

The Lamplighter

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



Growing In Christ and Loving One Another

MAY 2025

Message From Session

Your Session met on April 15th to discuss ongoing business. There are many projects that have been accomplished around the church, and I would like to thank all the people who gave up their time to get things done. We had our Easter Musical on Palm Sunday, and I was really moved by the performance. Thank you to everyone, especially Karen, for all your preparation.

At this writing, the Easter egg hunt has not happened yet, but Britt and her team are putting in significant effort to make this a fun event. Britt is looking for additional volunteers to assist with the nursery and take on leadership roles in Sunday School. Please sign up in the lobby or reach out to Britt for more details. It's exciting to see more young families joining us at CPC!

In May, we will welcome the Reverend Dr. Spencer Parks to help us during our transition to having a pastor present for our congregation. Talking of new pastors, the Presbytery has sent our search nationwide, so things are looking up for CPC.

We have good news about the preschool that meets here; they now have 19 children.

There are many ways to get involved here at CPC and a new pamphlet will be coming out before June. If you have any questions or concerns, please talk to the church office, one of the Deacons or Elders. If you have nothing else to give, you can always share a smile.

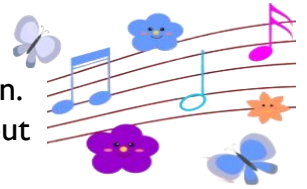
Respectfully submitted by *George Johnson*

Your session consists of the following: Pastor Ann Bowersox - Moderator
Nancy Berry - Clerk of Session and the following Elders: Bob Ahern - Personnel Team,
Britt Anderson-Mueller - Children & Youth Ministry, Truman Grandy - Nomination Team
Rick Hoffman - Finance Team, George Johnson - Congregational Life,
Luann Johnson - Worship, Carol Nelson - Property Team, and Diane Putnam - Mission Team



Music Ministry May 2025

By the time you read this, we will have completed another Lenten season. Seasons come and go, but God wants us to keep Christ in our hearts throughout the year.



As we reflect on the Lenten season of 2025, I want you to think about the events that touched your heart and that will stay with you. Here are some of mine. Our Lenten soup supper gatherings on Wednesday nights where we shared great meals, conversation, and meaningful devotions. The Ash Wednesday service where Don and Linda Shaw led us in worship, especially having the cross marked on my forehead, marking me as a sinner who Christ loved enough to die for my sins. Reading the daily devotional guide and reflecting on each day and how the message applies to me. Hearing our guest preachers share various aspects of Jesus' life and how they intertwine with our daily lives. On Palm Sunday, watching our kiddos greet our congregation with palm branches and then parade as we sang the first hymn brought tears of joy. Presenting the cantata, "At the Ninth Hour," with the amazing string quintet from Bend and our wonderful church instrumentalists and choir was a special moment as we were able to share the events of Holy Week, from Palm Sunday to Good Friday.

As I'm writing this, we will be celebrating Maundy Thursday this evening. I love the solemnity of this service, as it helps me to prepare for the joyous celebration of Easter. On Easter, the kiddos will enjoy an Easter egg hunt before the service. During the service, the choir will share the final piece from the cantata, "On the Third Day," we will all get to sing some of our favorite Easter hymns (and maybe a new one), and our service will conclude with everyone singing "The Hallelujah Chorus" as our sending song. The Lenten season ends on Easter, but the memories and knowing God loves us and sent his son to live and die for us should remain in our hearts daily.



Blessings, Karen Baldwin-Kuntz
Director of Music Ministries

Deacon's Report

The deacons continue to act as the hands and feet of our Lord until he comes again. This month we helped a couple of people who had emergent financial needs. We agreed to hold monthly potlucks starting May 21st, 2025, at 5:30 pm and continuing the third Wednesday of each month. We ask that all of you consider bringing a non-perishable food item for the food wagon. We met with the Rooney family, who recently lost their mother, Karen, and may lose their father, Mike, soon.

We provide transportation for many folks who cannot transport themselves. We meet regularly with parishioners facing health problems. We refer to these people as TLCs. We intend to sponsor our holiday bazaar, Angelfest, again, and hope the crafters among us start working on treasures for sale. The money we earn from this sale goes toward providing gift cards for food and gifts for needy families at Christmastime.

Thank you all for supporting your deacons. We all feel blessed and privileged to have the ability to help as much as we can for those less fortunate than most of us.

Blessings, Steve Cross, Deacon CO-Moderator



Quilters Quips May 2025

The CPC quilters create and send their quilts to a wide variety of locations. Once in a while we hear a story about what happens to them. I have recently heard some stories of our quilts. Here are a few:



One of our church members was dropping off cans and bottles at the drop-off when the gentleman behind him asked whom he was donating to. The reply was "Community Presbyterian Church." The man, who was from the Seventh Day Adventist church, then replied, "We get the nicest quilts from there every year!" The Seventh Day Adventist Outreach is one of our long-time distributors.



Another person was attending a loved one at Redmond Hospice when a quilt was brought in to comfort the patient. My friend commented that CPC made quilts for various organizations in the area. Upon opening the quilt up, sure enough, our label was on it. It was a comfort to both of them to know that we care.

A CPC grandpa was visiting his daughter, who attended CPC as a young person, and his newly born granddaughter, when he realized they had been given a quilt from the CPC quilters. What a small world.

This is a quote from a thank-you letter from Quilts Beyond Borders. "Because of our wonderful community of donors, we can focus on the mission and vision of Quilts Beyond Borders, which is to distribute donated quilts to those in need without regard to race, nationality, or religion. To date, we have delivered nearly 34,000 quilts to over 30 countries."

The quilters meet each Thursday from ten to three to work together on projects to keep others warm and comfortable, or to work on individual projects. We break for lunch around noon, followed by a short business meeting and Sew And Tell. We then continue to work on our projects. Come join us or stop by to see what we are doing.

Becky Dennis



April was a joyous and busy month for the children and youth at CPC! The kids enjoyed their Palm Sunday procession, with even Nate Mueller making a rare appearance in the sanctuary for the occasion. We feel they helped usher in the fanfare that the Triumphant Entry deserved, and look forward to making this a tradition.

Most importantly, we want to extend a HUGE thank you to all the volunteers who helped make our Easter egg hunt a success! To everyone who donated candy, stuffed eggs, hid eggs in the field, or helped in other ways – THANK YOU!! We estimate that we had about two dozen kids attend the egg hunt, and a good time was had by all. We even had a real-life bunny attend, courtesy of the Watson family pet! Not many Easter egg hunts can claim that!

As we continue Eastertide and approach Pentecost, the CPC Children and Youth Team looks forward to continuing to teach our youngest members and visitors about Christ's love.

The Deacon of the Month for May is Linda Anderson

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

Linda has been a member of CPC for a couple of years. She was born in Miami, Florida and moved to Oregon in 1981. Linda has lived in Redmond since 1986. Following in the footsteps of her mother, Linda became a nurse and worked in the hospital setting.

Linda enjoys playing pickleball and met her husband Ed on the courts. They were married in June 2022 by pastor John Braund. All 8 of Linda's siblings attended.

Ed was previously a member of CPC, and Linda started attending and became a member. In life we all have choices. She loves the quote from Mother Teresa, "Not all of us can do great things. But we can do small things with great love."



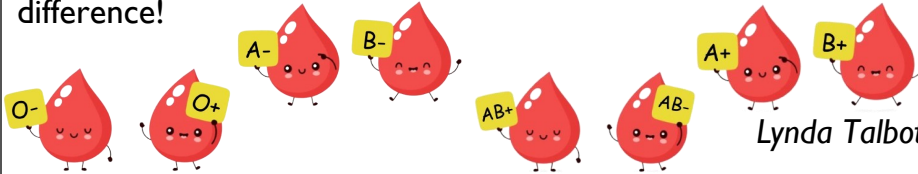
Wellness Ministry

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



Blood Drive Friday, June 13th - Save the Date!

CPC will be hosting a blood drive on Friday, June 13th, 2025. Full details and sign-up information will be available soon, so stay tuned! Consider setting aside some time to donate - blood types especially in demand include O-, A-, B-, and O+. Your contribution could make a difference!



Lynda Talbot - Deacon for The Wellness Team

May Health Tip

"Post Winter Checklist," an interview with Joseph Keenan, M.D. (From Spring 2009, "The Wellness Advisor") We tend to be more sedentary in the winter, which means our commitment to weight management and exercise often slips. The shorter days can also have a negative effect on our mood, frequently leading to increased stress or even depression. This year, most of us are also dealing with the added economic stresses that can play havoc on our health. Here are some tips for getting yourself back on a healthy track.

At the top of everyone's healthy behavior checklist should be stress management! One of our most important assets we do have control over is our health. With everything that is going on, stress levels are higher than ever. Our stress hormones can raise blood pressure, increase insulin output, put us at risk for metabolic syndrome, and even put us at risk for bad heart rhythms that can occur with heart attacks or strokes. To reduce the impact of the stress on our health, eat plenty of fruits and vegetables that are high in antioxidants. Exercise is, of course, one of the best stress reducers. Take advantage of Central Oregon's beautiful weather and scenery - take a walk, ride a bike, rollerblade, or garden. There are numerous outdoor activities to enjoy - get out and try one!

Weight management, exercise, and nutrition are other health behaviors to be reviewed. As a general rule, exercise should be at a level that causes a person to break out in a sweat, get slightly winded, and raises the heart rate to a therapeutic range. If a person has had a heart attack or has cardiovascular risk factors, a doctor should be consulted 1) before beginning a new exercise program and 2) about taking a stress test to assess the heart under physical stress.

Be aware of the fats that are consumed. "Avoid the fat brothers Sat and Trans, and make friends with the fat sisters Mono and Poly." To help manage and maintain healthy cholesterol levels, diets should include at least 10 grams of soluble fiber daily.

This is also a good time to review age/gender-specific preventive health actions, i.e., being up-to-date on health screenings (colonoscopies, mammograms, pap smears, cholesterol testing, immunizations). Now is the time to start using sunblock again, and using all appropriate safety equipment.



Calling All 2025 Graduates!

It's time to shine! We're thrilled to honor your loved one's achievements in the upcoming June Lamplighter. Help us make this celebration extra special by sharing your graduate's details.

Please submit the following information to Gina in the office by noon on Thursday, May 15th:

- ⇒ Full Name of the Graduate
- ⇒ Degree or Major
- ⇒ School & Location
- ⇒ Honors, Recognitions, or Plans

Thank you for helping us highlight these incredible milestones.

*Look, the winter is past,
& the rains are over and gone.
The flowers are springing up,
the season of singing birds has come,
& the cooing of turtledoves fills the air.
The fig trees are forming young fruit,
& the fragrant grapevines
are blossoming.*

Song of Solomon 2:11-13a

Thank You So Much!

You are appreciated for gathering to spruce up CPC on Clean-Up Day!

Thank you for your time, generosity, and hard work Spike Biggers,

Frank Carter, Craig & Becky Dennis, Jeremiah Elliott, Truman & Hannah Grandey, Rick Hoffman, Matt & Laura Holgate, Rocky & Luann Johnson, Don Kuntz, Karen Baldwin-Kuntz, Sharon Lynch, Jack & Carol Nelson, Curt Nitschelm, Candy Peplin, and Dave & Diane Putnam.



NATIONAL
STROKE AWARENESS
MONTH
M A Y

In the past, doctors couldn't do much to help stroke victims. That's not true today. Now, stroke doesn't have to lead to disability or death. The key is to recognize a stroke and get to the hospital immediately. The clot-dissolving drug tPA (tissue plasminogen activator) can reduce long-term disability if it's given within three hours after an ischemic stroke starts. Ischemic strokes are caused by clots and are by far the most common type of stroke.

Unfortunately, tPA isn't used as often as it could be because many people don't seek care quickly. Don't make that mistake. If you or someone near you has the warning signs of a stroke, call 911 immediately.

Know the Warning Signs!



Stroke Risk Factors

High Blood Pressure, Obesity, Smoking, High Cholesterol, Diabetes, Physical Inactivity, Atrial Fibrillation, Previous TIAs



May 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 10:00 Quilters 4:45 Spiritual Growth Zoom	2 <i>Office Closed</i> 8:00 Men's Bible Study 6:45 Spanish Bible Study	3 <i>Office Closed</i>
4 10:00 Worship 12:00 Spanish Church 4:00 Sermon Zoom Disc.	5	6 10:00 Unitary Group 7:00 Boy Scouts	7 10:30 Bible Study 6:30 Cub Scouts	8 10:00 Quilters 4:45 Spiritual Growth Zoom	9 <i>Office Closed</i> 8:00 Men's Bible Study 6:45 Spanish Bible Study	10 <i>Office Closed</i>
 <p>11 <i>Mother's Day</i> </p> <p>9:30 Blood Pressure Check 10:00 Worship 12:00 Spanish Church 4:00 Sermon Zoom Disc.</p>	12 8:00 Prop Team Mtg 1:00 Parkinson's Group 3:00 Deacons Mtg	13 10:00 Unitary Group 3:00 Worship Team Mtg 7:00 Boy Scouts	14 9:00 Caregivers Group 10:30 Bible Study 1:00 Mental Health Bible Study 6:30 Cub Scouts	15 10:00 Quilters 10:00 Parkinson's Caregivers Group 4:45 Spiritual Growth Zoom 5:00 Singles' Dinner	16 <i>Office Closed</i> 8:00 Men's Bible Study 6:45 Spanish Bible Study	17 <i>Office Closed</i>
18 10:00 Worship 12:00 Spanish Church 4:00 Sermon Zoom Disc.	19	20 10:00 Unitary Group 4:00 Session 7:00 Boy Scouts	21 10:30 Bible Study 5:30 Devo Potluck 6:30 Cub Scouts	22 10:00 Quilters 4:45 Spiritual Growth Zoom	23 <i>Office Closed</i> 8:00 Men's Bible Study 6:45 Spanish Bible Study	24 <i>Office Closed</i>
25 10:00 Worship 12:00 Spanish Church 4:00 Sermon Zoom Disc.	 <p>26 <i>Office Closed</i></p> <p>Memorial Day Remember & Honor</p>	27 10:00 Unitary Group 12:30 PW 7:00 Boy Scouts	28 9:00 Caregivers Group 10:30 Bible Study 6:30 Cub Scouts	29 10:00 Quilters 4:45 Spiritual Growth Zoom	30 <i>Office Closed</i> 8:00 Men's Bible Study 6:45 Spanish Bible Study	31 <i>Office Closed</i>



Can & Bottle Donations

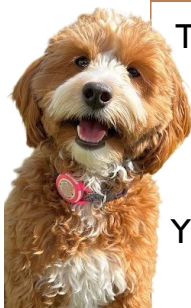
CPC has an account at BottleDrop that includes blue bags to fill with redeemable bottles and cans. Blue bags can be found by the food wagon in the lobby.

If you would like to drop off your cans and bottles at CPC, please place the blue bag on the sidewalk to the left of the office door on Sundays. The Mission Team will process them and proceeds will go to the General Mission Fund. For any questions, contact Hannah Grandey.

Your support makes a meaningful difference to the incredible work of the Mission Team. Thank you for being a part of this important journey!

Ladder for Sale Werner Electro-Master \$600

Extra Heavy Duty Industrial & Electrical Use (non-conductive fiberglass) Model: T7420 Ladder size: 20 ft (highest standing level 17 ft 3 in) OSHA approved. Was stored under cover, and minimally used. Duty Rating: maximum 300 lbs per side Contact Curt Nitschelm or Spike Biggers



The article **due date** for the June Lamplighter is **Thursday, May 15th, at noon.** Send articles to Gina at frontdesk@redmondcpc.org You will receive a reply confirming your submission. *Thank you!*

Birthdays

- 5/1 Daniel Duff
- 5/2 Britt Mueller-Anderson
- 5/3 Alyce Jantzen
- 5/5 Kasey Watson
- 5/6 Ron Terry
- 5/7 Diana Barker
- 5/9 Linda Hill
- 5/10 Jean Hoffman
- Everett Nay
- 5/12 Bob Weeber
- 5/17 Luann Johnson
- 5/18 Roxanne Duman
- Becki Lundgren
- 5/22 Joan Sheets
- 5/24 Monica Graham
- 5/25 Jo Anne Sutherland
- 5/28 Joe Griffin
- 5/29 Ken Kerfoot
- 5/30 Kathryn Outwater

Anniversaries

- 5/6 Joe & June Griffin
- 5/8 Rick & Jean Hoffman
- 5/9 Steve & Becki Lundgren
- 5/28 Bob & Lois Ahern
- 5/29 Paul & Barbara Whitaker
- 5/30 Dick & Linda Hill

There is a time for everything, & a season for every activity under heaven...

a time to be *born* & a time to *die*

a time to *weep* & a time to *laugh*

a time to *keep* & a time to *throw away*

a time for *love* & a time for *peace.*

a time to *plant* & a time to *uproot*

a time to *mourn* & a time to *dance*

a time to be *silent* & a time to *speak*

Ecclesiastes 3

