacon's "Virtual" Angel Tree



Some of us really enjoy Christmas shopping and that season is upon us; you still have time to help make the 2022 Christmas Season a wonderful experience for some of our precious Head Start families in Redmond.

Instead of picking a tag from a physical tree this year, the church website has an incredible Virtual Angel Tree. On the CPC website, you can click on a tag, choose the amount and follow the instructions to complete your order. Some delightful children will benefit from your giving to our Virtual Angel Tree. Your gift may be something that a child has been longing for!

Each of our Head Start families will also receive a generous card with which they can purchase much-needed groceries at Redmond's Grocery Outlet. So shop from your home today, or you can drop off or mail your donation to the church Designated Fund Deacon's Angel Tree, and we'll do the rest! The deadline for giving is December 5th, so we can provide the families with these important gift cards with plenty of time for them to shop.

Roxanne Duman, Deacon Coordinator for the Angel Tree
[Redmondcpc.org/angeltree](https://www.Redmondcpc.org/angeltree)

The Deacon of the Month for December is Lynda Talbot

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

Our Deacon of the Month for December is Lynda Talbot. Lynda is serving her first year as a Deacon and 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, at the time of our interview, was busy preparing a hot meal for the folks at the Redmond Cold Weather Shelter.

Lynda also volunteers at Brightside animal shelter. In her spare time, Lynda enjoys traveling, reading, and spending time with her family, grandchildren, and great-grandchildren. We are thankful for Lynda and her heart for serving our community. Lynda shares this inspiration:

*"Be strong and courageous, and do the work. Do not be afraid or discouraged, for the Lord God, my God, is with you."
 I Chronicles 28:20 NIV*

Thank you to those of you who were able to complete our Deacon Helper questioner. We appreciate your willingness to share the gift of your time and talent in our ministry of service to our congregation.



DECEMBER 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 9:30 Sisters 4 Serenity 10:00 Quilters 4:30 Spiritual Growth Zoom	2 Office Closed 8:00 Men's Bible Study	3
4 8:00 Choir Practice 10:00 Worship 11:00 Congregational Meeting 11:30 Fellowship 5:00 Sermon Zoom Discussion	5 1:00 Art 6:30 Cub Scouts	6 9:00-4:00 Oregon Family School 9:30 Sisters 4 Serenity 7:00 Boy Scouts	7 9:00-4:00 Oregon Family School 6:30 Cub Scouts	8 9:30 Sisters 4 Serenity 10:00 Quilters 4:30 Spiritual Growth Zoom	9 Office Closed 8:00 Men's Bible Study	10
11 8:00 Choir Practice 9:30 Blood Pressure Check 10:00 Worship 11:00 Congregational Meeting 5:00 Sermon Zoom Discussion	12 1:00 Art 1:00 Parkinson's Support 6:30 Cub Scouts	13 9:00-4:00 Oregon Family School 9:30 Sisters 4 Serenity 7:00 Boy Scouts	14 9:00-4:00 Oregon Family School 6:30 Cub Scouts	15 9:30 Sisters 4 Serenity 10:00 Quilters 4:30 Singles Dinner 4:30 Spiritual Growth Zoom	16 Office Closed 8:00 Men's Bible Study	17
18 8:00 Choir Practice 10:00 Worship 11:00 Carol the Community 5:00 Sermon Zoom Discussion	19 1:00 Art 6:30 Cub Scouts	20 9:30 Sisters 4 Serenity 7:00 Boy Scouts	21 6:30 Cub Scouts	22 10:00 Quilters 4:30 Spiritual Growth Zoom	23 Office Closed 8:00 Men's Bible Study	24 6:00 pm Choir Practice 7:00 pm Christmas Eve Service 
25 11:00 am Christmas Day Service 	26 Office Closed 6:30 Cub Scouts	27 9:30 Sisters 4 Serenity 7:00 Boy Scouts	28 6:30 Cub Scouts	29 10:00 Quilters 4:30 Spiritual Growth Zoom	30 Office Closed 8:00 Men's Bible Study	31 

Thank you!

Our Sanctuary and Narthex look beautiful and ready for Christmas.

The following people were instrumental in the decorating process:

Spike Biggers, Gary & Nancy Patterson, Ken & Paula Kerfoot, Rick & Jean Hoffman, Mike & Chris Slabaugh, Carol Johnston, Dave & Diane Putnam, Lynda Talbot, Todd & Candy Peplin, Rocky & Luann Johnson, and Kimberly Rogers.



Thank you for sharing your time and talents with our Church for Christmas!

Meet Reverend Manuel & Congregational Meetings Dec. 4th

Reverend Kevin Manuel will introduce himself, lead the service, and serve Communion on December 4th, 2022. Immediately following the service, the Session will hold a congregational meeting to perform a vote to accept the potential candidate.

Please plan on attending on December 4th, to hear and confirm our potential new pastor. Encourage others to come as well.



The Congregational Meeting on Sunday, December 11th will be held after the service to elect the 2023 Elders, Deacons and Nominating Committee. Please plan to attend and vote for the future leaders of CPC. Names are in the bulletin and the e-news.

Can & Bottle Return

Thank you for all the offerings. In October \$96.00

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

Happy Birthday!



December Birthdays

- 12/04 Judy Hetrick
- 12/10 Michelle Duff
- 12/12 Adam Barr
- 12/12 Connie Stoaks
- 12/14 Heather Gedrose
- 12/15 Sharon Byrum
- 12/15 Terry Schliep
- 12/17 Jeanne Kosanovic
- 12/18 Elaine Blyler
- 12/18 Amy Fabbrini
- 12/19 Chris Slabaugh
- 12/22 Rocky Johnson
- 12/23 Mark Oglesby
- 12/26 Truman Grandey
- 12/31 Doug Bellew



Happy Anniversary!

- 12/09 Garry & Diane Wilson
- 12/14 Irv & Liz Nygren
- 12/22 Steve & Viki Cross
- 12/28 Rick & Susi Nissen
- 12/30 Craig & Becky Dennis



The next Lamplighter news **due date** for the January issue is **Thursday, January 19th, 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!